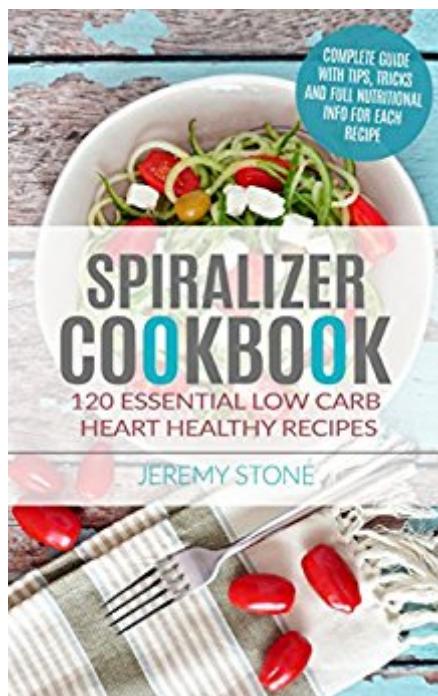


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# Spiralizer Cookbook: 120 Essential Low Carb Heart Healthy Recipes



## Synopsis

Substitute your plain, old boring pasta and rice with creative and healthy vegetable noodles! What if you could eat all of your favourite dishes without worrying about unhealthy carbs? What if you had fun, fresh recipes and had all nutritional information right in front of you? Bestselling author Jeremy Stone will show you how you can make the most of your spiralizer in this extensive cookbook packed with fun, creative recipes. Based on his many years of experience meal prepping and creating low carb recipes, Stone reveals his favourite veggie spiralizer recipes for chefs of any level to enjoy! Whether you're on a ketogenic diet or simply want to eat clean, healthy foods this book has something for everyone. In Spiralizer Cookbook, you will learn: How to cook 120 delicious vegetable spiralizer recipes with full nutritional info - so no guessing like other spiralizer cookbooks! The different types of spiralizers and when to use them for each recipe Tips and tricks for your veggie spiralizer to help save you time and money Over 20 Vegan and Vegetarian recipe options Mouth watering recipes for zucchini noodles (zoodles), sweet potatoes, apples, carrots, turnips and more Easy to find recipes you can make for any occasion, breakfast, lunch, dinner, snack and dessert. BONUS: 30 Additional low carb ketogenic recipes e-book Here are just some of the exciting recipes you will find inside: Carrot Noodles and Broccoli Quiche Fresh Zoodle Salad with Walnuts and Prune Jam Salsa Baked Apple Noodles & Cheddar Cheese Bruschetta Chicken Soup with Carrot Noodles and Basil Sweet Potato Noodles with Minced Meat SautÃ©ed Shrimps with Tomato Salsa and Cucumber Spirals Grilled Tomatoes and Zucchini Noodle Zucchini Pasta with Eggplants and Chorizo Chocolate Pudding with Grilled Peaches and Apple Noodles And much more! Stop eating boring unhealthy carbs and get your copy today!

## Book Information

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## Customer Reviews

I never knew you could do so much with a spiralizer!!!! Thank goodness for this recipe book. I usually just used mine to spiralize some potatoes for curly fries, and that was about it. Now my eyes have been opened! This book gave me new ideas and made me excited about side dishes again! I recommend this book for anyone who is looking to vamp up their dinners and try something new! It's a lot of fun and so tasty!

I love Spiralizer meal and the last few weeks I found in a perfect cookbook to learn some new recipes. Suddenly, last week my neighbor suggested me about this book and this cookbook is really amazing. This book helped me to learn some new and healthy Spiralizer recipes. The most amazing thing about this cookbook was, I have found full nutritional info for each recipe. This Spiralizer Cookbook: 120 Essential Low Carb Heart Healthy Recipes book guided me step by step about how to cook all these delicious vegetable recipes. Here I have found some helpful tips and tricks too. By reading this book I have learned 20+ Vegan and Vegetarian recipes too. I already tried some recipes last night and they were really delicious to eat. If you have any interest to learn some Spiralizer recipes, then you can grab this book, it is my honest opinion.

One of the best things about this book is that it is a Spiralizer Cookbook. Another best thing is that it has 120 low carb recipes. So what more can anyone ask for now? I find this very rich in essential info on how to use a Spiralizer and how to make delicious, attractive, and super healthy recipes using it. Cooking veggies and presenting them to our kids will be a breeze now. I just wish there were some pictures of the recipes as well. But this will be a big bonus, if ever.

The recipes look delicious, but I'm giving this two stars because I feel the book is marketed under

false advertising. I'm a serious, dedicated low carb eater due to diabetes, which I control completely from diet to avoid having to move to medications. So I was excited to order this cookbook as a fresh new source of healthy, vegetable rich, low carb meal options. As soon as I read the first opening pages, I knew I was in for disappointment. She basically admits in the intro that only some of the recipes are low carb. As I read through the recipes I was dismayed to see that most of them greatly exceed the net carb counts per serving (total carbs minus fiber) that most low carb eaters aim for. In what world is a recipe with 50-80 carbs per serving considered low carb??? And white potatoes, which are featured in several recipes, are a basic "no no" for low carb lifestyles. Sweet potatoes? Yes, in moderation. But white potatoes. Umm.... no, never. I'm keeping the book because I know enough about low carb cooking to modify or substitute ingredients and make them work. And I truly believe that using spiralized low carb veggies like zucchini and cucumber can add variety to a balanced low carb diet. But, I'm irritated at the author for marketing this as a low carb cook book. She could sell these books easily without tricking someone into thinking they are buying low carb recipes. The recipes look delicious.... but if the author even admits in the intro that some of the recipes aren't really low carb, then why market it as a low carb book? To me, it is a matter of integrity and I am highly disappointed.

This cookbook contains formulas in get ready suppers utilizing the Spiralizer, an apparatus that can shave weight off anybody. This book is a right blend of flavorful veggie lover formulas that everybody ought to attempt. This book helped me to take in some new and solid Spiralizer formulas. The most stunning thing about this cookbook was, I have discovered full healthful information for every formula. This book gives loads of extraordinary low card formulas those are exceptionally solid supportive for our blood course additionally think all formulas are excessively scrumptious I officially attempted a few formulas that was made to useful for this book immaculate bearing.

This cookbook contains recipes in preparing meals using the Spiralizer, a tool that can shave weight off anyone. This book is a right mix of delicious vegetarian recipes that everyone should try. The great thing about them is that they are super easy to make and take little or no time at all to prepare and to make. This book contains information on spiralizers and recipes you can prepare using it for healthy and energy-filled living. The invention of the spiralizer made preparing veggies quick, simple, and enjoyable, plus a bit different when it comes to dicing and slicing.

I only recently started using a Spiralizer and this cookbook is the perfect companion to the spiralizer

itself. I bought these items several months ago. There are lots of great recipes and they're super easy to make. I usually like to make things more authentically and some of the recipes could be a little more authentic but then they would also be more complicated. A good book for a dedicated to health and diet changes cook. The beginning section does a good job explaining the blades and what fruits and vegetables work best being spiralized.

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