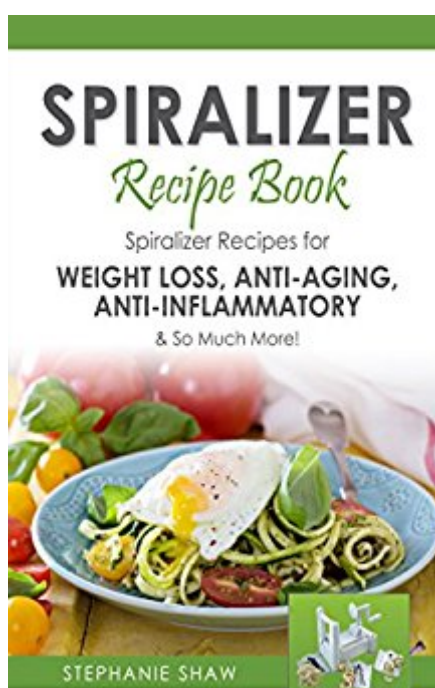


The book was found

Spiralizer Recipe Book: Spiralizer Recipes For Weight Loss, Anti-Aging, Anti-Inflammatory & So Much More! (Recipes For A Healthy Life Book 2)



Synopsis

Chandler: #1 Hall of Fame, Top 50 Reviewer – “Really good recipes with great flavor” – niki j turner, UK Top 500 Reviewer – “Healthy Options with nutritional breakdown for each meal” – “Imagine serving your family and friends the kind of food that has them begging for seconds before you can even sit down! But you know how difficult it can be to put healthy, wholesome food on the table night after night. That’s why you bought a Spiralizer. To help you easily create delicious meals and encourage a healthy lifestyle in your household. Make the most of this powerful new tool by equipping yourself with a few easy-to-follow recipes. In my long-awaited second book, I walk you through 60 detailed, easy-to-follow recipes for promoting a healthy lifestyle for you and your family. You’ll quickly discover how easy it is to add new, inspired twists to your existing recipes. You’ll also learn how to properly select vegetables and use them with your Spiralizer to create meals that are as beautiful as they are delicious. Included in my book are 60 delicious recipes to help you prepare healthy food your family will love. Including: Specially-designed Spiralized recipes that children love! Quick, easy Spiralized salad recipes for radiant skin. Tasty recipe ideas to promote healthy weight loss. The recipes are gluten-free and anti-inflammatory. Heart-healthy recipes with Spiralized vegetables. Delicious salad recipes with anti-aging properties. Each recipe comes bundled with a full ingredients list, step-by-step instructions, and detailed nutritional information. You’ll also find information about the specific health benefits of each ingredient, including how they can help you fight disease and ward off aging. Whether you’ve just embarked on a new gluten-free diet, or if you’re already a veteran paleo chef, use the recipes in my book to encourage healthier eating in your family. It’s easy to add vegetables to any meal with a Spiralizer, once you know how.

Book Information

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Customer Reviews

For those who are eating Paleo or gluten free or if you are someone who just loves new and exciting ways of preparing vegetables, this IS the book for you! Stephanie Shaw has written and published a true gem with Spiralizer recipe book, spiralizer recipes for weight loss, anti-aging, anti-inflammatory and so much more! The recipes are easy to follow and of those I have been able to try thus far, are delicious. I suggest the Butternut Squash Pasta and the Sweet Potato with Green Curry which uses two of my favorite flavors; curry and coconut. She has even created a Vegan Alfredo Pasta that uses zucchini as the "pasta", YUM! Using the spiralizer is easy and allows you to create wonderful meals that everyone can enjoy. Make sure you get yourself a copy and be sure to gift one to someone who likes to eat! * I did receive a copy of this book for an honest review *

Because I had expressed my interest, I was sent this book by the author so I could give my opinion. I'm so glad I had the opportunity to check it out because it has a lot of wonderful recipes for using my new Spiralizer. This is my second Spiralizer recipe book. What delineates this book is the categorization of recipes to address various health concerns such as Anti-Inflammation, Heart Health, Anti-Aging, Radiant Skin and Weight Loss and also a section of recipes that children would love. Each recipe includes counts for Calories, Carbohydrates, Protein, Fat, Sodium & Fiber. Another thing I like about the recipes is that they have manageable numbers of ingredients and don't require lots of steps. There are some really lovely combinations of ingredients that really appeal to me.

While trying to eat healthy, I don't want to give up flavor!!I'm very glad to have this book and highly recommend it!

I really enjoyed this cookbook- lots of great recipes that will provide you with a variety of healthy veggie options. I'm really keen to try the cucumber mint salad. The instructions are clear and are simple enough for beginners, but are still polished for more elite palates. There is nothing really off-putting or too "exotic" in the ingredients- it seems like they are all items you can easily find in your local grocer. I highly recommend this book for spiralizer newbies or old hands looking for new tricks.

I just got this cookbook, Looking through this book I was not totally impressed.I found the recipes have lots of carbohydrates,even though they are not wheat products.I am more on a paleo/keto diet individual. I would send it back but because it is fairly not expensive.I will scan through the cookbook and pick and choose those I would like to try.

Love this book and using it for many meals.

I have been debating whether or not to buy a spiralizer. I have been wanting to try it but hesitant to spend money without knowing any good recipes. I am convinced that I need one of these. I can't wait to get to town and buy one. Most of the recipes have items I normally have on hand with some that are new to me.

I just need to adhere to more of its contents.

The recipes in this book are not nutritiously sound. The author is not a dietician. Most of the recipes can be found on the internet or are derived from basic cooking skills. I did find anything unique in this book. I would not purchase this book for weight loss, anti-aging, or anti-inflammatory. education.

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Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips)

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