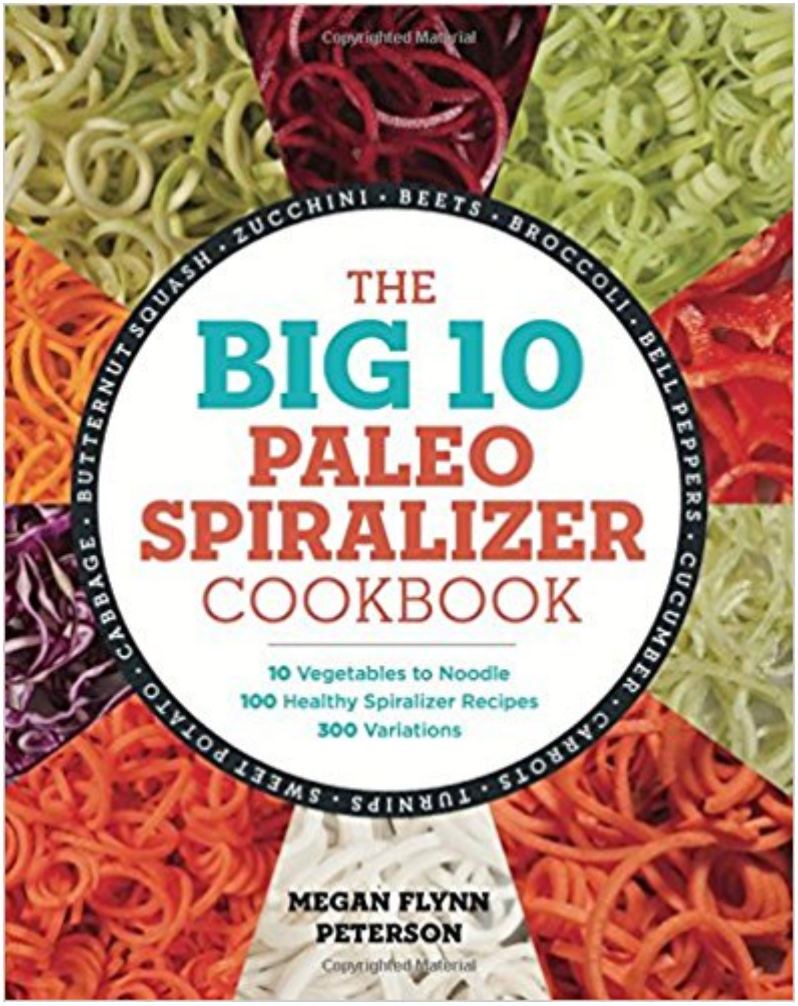
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The Big 10 Paleo Spiralizer Cookbook: 10 Vegetables To Noodle, 100 Healthy Spiralizer Recipes, 300 Variations



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Synopsis

Spiralizing is a fun, delicious way to eat healthierÃ¢â ¬â ¢and The Big 10 Paleo Spiralizer Cookbook is the only spiralizer cookbook to combine the variety you want with the ease you need.From zoodle pastas to robust salads and hearty soups, the spiralizer has opened up a whole new world for those who follow a paleo, gluten-free, or low-carb lifestyle. Yet between recipes that require hard-to-find ingredients and spiralizer cookbooks that are too complicated, knowing what to do with which vegetable can be challenging.On a personal mission to make it easy and fun to eat more vegetables is paleo aficionada Megan Flynn Peterson. Following the release of her blockbuster debut, The Big 15 Paleo Cookbook, Megan turned her attention to one of the most versatile appliances in paleo cuisineÃ¢â ¬â ¢the spiralizer.With The Big 10 Paleo Spiralizer Cookbook Megan shows you that variety and simplicity go hand in hand. By sticking to the 10 best vegetables for spiralizing and including multiple recipe variations, The Big 10 Paleo Spiralizer Cookbook is the only spiralizer cookbook to include more than 300 total recipe options.Inside this spiralizer cookbook youÃ¢â ¬â„¢ll find:100 recipes and 300 variations using the 10 most popular, readily available vegetables with your beloved spiralizing appliance Helpful photos and per-recipe nutritional information so you know exactly what your dish should look like and exactly what is in itRecipe variations for a variety of diets, including paleo, keto, vegan, raw, gluten-free, and dairy-freeDiscover how you can get the most out of your groceries, your spiralizer, and your paleo lifestyle with The Big 10 Spiralizer Cookbook.

Book Information

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Customer Reviews

Ã¢â ¬Å“Everyone is looking to get more vegetables into their diet. Meghan makes it fun and easy to pile on the veggies without compromising flavor. You donÃ¢â ¬â„¢t have to follow a paleo diet or have special ingredients in your pantry to enjoy the recipes in this book. By focusing on the 10 most popular vegetables and providing 300 variations, eating veggies has never been more funÃ¢â ¬â ¢or delicious!Ã¢â ¬Â•Ã¢â ¬â ¢Kenzie Swanhart, author of Paleo in 28Ã¢â ¬â ,Ã¢â ¬â Spiralize It!Ã¢â ¬â , and Clean Eating BowlsÃ¢â ¬â "What a great tool to have in your kitchenÃ¢â ¬â ¢and IÃ¢â ¬â„¢m talking about the cookbook, not the spiralizer! MeganÃ¢â ¬â„¢s recipes are easy to make and incredibly deliciousÃ¢â ¬â ¢I recommend that anyone looking to mix up their Paleo life dig into these meals. The Beef Chow Fun is a must-try!"Ã¢â ¬â •Alex Timmons, Founder, Eatify.io "Anyone looking for colorful, flavorful, nutritious food will love the The Big 10 Paleo Spiralizer CookbookÃ¢â ¬â . Filled with delicious and nutritious recipes, itÃ¢â ¬â„¢s a great introduction to the Paleo lifestyle and using a spiralizer. I loved the variety of recipes and discovering all of the possible uses for ten vegetables. It is going to add new dimensions to my paleo cooking!"Ã¢â ¬â •Karen Frazier, author of The Complete Paleo Slow CookerÃ¢â ¬â "The Big 10 Paleo Spiralizer CookbookÃ¢â ¬â is your go-to for delicious spiralizer recipes that fit your diet and lifestyle! I love how each chapter focuses on a different vegetable, making it easy to find inspiring recipes. Plus, the dishes are easy to make and versatile!"Ã¢â ¬â •Sonnet Lauberth, author Zoodles Spiralizer Cookbook and creator of InSonnetsKitchen.com "The Big 10 Paleo Spiralizer CookbookÃ¢â ¬â is everything I hoped it would be. Practical recipes I can follow easily with beautiful photography and simple, healthy ingredients. I love the variations in each recipe, and the dip recipes in the back. It is an invaluable cookbook to have in the kitchen!"Ã¢â ¬â •Julia Fain, founder and editor of Tag & TibbyÃ¢â ¬â

MEGAN FLYNN PETERSON is the author of The Big 15 Paleo Cookbook and the owner and creator of Cave Girl Consulting, which offers a wide variety of services intended to help you be as successful as possible in your first few months of transitioning to Paleo. Megan is also the writer behind Freckled ItalianÃ¢â ¬â ¢the popular lifestyle blog that focuses on life, love, literature, and lots of food.

I never once thought of spiralizing beets or butternut squash until I read this book! They are honest when they say butternut squash isn’t the easiest to do on the spiralizer - but it is sooooo worth it! The carrot nest idea was worth the whole book! And the Beet soup. The ideas are innovative and

fun! There is more to spiralizing than zoodles!

I like the recipes. A lot of healthy choices.

Some very good ideas to be eating healthy

Love the recipes!

Interesting recipes, the two I've tried were good

Very interesting recipes with lots of variety! The recipes aren't as easy to read as I'd like, though. Bake temperatures, for example, are hidden in paragraphs of text. And, while interesting variations on the recipes are provided, they add, remove, or alter a step or several steps in the recipe and then just tell you to go back to the recipe. This is really confusing. Instead of telling us which of the numbered steps are affected, and where to resume, I'm left reading the paragraphs of text carefully, trying to figure it out from clues. So, for me, I won't use the book much as a recipe book, just as an inspiration source. In other words, now I'm thinking about making zoodle pho. But will I follow the recipe? No, yikes, that's exhausting to even think about with the paragraphs containing details of varying importance and the confusing variations. It's too much work to use as a recipe book. 4 stars for inspiration, though; definitely some great ideas! And I really like how the recipes are separated into sections based on the spiralized vegetable. That way, I can zoom right to the vegetable I'm craving for fresh ideas.

My a1c has been going up and my doctor has advised me to cut down on rice and pasta intake, so I bought a spiralizer to attempt to use vegetable noodles to replace pasta in my cooking. This cookbook offers so many easy-to-follow recipes on mixing various vegetables to create tasty vegetable noodles. Some of the recipes involved meats as well, so this is not just a vegetable only (vegetarian) cookbook.This cookbook is organized by different vegetables, such as carrots, cucumbers, beets, cabbages etc. This makes it easy to locate the recipes I like to try, as I eat some of the vegetables, but not others. I have experimented a few of recipes, and they have given me good ideas on how to improve the taste and be more creative and open-minded in my cooking!I think this is a great cookbook for people who want to replace noodle with vegetables in their diet.

I had received a spiralizer as a gift that I used once or twice and it then ended up in the way back of a seldom opened cabinet. Then, one day as I was cleaning out the cabinets prior to a yard sale I came across it again. I thought, "lets give it another shot before selling it" but I needed some guidance beyond the standard zucchini and carrot spiralizing...This book gave me just that. It is a fun, but organized, book filled with a delicious and healthy recipe alternatives - like "creamy fettuccine alfredo" or "Philly "No Cheese" Steak Lettuce Wraps" (We loved both)I haven't and most likely will not use my spiralizer daily, but so far I have used it at least once or twice per week since having thing this cook book.

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