



# **Veggie Noodle Spiralizer Cookbook: Delicious Veggie Noodle Spiralizer Recipes for Weight Loss, Energy, and Vibrant Health**

*Karen Braden*

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## **LOVE PASTA BUT FEEL GUILTY HAVING IT? INSTANT SOLUTION: TURN YOUR VEGETABLES INTO DELICIOUS LOW CARB VEGGIE PASTA NOODLE CREATIONS**

**PALEO - VEGAN - LOW CARB - DAIRY FREE - GLUTEN FREE**

Veggie Noodle Spiralizer Cookbook is a book that will maximize your health and your wellness, while slimming your waistline; it offers step-by-step tips and recipes (with complete nutritional and calorie counts) for that necessary tool in your kitchen: your spiralizer. (Hint: throw away every other tool. This is the only one you need!) This spiralizer recipe book is an essential, healthy step forward, allowing you to utilize a plant-based diet to lose weight and create a better, more energized life. It refutes the idea of a “high-carb” and a gluten-inclusive diet, and instead understands that looking to local, fresh vegetables to create pasta dishes can be an innovative and interesting manner in which to live healthy and well. Take what you know about pasta and toss it out the window. Make real, delicious, vegan, and plant-based pasta dishes from zucchini, carrots, butternut squashes, broccoli, and so many other vegetables—all with the information in this book. Lose weight one forkful at a time. Just to say ‘Thank you’ for checking out this book I would like to give you a FREE Wellness Guide with 40 healthy habits to lose weight and feel great! Please visit [www.fruitfulbooks.com](http://www.fruitfulbooks.com) to grab your free report now!

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