

## Good Food Eat Well Spiralizer Recipes

Baby food finally goes plant-based in this cookbook featuring 300 easy, delicious recipes that any parent can make to ensure their babies and toddlers get all the nutrients they need...without any of the ingredients they don't. Every parent wants to make sure their baby is eating the freshest, healthiest food possible, whether their baby is eating mashes and purees or simple finger foods. The Big Book of Plant-Based Baby Food makes preparing baby food easier than ever with these 300 simple, plant-forward recipes that give your children the nutrients they need, all while being delicious to eat! Focused entirely on whole, natural foods from plant-based sources, this book includes recipes like: -Basic baby-approved purees that feature a wide range of fruits and veggies, from the simplest applesauce to a tasty garden vegetable and lentil mash -Functional snacks like teething biscuits for babies to chew or homemade puffed treats that toddlers will love to pick up for improved motor skills -And finger foods that sound so delicious you'll want to try them yourself, like sweet potato fries, strawberry raspberry muffins, and whole wheat mac 'n' cheese These easy, appetizing recipes will ensure that your kids are getting all the nutrients they need with ingredients you love!

Slow cooker recipes are an essential for any home cook - time saving, low cost and reliably delicious. The Good Food kitchen has produced hundreds of brilliant recipes over the years, and this collection gathers 150 of the very best. Slow cookers allow anyone to create mouth-watering dishes that can be cooked overnight or while you're at work so that you can enjoy your meal as soon as you enter the door. From family favourites like curries, chillis, soups and puddings, through to fresh ideas for stews, fish and tasty vegetarian meals, Good Food Ultimate Slow Cooker Recipes has something for everyone. All recipes are short and simple with easy-to-follow steps, and all are accompanied by a full-colour photograph of the finished dish.

Finally available in paperback, this is Amazon #1 Best Seller J.S. Amie's third book featuring Spiralizer recipes for those of us who want to live healthier and skinnier! THE COMPLETE VEGETABLE SPIRALIZER COOKBOOK explores new flavors with delicious spiralizer recipes inspired by the world's most popular pasta and noodle dishes...but prepared without wheat or gluten! In this book, you will learn: - how to use the Paderno, Veggetti, and Julienne Slicers to make Spiralized meals - how to pick the best vegetables and fruits for spiralizing - how to choose the right spiralizer tools - how to spiralize like a pro! OUR MOST POPULAR AND DELICIOUS RECIPES in the book, PLUS OVER 200 MORE FREE SPIRALIZER RECIPES in digital format. The recipes are presented in a beautiful, easy-to-read design so you can lay the book flat on your countertop and easily prepare your meal. All recipes include full nutritional values so you can plan according to your dietary needs. Many recipes have full color professional photography available, either in the book or in the included digital content. Recipes include: - Soups -Salads -Sides -Entrees -Desserts BONUSES - Gluten Free, Paleo, and Weight Loss Pantries - Vegetable Chart - Tool Chart

Discover how simple and delicious eating well can be. Jasmine and Melissa Hemsley are revolutionizing how we eat. Experts on wholesome, nutritious cooking and living a healthy, fashionable lifestyle, the sisters teach people how to enjoy real food to feel happier and more energized. Their simple philosophy of eliminating gluten, grains, and refined sugars, while focusing on maximizing nutrition has revolutionized the way people think of "diet." And, the best part is, preparing such meals is easy and fun. Good + Simple has 140 beautiful recipes that are so tasty you'll forget that they're designed with nourishment in mind. Dishes such as Roasted Squash Soup with Coriander Pesto, Green Goddess Noodle Salad, Cauliflower Rice 3 Ways, Roasted Chicken Thighs with Watercress Salsa Verde, Shrimp and Arugula with Zucchini Noodles, and Cannellini Vanilla Sponge Cake with Chocolate Avocado Frosting are packed with healthful, whole ingredients and taste wonderful. Also included is lots of helpful information from the sisters on making first steps and maintaining a healthy lifestyle; you'll find an at-a-glance guide to their principles of eating well, ten recipes to get you started, basic pantry ingredients to have on-hand, their signature bone both recipe, and much more. With 140 vibrant photographs, tips on transforming leftovers, stocking your fridge and freezer, meals on the run, advice on mindful eating, and a one-week body reset plan, as well as two weekly meal plans, Good + Simple is the perfect book for any home cook who loves food and wants to eat well every day.

This book will guide you through the endless possibilities with more than 75 quick, healthy and delicious recipes featuring spiralized fruit and vegetables. Recipes are marked with icons indicating gluten-free, dairy-free, vegetarian, vegan, low-carb, low-sodium and/or high-fiber, and all recipes include nutritional information. Also included is a two-page introduction with photos covering the basics of how to spiral fruits and vegetables.

A spiralizer is the perfect way to get more vegetables into your diet!

Good Food Eat WellSpiralizer RecipesRandom House

The bestselling cookbook from Hemsley + Hemsley, including recipes from Jasmine and Melissa's Channel 4 series Eating Well with Hemsley + Hemsley. The Art of Eating Well is a revolutionary cookbook that will help anyone who wishes to feel better, lose weight or have more energy. Jasmine and Melissa Hemsley teach their principles of life-long healthy eating with exciting and inventive recipes that are so delicious you forget the purpose is good health and nourishment. Jasmine and Melissa's philosophy is simple: a healthy gut leads to a healthy body and mind, and a better, happier you; that changing the way you eat doesn't have to involve deprivation, but can be enjoyed everyday - whether you are home, work, with family or friends, or eating out. This stunning book includes over 150 mouth-watering recipes - all of which are free from grain, gluten, refined sugar, high starch and are alkaline friendly. The sisters' down-to-earth, encouraging and practical guidance will motivate you to try new foods and no longer crave high sugar and processed foods. They include comprehensive advice on ingredients, techniques, equipment, cooking in advance, meal plans, juicing, and packed lunches and snacks that fit busy lifestyles. The Art of Eating Well is divided into clear categories - Kitchen and Store Cupboard Basics; Cooking in Advance; Breakfast; Soups; Salads; Sides and Snacks; Main Meals, including meat, poultry, fish and vegetarian; Baking and Desserts; Dips, Dressings and Sauces; Juices and Smoothies; Basics. Beautifully photographed and designed, The Art of Eating Well is a kitchen bible that delivers maximum taste and maximum nutrition. A bold and beautiful cooking companion for food lovers that will change the way you eat leaving you energized, healthy, slimmer and strong.

Reducing your calorie intake for a few days of a week has proven a simple and effective means of losing weight and maintaining a healthier lifestyle. Good Food: Fasting Day Recipes is packed full of easy and delicious recipes to make your fasting days fuss-free and flavourful. Divided into calorie content, from 100 calories to 350 calories, you can mix and match the incredible variety of dishes to create your perfect fasting day. From hot broths to sensational salads and hearty hotpots, Good Food: Fasting Day Recipes is guaranteed to have your taste buds watering. All recipes have been

Carefully selected and triple-tested by the trusted team at Good Food, and with full nutritional breakdown and colour photograph to accompany each dish, this is your perfect companion to a healthy, simple and satisfied fasting day. Part of Good Food's exciting new Eat Well range, for a healthy and happy you.

The must-have spiralizer cookbook for making ridiculously easy and delicious meals?perfect for any spiralizer. Whether you are trying to lose weight or just looking to add color to your plate, give a fresh twist to your veggies with everyone's favorite kitchen tool, the spiralizer. Kenzie Swanhart, food blogger behind Cave Girl in the City, shares a hundred of her favorite recipes in this spiralizer cookbook. Catering to any brand of spiralizer, this spiralizer cookbook proves that you can indulge in your favorite foods by swapping carbs for a variety of veggies. With recipes for all palates and preferences?Paleo, vegetarian, vegan, gluten-free, this spiralizer cookbook takes a creative spin on any plate. This spiralizer cookbook contains: Over 100 Recipes to satisfy cravings with guilt-free dishes and desserts Nutritional Information complete with dietary icons plus ingredient information for every recipe Spiralizer 101 with overviews of popular spiralizer brands and tailored recipes to suit the right one for you Recipes in this spiralizer cookbook include: Asian Broccoli Slaw, Butternut Squash Enchiladas, Chicken Zoodle Soup, Raw Rainbow Noodle Salad, Shrimp and Cucumber Noodle Bowl, Sweet Potato "Rice" Balls, Simple Steak Fajitas, Teriyaki Chicken and Broccoli Noodles, Vegetable Lo Mein, Zucchini Ribbon Crisp, Simple Pear and Almond Tart, and much more! "Wonderful companion for spiralizer users! Full of great suggestions and recipes for turning just ok meals into something delightfully special!"--Joan A. Finn, Amazon Verified Purchase

150 easy ways to turn vegetables and fruits into creative and healthy meals! Vegetable spiralizers are the latest must-have kitchen gadget, and with good reason. They're affordable, easy to use, and make healthy eating fun and quick. Whether you're following a Paleo, gluten-free, raw, or low-carb diet, you'll find unique ideas for satisfying, fiber-rich meals that are built around healthy vegetables and fruits, including: Quick and Easy Jalapeño Hash Browns Sweet and Salty Apple Chips Slow-Cooker Buffalo Chicken Lettuce Cups with Spiralized Carrots Zucchini Pad Thai Cajun-Spiced Jicama Shoestring Fries Spiralized Fruit Salad with Coconut Whipped Cream You can use any type of spiral cutter, or even a simple vegetable peeler, to transform vegetables and fruits into noodles, shoestrings, or corkscrew shapes in minutes. Featuring an introduction to spiralizing techniques; lists of the best vegetables and fruits to use; and imaginative, low-carb recipes, The Spiralizer Recipe Book will give you 150 reasons to use your spiralizer every day!

SAVE UP TO 90% RIGHT NOW! Get this Amazing #1 Amazon Best-Seller - Great Deal! Put down the green juice and ditch the boring salad! Is there any fun way to get fresh fruits and vegetables into your diet? Absolutely! Try A Spiralizer & Get ALL the amazing ideas & recipes today and create the healthy vegetable meal. Eric Shaffer, Blogger, Food Enthusiast"Must Have For Spiralizer Owners" Here's the real kicker The Healthy Spiralizer is a #1 Most Exclusive Recipe Book Ever. Unlike other cookbooks, guidance and recipes, the Healthy Spiralizer has been created to focus on Easy Spiralizer Recipes and The Most Explosive Flavours. You'll Never Guess What Makes These Veggie Recipes So Unique! After reading this book, you will be able to: Combine Unusual Flavours Try Unique Recipes CheckHelpful Photographs And Tables Get Equally Delicious Results Find Ideal Recipes For Beginners Get ingredients For The Perfect Vegetable Meal These spiralizer recipes are fantastic for satisfying all your family members! crowd-pleasing mouth-watering low-carb budget-friendly high in protein healthy Now, you're probably wondering... Why you need this book? These spiralizer recipes will give you: Good time with family & friends More flavor, smell, and, yes, the compliments. Opportunity to eat healthy Dinnertime secrets Tender meals and unique taste Whether you're looking for a beginner's guide, seeking some healthy dinner ideas, or just trying to get some vegetable recipes you'll be inspired to start cooking! "Umm, what now? Here's Some Spiralizer Recipes To Try! Crunchy Kohlrabies Salad Lemon Zucchini Salad Creamy Butternut Spaghetti Summer Noodle Salads Broccoli Slaw Potato Noodles with Almond Sauce Roasted Plantain Noodles Spiralized Avocado Wraps Use these spiralizer recipes, and start cooking today! Impress your family with these easy to make & healthy vegetable recipes! Scroll up to the top of the page & Get once in a lifetime opportunity to try these incredible spiralizer recipes

60 Best Vegetable Spiralizer Recipes, From Breakfast Noodles To Pasta Main Dishes, Fries, Soups, Veggie Sides And Sweet Desserts Here is a collection of recipes to make the most of your spiralizer. Your spiral vegetable slicer will no longer stay idle on the counter with these tasty and irresistible dishes! Spiralized vegetables are not just about healthy eating, they also provide a lot of fun for the whole family. Get your kids involved as you create colorful meals from breakfast to lunch, dinner, side dishes and dessert. The types of dishes you can make with spiralized vegetables is almost endless. The 60 recipes in this book will enable you make flavorful, low-calorie and all-natural recipes with the use of your spiralizer. Vegetable-full meals hit the spot whether you want to slim down or just want to maintain a healthy weight. They are not only delicious and nutritious, they also fill you up and help you resist sweets and junk food. The best recipes require minimal effort to make. Sometimes, all you have to do is toss your spiralized sweet potato or zoodles with olive oil, sprinkle with your favorite spices and stick in the oven. A few minutes later, a delicious meal is ready for your family. Many recipes in this book hit the spot when you want dinner that is full of greens. Sweet potato, zucchini or carrots can combine well with crispy greens to satisfy your craving. The main dishes can be toned down a little and prepared in a flash for a quick and satisfying weekday lunch. The breakfast recipes provided in this book are proof that vegetables should not be limited to dinner. Vegetable noodles come together with other ingredients to create a variety of dishes for hearty breakfasts. With 60 delicious recipes, Family Spiralizer Cookbook is a great resource for creating enjoyable meals such as: Spiralizer Waffles Spiralized Apple With Chocolate Glaze Zucchini Noodles Pumpkin Pie Shrimp Lo Mein With Parsnip Noodle Beet Noodles With Kale And Sausage Eggplant Pasta Lasagna Yogurt Chicken With Zucchini Noodles Cucumber Noodles With Creamy Coconut Dressing Baked Sweet Potato Fries Zucchini And Mango Salad Creamy Spiralized Apple Tart Carrot Cake Bites And much more!



NEW YORK TIMES BESTSELLER • The definitive cookbook for using a spiralizer: the kitchen gadget that turns vegetables and fruits into imaginative, low-carb dishes. On her wildly popular blog, Inspiralized, Ali Maffucci is revolutionizing healthy eating. Whether you're low-carb, gluten-free, Paleo, or raw, you don't have to give up the foods you love. Inspiralized shows you how to transform more than 20 vegetables and fruits into delicious meals that look and taste just like your favorite indulgent originals. Zucchini turns into pesto spaghetti; jicama becomes shoestring fries; sweet potatoes lay the foundation for fried rice; plantains transform into "tortillas" for huevos rancheros. Ali's recipes for breakfast, snacks, appetizers, sandwiches, soups, salads, casseroles, rices, pastas, and even desserts are easy to follow, hard to mess up, healthful, and completely fresh and flavorful. Best of all, she tells you how to customize them for whatever vegetables you have on hand and whatever your personal goal may be—losing weight, following a healthier lifestyle, or simply making easy meals at home. Here, too, are tons of technical tips and tricks; nutritional information for each dish and every vegetable you can possibly spiralize; and advice for spiralizing whether you're feeding just yourself, your family, or even a crowd. So bring on a hearty appetite and a sense of adventure—you're ready to make the most of this secret weapon for healthy cooking.

The Spiralizer Cookbook - Over 30 Spiralizer Recipes For The Spiralizer - Healthy, Delicious Spiral Cutter Recipes For The Paderno Spiralizer At last a cookbook loaded with over 30 spiralizer recipes that you can make with your Paderno Spiralizer or regular vegetable spiral slicer. My name is Katey Goodrich and I wrote the spiralizer cookbook because like you I purchased the best kitchen tool ever, the Paderno Spiralizer but couldn't find a cookbook with recipes for it. Having already published 55 Superfoods on Kindle I decided to stop complaining and write one that I could share with you and others, and here it is. This is only the first in a series that will cover many diets and cooking topics that the spiralizer is perfect for. And yes! It has plenty of zucchini noodle recipes as well. I have included helpful tips and advice on cleaning, maintaining and using the spiralizer as well as over 30 starter recipes to get you going. The recipes are good for hand held spiral cutters as well. Included are spiralizing tips and advice for many fruits and vegetables including, Apples, Beets, Butternut squash, Cabbage, Carrots, Celery, Cucumbers, Daikon, Eggplants, Jicama, Kohlrabi, Onions, Parsnips, Pears, Plantain, Potatoes, Squash (yellow, summer, Mexican), Radishes, Sweet potato, Turnips, Yams and Zucchini. I have also included advice on how to prepare the vegetables for spiralizing and cooking, and which blade to use for each dish. You will never be lacking for choice again where it comes to finding a tasty, nourishing vegetable spiralizer based meal again, or spend hours trolling through the internet searching for a recipe to suit your tastes. The Spiralizer Cookbook has over 30 delicious, healthy and easy to prepare spiralizer recipes to start you off with. There are breakfast, lunch and dinner recipes that you and your family will enjoy every week. In no time at all you'll be a spiral slicer wiz and with my spiralizer cooking and preparation tips and advice you'll soon be creating your own versions of popular spiral cutter recipes. The Spiralizer Recipe Book is perfect if you watching your weight or intending to lose some weight, most of the recipes are diet conscious and because of this fantastic little kitchen tools unique abilities traditional recipes have had their fat content and calories reduced dramatically, but are still delicious and satisfying. The spiraliser cookbook has recipes that are suitable for people on special diets such as, Vegetarian, Paleo, Wheat free, Low-carb, Vegan, Weight loss, gluten free, low gi, raw food, diabetes and heart healthy. But that doesn't mean you get to eat just a carrot or starve yourself, every recipe was carefully chosen as a perennial family favorite and adapted for the spiralizer, making them healthier, more nutritious, but still loaded with taste and many would say even better tasting than the original. Are you inspired? Or should I say Inspiralized! Then let's get Spiralizing.

"Zoodles Spiralizer Cookbook makes it clear that you don't have to choose between eating healthy and satisfying your cravings." --Caroline Kitchener, contributing writer to The Atlantic Working more vegetables into your diet can be challenging. But with Zoodles Spiralizer Cookbook you can get the health benefits of vegetables with the gratification of your favorite pasta and noodle dishes. Enjoy Fettuccine Alfredo or Chicken and Veggie Chow Mein free of carbs, gluten, refined sugars, and grains with this all-in-one spiralizer cookbook. Perfect for beginners or spiralizing enthusiasts, Zoodles Spiralizer Cookbook offers: 75 fresh, flavorful zoodle recipes for making pastas, soups, noodle dishes, and salads An overview of different spiralizer models so you can select the best one for you Knowledgeable guidance from a nutrition expert on how to prep and use the best vegetables for spiralizing Certified Holistic Health Coach Sonnet Lauberth has been helping others eat healthier with her popular food blog, In Sonnet's Kitchen. With her original recipes in Zoodles Spiralizer Cookbook you'll stop stressing and start spiralizing your way to a new way of thinking about?and eating?your veggies. "I love Zoodles Spiralizer Cookbook! Easy to cook and TASTY recipes. I have tried a couple of them and love them. I am working on getting away from CARBS and with tasty meals like these it is simple to do. I can't even tell I'm not eating flour noodles...and I don't miss them!"--Amazon Customer

Spiralizing has taken the culinary world by storm, and now everyone can make their own delicious spiralized recipes at home. Vegan, paleo, low carb and gluten-free diets are all catered for, so you can create imaginative, nutritious meals for the whole family. From Bang Bang Chicken and Vegetable Noodles to Skinny Carrot Fries and Spiralized Squash & Sage Risotto, you can transform any vegetable into a delicious meal which is the equal of its indulgent original. Soups, salads, snacks and sweet treats are all covered, as well as family favourites like Cottage Pie and Chicken Wings. All the recipes are short and simple with easy-to-follow steps, and all are accompanied by a full-colour photograph of the finished dish. Spiralizer Recipes Cookbook Get your copy of the best and most unique recipes from Fiona Mills ! Do you miss the carefree years when you could eat anything you wanted?Are you looking for ways to relive the good old days without causing harm to your health?Do you want an ideal way to preserve your food?Do you want to lose weight? Are you starting to notice any health problems?Do you want to learn to prep meals like a pro and gain valuable extra time to spend with your family? If these questions ring bells with you, keep reading to find out, Healthy Weekly Meal Prep Recipes can be the best answer for you, and how it can help you gain many more health benefits! Whether you want to

spend less time in the kitchen, lose weight, save money, or simply eat healthier, meal prep is a convenient and practical option and your family can savor nutritious, delicious, homemade food even on your busiest days. ? Purchase The Print Edition & Receive A Digital Copy FREE Via Kindle Matchbook ? In this book: This book walks you through an effective and complete anti-inflammatory diet-no prior knowledge required. Learn how to shop for the right ingredients, plan your meals, batch-prepare ahead of time, and even use your leftovers for other recipes.and detailed nutritional information for every recipe, Spiralizer Recipes Cookbook is an incredible resource of fulfilling, joy-inducing meals that every home cook will love. In addition, 2 weeks of meals-a 14-day schedule of meals, including step-by-step recipes and shopping lists for each, with tips on what you can prepare ahead of time to get dinner or meal on the table faster. Let this be an inspiration when preparing food in your kitchen with your love ones for the Holiday. It would be lovely to know your cooking story in the comments sections below. Again remember these recipes are unique so be ready to try some new things. Also remember that the style of cooking used in this cookbook is effortless. I really hope that each book in the series will be always your best friend in your little kitchen. Well, what are you waiting for? Scroll to the top of this page and click the Add to Cart button to get your copy now!

A concise guide to the popular cooking tool that offers fun new options for fruits and veggies—with over twenty creative recipes included. The Spiralizer Cookbook 2.0 offers a fresh approach to the innovative tool that slices vegetables and fruits into noodles, shoestrings, thin shreds, and waferlike slices in seconds. This compact, photo-filled guide to spiralizing includes everything you need to know, from how to assemble your Spiralizer to understanding its unique blades, and over 20 inspiring recipes for inspiring snacks, main dishes, desserts, and more. Find easy-to-follow recipes for Apple Pancakes; Baked Eggs with Zucchini; Shrimp Spring Rolls with Peanut Sauce; Apple-Cabbage Salad with Bacon & Candied Walnuts; Chicken Pho with Daikon Radish Noodles; Fresh Parsnip Pasta Primavera; Apple Galette; Curly Fries; Cucumber Gimlet, and much more, all utilizing the Spiralizer. With The Spiralizer Cookbook 2.0 you can create delicious, low carb meals, full of fresh vegetables and fruits!

Offers tasty, healthy recipes all using the spiralizer, a tool that turns fruit and vegetables into noodles, including Jicama Shoestring Fries, Sweet Potato Fried Rice and Zucchini Linguine with Garlic Clam Sauce. Original.

Kids!!! They are the main members in our family. We gave them life, educated them and try to please in all their wishes. Every mom knows that it's very difficult to feed her child especially with vegetables. As they always want something tasty, new and interesting. But don't forget about benefits from meals. Every mother desires her kids to eat not only tasty food but primarily healthy and nutritious meal. SPIRALIZER! It's the solution of all problems! Vegetable spiralizer is a modern device which helps every mom to prepare new and exciting dishes: vegetable noodles, spiralized zucchini. But this kitchen appliance was created not only for moms and her kids. Every student, housewife, employer or manager can use vegetable spiral slicer in order to enrich their ration. The Spiralizer Cookbook is a wonderful addition to your spiral vegetable cutter. Here you can find mouthwatering recipes for spiralizer such as salads, snacks, raw, meat and seafood dishes, and even desserts.

"Eat Happy? I'm always happy when I eat Melissa's food!" GARY BARLOW "I adore Melissa and her food. This is carefree, quick cooking with a sense of fun, and just happens to be good for you." ANNA JONES "I'm a huge fan and love how Melissa champions the message that good healthy food needn't be complicated, scary or time consuming. This beautiful new book is packed with dreamy recipes." FEARNE COTTON "Don't think I've ever met anyone with such a passion, love and joy for food. She's amazing!" GIOVANNA FLETCHER Delicious quick and easy meals with a Hemsley twist. Bestselling home cook and co-author of The Art of Eating Well and Good + Simple, Melissa Hemsley of Hemsley + Hemsley, presents flavourful and veg-packed dishes. Featuring supermarket ingredients, simple methods, and tips and tricks to make no-fuss great food, Eat Happy is designed to see you through the whole week - tempting breakfasts to family dinners and lunches, as well as party food, snacks, baking, desserts, drinks, and simple, healthier versions of takeaway favourites. Comfort and indulgence are at the heart of Melissa healthy food, with plenty of ideas for everyday meals, batch cooking, cutting down on kitchen waste, and dishes that can be enjoyed for supper and leftovers for a packed lunch. Amongst the 120 brand-new recipes are, Breaded Chicken Katsu Curry, Sesame Salmon with Miso Veg Traybake, Roast Carrots with Pomegranate Molasses and Pistachios, Coconut Chocolate Clusters and Ginger Fruit Loaf. These are delicious alternatives and satisfying treats that encourage even the most time-poor cook to take pleasure in healthy fast food that puts taste first.

"Excellent . . . familiar salads, soups, pasta dishes, and more get an unexpected twist—and an extra oomph of vegetables thanks to the spiralizer!"—Lukas Volger, author of Bowl The latest craze in healthy cooking is encouraging home cooks to put a spin on it! With a serving of spiralized zucchini noodles packing less than a quarter of the calories and carbs found in a serving of spaghetti, now pasta-lovers can enjoy their favorite dishes with a smile. And in Spiralize This! Martha Rose Shulman proves just how versatile spiralizers can be: from egg dishes to salads, pickles to gratins, tacos to desserts, this book includes recipes for meat-eaters and vegetarians, with approximately 30 percent vegan recipes. Martha draws on her expertise in vegetable-focused cooking and love of flavors from Mediterranean, Asian, and Latin cuisines to deliver 75 craveable recipes: warming soups and noodle bowls, like Phô with Turnip Noodles and Beets; hearty dishes like Brown Rice Bowls with Miso-Glazed Salmon; seasonal gems like Winter Squash Lasagna. The book features a beautiful full-color photo with every recipe and includes tips on how to use various spiralizers and how to store leftover vegetable noodles, ribbons, and rice. With the basics of spiralizing covered and the array of fresh, enticing dishes to try, this is the book that spiralizer fanatics have been waiting for. "The fabulous Martha Rose Shulman gives you full permission to play with your food and use a spiralizer gadget to produce the most gorgeous meals ever eaten. Vegetables have never been so easy, beautiful, delicious, and inspiring to eat."—Marion Nestle, James Beard Award-winning author of What to Eat Delicious and healthful recipes from the popular blog TheWholeSmiths.com—fully endorsed by Whole30 As fans of the



Whole30 know, it can be challenging to figure out how to eat for the other 335 days of the year. Michelle Smith, creator of the blog The Whole Smiths, has the answers. This cookbook, the first ever fully endorsed and supported by Whole30, offers a collection of 150 recipes to keep Whole30 devotees going strong. Many recipes like Spaghetti Squash Chicken Alfredo are fully Whole30-compliant, and all are gluten-free, but you'll also find recipes with a careful reintroduction of grains, like the tortillas in the Chile Enchilada Bake. Some recipes include beans and legumes, so there are plenty of vegetarian options. There are even desserts like Chocolate Chip and Sea Salt Cookies! Throughout the book, icons help readers identify which recipes fit their dietary constraints (and which are easily adaptable), but perhaps most important of all, the recipes are a delicious way to help anyone achieve a long-term approach to good health.

365 Days Of Spiralizer Recipes Cookbook Get your copy of the best and most unique recipes from Abigail Mackenzie ! Do you miss the carefree years when you could eat anything you wanted? Are you looking for ways to relive the good old days without causing harm to your health? Do you want an ideal way to preserve your food? Do you want to lose weight? Are you starting to notice any health problems? Do you want to learn to prep meals like a pro and gain valuable extra time to spend with your family? If these questions ring bells with you, keep reading to find out, Healthy Weekly Meal Prep Recipes can be the best answer for you, and how it can help you gain many more health benefits! Whether you want to spend less time in the kitchen, lose weight, save money, or simply eat healthier, meal prep is a convenient and practical option and your family can savor nutritious, delicious, homemade food even on your busiest days. ? Purchase The Print Edition & Receive A Digital Copy FREE Via Kindle Matchbook ? In this book: This book walks you through an effective and complete anti-inflammatory diet-no prior knowledge required. Learn how to shop for the right ingredients, plan your meals, batch-prepare ahead of time, and even use your leftovers for other recipes. and detailed nutritional information for every recipe, 365 Days Of Spiralizer Recipes Cookbook is an incredible resource of fulfilling, joy-inducing meals that every home cook will love. In addition, 2 weeks of meals-a 14-day schedule of meals, including step-by-step recipes and shopping lists for each, with tips on what you can prepare ahead of time to get dinner or meal on the table faster. Let this be an inspiration when preparing food in your kitchen with your love ones for the Holiday. It would be lovely to know your cooking story in the comments sections below. Again remember these recipes are unique so be ready to try some new things. Also remember that the style of cooking used in this cookbook is effortless. I really hope that each book in the series will be always your best friend in your little kitchen. Well, what are you waiting for? Scroll to the top of this page and click the Add to Cart button to get your copy now!

We're all trying to eat more healthily these days, but popular recipes often include hard-to-find and expensive ingredients. Good Food Eat Well: Cheap and Healthy is a comprehensive collection of fresh, healthy and reasonably priced recipes for every day of the week. It includes 150 balanced recipes based on store-cupboard ingredients, from delicious smoothies and soups to hearty main meals and tasty but better-for-you treats. All the recipes are short and simple with easy-to-follow steps, and all are accompanied by a full-colour photograph of the finished dish.

Good nutrition is the basis of a healthy lifestyle. Hundreds of everyday food choices determine your wellbeing: how you feel now, and in the future. Nutrition Facts exposes the whole truth about food, offering an unparalleled collection of facts, figures and data. No deceptive promises, no snake oils, no false advertising: just nutrition facts. Nutrition Facts is the most fact-checked book about nutrition. In it, you'll find all you need to know about: • The link between nutrition and health • How the body processes food • The truth about diets and nutrition regimes • The value of nutrients • Building healthy eating habits • How to use nutrition to curtail ailments and allergies

TOP 50 AMAZING LOW CARB SPIRALIZER RECIPES WITH PHOTOS, SERVING SIZE, AND NUTRITIONAL INFORMATION FOR EVERY SINGLE RECIPE! Kindle MatchBook: Buy the paperback edition and get the Kindle edition FREE! REGULAR PRICE: \$14.99 | LIMITED TIME PROMOTIONAL DISCOUNT There is a new way to enjoy all your favorite foods without sacrificing your health by consuming too many empty, refined carbohydrates! Reclaim your health with the top 50 low carb spiralizer recipes! Spiralizing food is becoming increasingly popular and it is more than just a fad! Spiralizing fresh vegetables at home is a lifestyle and an entire movement based on reclaiming our health and well-being without sacrificing any of our favorite meals. Foods like traditional pastas can leave you feeling bloated, fat, and unhealthy. But pasta dishes don't have to be this way! That's why creating amazing meals at home using fresh spiralized vegetables is becoming so popular! Spiralizing your veggies means you can eat a variety of delicious meals while cutting back your carbs, dropping weight, and feeling better than ever! The evidence has become undeniable: spiralizing is a fun way to help you promote whole body health, boost energy, increase longevity, and drop excess fat fast! 50 low carb spiralizer recipes soups, salads, lunches, and dinners, all with complete nutritional information, serving sizes, and pictures! This low carb spiralizer cookbook makes it easy to get the most out of your spiralizer! With 50 amazing spiralizer recipes, you can use your spiralizer for every single meal for weeks at a time without getting bored! Each and every recipe includes a photo of the meal as well as serving size and nutritional information. Enjoy some of the best meals of your life all while improving your health and losing weight! 50 spiralizer recipes so you can have it all! Going paleo, low carb, or slow carb does not mean you are on a boring, bland, starvation diet. It also doesn't mean you need to miss out on all your favorite carb heavy dishes, which you can substitute refined carbs like traditional pastas for healthy spiralized vegetables. Eating bland and weird food might be one way to lose weight, but that is not what spiralizing is all about. Let's face it: if a diet isn't enjoyable, sooner or later it becomes impossible to stick to. Don't set yourself up for failure! Grab these 50 amazing low carb spiralizer recipes now and learn the many delicious possibilities you could have for your next meal, and every meal for weeks to come! Spiralizing food can be fun and easy, but only when you know the right recipes! For less than the cost of visiting a fast food restaurant, you can get your hands on 50 of the most delicious, mouth-watering low carb spiralizer recipes, all with complete nutritional information, serving sizes, and pictures in this spiralizer cookbook. Every recipe is easy to make, requires no significant cooking expertise, and is so healthy and

delicious you will be proud to serve these meals to your family and friends. World class meals you can serve to your family and friends with pride! World renowned diet and nutrition expert Luca Fontaine has hand-picked his favorite spiralizer recipes that he has mastered in his own kitchen, taught to chefs around the world, and that have earned rave reviews from diners on every continent of the planet! Don't miss out! Grab this book today at the limited time sale price and make a small investment in your health and well-being, as well as the health and well-being of your family, that will pay off huge in the long run!

In this authoritative cookbook from Britain's favourite cookery magazine, you will discover over 650 recipes divided by ingredient and occasion to help you find the perfect recipe with ease. But this is more than just a recipe collection - this book also includes Good Food's expert knowledge of ingredients and cooking hints and tips, to make it an invaluable source of inspiration and advice. This is an essential reference guide, including easy-to-follow instructions on topics such as how to cook different cuts of meat, knife skills and how to entertain without stress. There are also step-by-step masterclasses in techniques such as preparing squid, making fresh ravioli from scratch and making bread and pastry. With hundreds of recipes for everyday meals as well as weekend feasts, for when you have a little more time to spend in the kitchen, sections focused on making special occasions stress-free, a whole chapter on Christmas cooking and a chapter dedicated to feeding crowds all with step-by-step methods, nutritional breakdowns and full-colour photography, The Good Food Cook Book is the perfect gift and a book to treasure and return to, year after year.

The spiralizer is the newest tool in healthy eating - creating tasty low-carb, low-calorie noodles, ribbons and 'rice' from everyday fruits and vegetables, all with the feel-full factor of real pasta. This book features 75 recipes which show you how to get the most out of your spiralized dishes.

The bestselling cookbook from Hemsley + Hemsley, including recipes from Jasmine and Melissa's Channel 4 series Eating Well with Hemsley + Hemsley. The Art of Eating Well is a revolutionary cookbook that will help anyone who wishes to feel better, lose weight or have more energy. Jasmine and Melissa Hemsley teach their principles of life-long healthy eating with exciting and inventive recipes that are so delicious you forget the purpose is good health and nourishment. Jasmine and Melissa's philosophy is simple: a healthy gut leads to a healthy body and mind, and a better, happier you; that changing the way you eat doesn't have to involve deprivation, but can be enjoyed everyday - whether you are home, work, with family or friends, or eating out. This stunning book includes over 150 mouth-watering recipes - all of which are free from grain, gluten, refined sugar and high starch. The sisters' down-to-earth, encouraging and practical guidance will motivate you to try new foods and no longer crave high sugar and processed foods. They include comprehensive advice on ingredients, techniques, equipment, cooking in advance, meal plans, juicing, and packed lunches and snacks that fit busy lifestyles. The Art of Eating Well is divided into clear categories - Kitchen and Store Cupboard Basics; Cooking in Advance; Breakfast; Soups; Salads; Sides and Snacks; Main Meals, including meat, poultry, fish and vegetarian; Baking and Desserts; Dips, Dressings and Sauces; Juices and Smoothies; Basics. Beautifully photographed and designed, The Art of Eating Well is a kitchen bible that delivers maximum taste and maximum nutrition. A bold and beautiful cooking companion for food lovers that will change the way you eat leaving you energized, healthy, slimmer and strong.

Spiralizing isn't just about noodles anymore, so blogger Ali Maffucci satisfies paleo, vegan, vegetarian, and gluten-free diets with 125 healthy recipes for vegetarians and meat-eaters alike. "Ali continues her genius spiralizing but adds in a number of other ways to approach vegetables, to make it easy to get your five (or more!) a day." —MindBodyGreen For the first time, Ali Maffucci, founder of the healthy culinary brand Inspiralized, is going beyond expectations—and beyond spiralizing. In this book she shows you a myriad of additional ways to add nutrients to your diet, reach a personal health goal, or just make good-for-you meals at home. Sweet potato slabs replace toast, cauliflower becomes pizza crust, broccoli turns into tots, avocado gets moussed, jackfruit mimics pulled meat—and that's just the beginning. Among the brand-new recipes, complete with nutritional information, you'll find Rainbow Lasagna, Apple French Toast, and Cauliflower Steaks with Chimichurri. Rest assured, Ali still offers up some favorite spiralized dishes, too. Get ready to get your veggies on.

Sugar can have a very harmful affect on our health and well being and Good Food: Low Sugar Recipes is your perfect companion to cutting harmful levels out of your diet whilst still eating delicious meals. With breakfasts, lunches, dinners and snacks as well as tempting desserts and baking ideas, Good Food: Low Sugar Recipes is packed full of easy recipes, full of flavour. From Bacon and parsley hotcakes to Portabello burgers and lemon drizzle cake, every recipe for every occasion can now be low in sugar. All recipes have been carefully selected and triple-tested by the trusted team at Good Food, and with full nutritional breakdown and colour photograph to accompany each dish, this is your comprehensive guide to a healthier and happier, low-sugar lifestyle. Part of Good Food's exciting new Eat Well range, for a healthy and happy you.

For those of us with busy lifestyles and little time to spare, slow cookers are a priceless helping hand in the kitchen - with as little as 10 minutes spent preparing a dish at the beginning of the day, you can enjoy delicious food a few hours later without slaving away at a hot stove. It isn't just high calorie, high fat recipes that you can make though - this essential guide from the experts at Good Food will show you to make delicious, healthy and balanced recipes in your slow cooker. From curries, chillis, soups and guilt-free puddings, through to fresh ideas for stews, and vegetarian meals, there is a slow-cooked meal for everyone. Accompanied throughout with full-colour photographs and a nutritional breakdown of every recipe, this collection of Good Food's favourite triple-tested slow cooker recipes will work first time, every time. Glowing skin, better sleep, loads more energy and improved overall health.... These are things we all want for our bodies. Good Food have combined the expertise of their nutritionists and the imagination of their test kitchen to create three diet plans. Each one targets a different area - from making you look and feel your best to boosting immunity and improved digestion, as well as an entirely vegetarian option. The plans are structured for you, supplying under 1,500 calories each day, and providing you with more than your 5 a day. The book also includes optional healthy snacks and treats if your goal isn't weight loss. All the recipes are short and simple, with easy-to-follow steps, and all are accompanied by a full-colour photograph of the finished dish.

365 Days Of Spiralizer Recipes Cookbook Get your copy of the best and most unique recipes from Julia Ellison ! Do you miss the carefree years when you could eat anything you wanted?Are you looking for ways to relive the good old days without causing harm to your health?Do



you want an ideal way to preserve your food? Do you want to lose weight? Are you starting to notice any health problems? Do you want to learn to prep meals like a pro and gain valuable extra time to spend with your family? If these questions ring bells with you, keep reading to find out, Healthy Weekly Meal Prep Recipes can be the best answer for you, and how it can help you gain many more health benefits! Whether you want to spend less time in the kitchen, lose weight, save money, or simply eat healthier, meal prep is a convenient and practical option and your family can savor nutritious, delicious, homemade food even on your busiest days. ? Purchase The Print Edition & Receive A Digital Copy FREE Via Kindle Matchbook ? In this book: This book walks you through an effective and complete anti-inflammatory diet-no prior knowledge required. Learn how to shop for the right ingredients, plan your meals, batch-prepare ahead of time, and even use your leftovers for other recipes. and detailed nutritional information for every recipe, 365 Days Of Spiralizer Recipes Cookbook is an incredible resource of fulfilling, joy-inducing meals that every home cook will love. In addition, 2 weeks of meals-a 14-day schedule of meals, including step-by-step recipes and shopping lists for each, with tips on what you can prepare ahead of time to get dinner or meal on the table faster. Let this be an inspiration when preparing food in your kitchen with your love ones for the Holiday. It would be lovely to know your cooking story in the comments sections below. Again remember these recipes are unique so be ready to try some new things. Also remember that the style of cooking used in this cookbook is effortless. I really hope that each book in the series will be always your best friend in your little kitchen. Well, what are you waiting for? Scroll to the top of this page and click the Add to Cart button to get your copy now!

"Since Ali Maffucci first launched Inspiralized, home cooks have been able to turn their favorite high-carb, high-calorie dishes into clean meals that fit into any diet, from paleo to vegan to gluten-free to raw....Now, with this ultimate guide, she's making it easier than ever for you to spiralize every meal,"--Amazon.com.

**TOP TEN SUNDAY TIMES BESTSELLER** Think about that first tickle of hunger in your stomach. A moment ago, you could have been thinking about anything, but now it's thickly buttered marmite toast, a frosty scoop of ice cream straight from the tub, some creamy, cheesy scrambled eggs or a fuzzy, perfectly-ripe peach. Eating is one of life's greatest pleasures. Food nourishes our bodies, helps us celebrate our successes (from a wedding cake to a post-night out kebab), cheers us up when we're down, introduces us to new cultures and - when we cook and eat together - connects us with the people we love. In *Eat Up*, Ruby Tandoh celebrates the fun and pleasure of food, taking a look at everything from gluttons and gourmets in the movies, to the symbolism of food and sex. She will arm you against the fad diets, food crazes and bad science that can make eating guilt-laden and expensive, drawing eating inspiration from influences as diverse as Roald Dahl, Nora Ephron and Gemma from *TOWIE*. Filled with straight-talking, sympathetic advice on everything from mental health to recipe ideas and shopping tips, this is a book that clears away the fog, to help you fall back in love with food.

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