



The Skinny Spiralizer Recipe Book: Delicious Spiralizer Inspired Low Calorie Recipes For One. All Under 200, 300, 400 & 500 Calories

By CookNation

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#1 Amazon Best Seller Author

**The Skinny Spiralizer Recipe Book
Delicious Spiralizer Inspired Low Calorie Recipes For One. All Under 200, 300, 400 & 500 Calories**

If you are looking for new and fresh meal ideas to use with your spiralizer then this book is for you! Get ready to open yourself up to a whole new world of possibilities....

Our calorie counted low fat recipes will help you make the most of your spiralizer: serving up super-fast, simple meals, soups, sides, salads and more.

With our recipes and your spiralizer, mealtime prep is fast and fun. Every skinny dish serves one and is calorie counted to fall below either 200, 300, 400 or 500 calories.

Recipes include:

**Sweet Ground Beef & Zucchini Twirls
Shrimp & Fresh Pea Noodles
Veggie Lime & Cashew Stir-Fry
Beef 'Noodle' Soup
Skinny Sausage & Spinach 'Spaghetti'
Fresh Lime Zucchini Ribbons
Garlic Chicken & Cucumber Ribbons
Honey & Thyme Egg Plant
Onion & Balsamic Dressed 'Pasta'
Spiralized Bubble & Squeak
Sundried Tomato & Basil 'Pasta'**

Creamy Squash Sauce ‘Spaghetti’
Chicken Miso Soup
Wok Egg Soup
Sweet Chilli Prawn ‘Noodles’
Spiced Spinach & Spiralized Sweet Potatoes
Beef Keema
Fresh Tuna Stir-Fry
Bean & Halloumi Ribbon Salad
Sweet Potato & Porcini Spirals
Skinny Sausage & Spinach ‘Spaghetti’
Pesto Chicken ‘Pasta’
Honey Chicken & Crunchy Carrot Stir-Fry
Baked Sweet Potato ‘Macaroni’ Cheese
Beetroot & Yogurt Soup

Plus many more.....?

Get ready to be inspired with your spiralizer!

You may also enjoy other titles from the Skinny calorie counted series. Just search ‘cooknation’ on Amazon.

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Garlic Chicken & Cucumber Ribbons

Honey & Thyme Egg Plant

Onion & Balsamic Dressed 'Pasta'

Spiralized Bubble & Squeak

Sundried Tomato & Basil 'Pasta'

Creamy Squash Sauce 'Spaghetti'

Chicken Miso Soup

Wok Egg Soup

Sweet Chilli Prawn 'Noodles'

Spiced Spinach & Spiralized Sweet Potatoes

Beef Keema

Fresh Tuna Stir-Fry

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Robert Nobles:

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