



# **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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