



Spiralizer Recipe Book: Spiralizer Recipes for Weight Loss, Anti-Aging, Anti-Inflammatory & So Much More! (Recipes for a Healthy Life) (Volume 2)

Stephanie Shaw

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Chandler: #1 Hall of Fame, Top 50 Reviewer

“Really good recipes with great flavor”

niki j turner, UK Top 50 Reviewer

“Healthy Options with nutritional breakdown for each meal”

Imagine serving your family and friends the kind of food that has them begging for seconds before you can even sit down!

But you know how difficult it can be to put **healthy, wholesome food** on the table night after night. That's why you bought a **Spiralizer**. To help you easily create delicious meals and encourage a **healthy lifestyle** in your household.

Make the most of this powerful new tool by equipping yourself with a few **easy-to-follow** recipes. In my long-awaited second book, I walk you through 60 detailed, easy-to-follow recipes for promoting a healthy lifestyle for you and your family.

You'll quickly discover how easy it is to add new, inspired twists to your existing recipes. You'll also learn how to properly select vegetables and use them with your Spiralizer to create meals that are as beautiful as they are delicious.

Included in my book are **60 delicious recipes** to help you prepare healthy food your family will love. Including:

- Specially-designed Spiralized recipes that **children love!**
- Quick, easy Spiralized **salad recipes** for **radiant skin**.
- Tasty recipe ideas to promote **healthy weight loss**.
- The recipes are **gluten-free** and **anti-inflammatory**.
- **Heart-healthy recipes** with **Spiralized vegetables**.
- Delicious salad recipes with **anti-aging** properties.

Each recipe comes bundled with a **full ingredients list**, **step-by-step instructions**, and **detailed nutritional information**. You'll also find information about the specific **health benefits** of each ingredient, including how they can help you **fight disease** and **ward off aging**.

Whether you've just embarked on a new gluten-free diet, or if you're already a veteran paleo chef, use the recipes in my book to encourage **healthier eating** in your family. It's easy to add **vegetables** to any meal with a **Spiralizer**, once you know how.

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