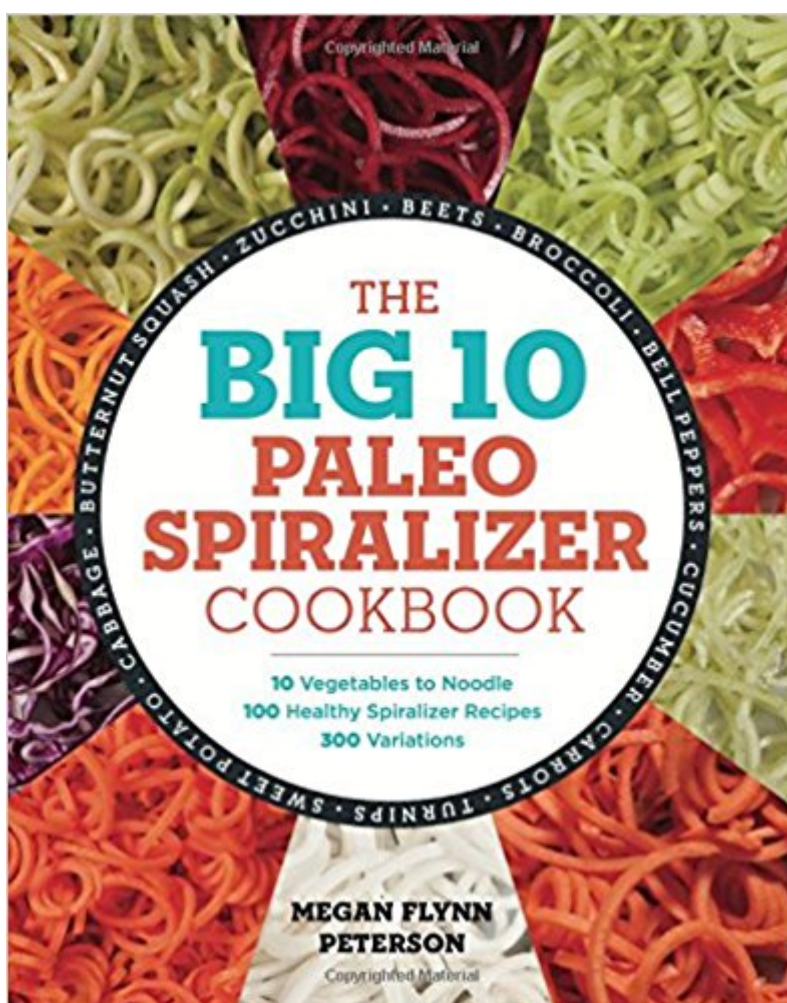


The book was found

The Big 10 Paleo Spiralizer Cookbook: 10 Vegetables To Noodle, 100 Healthy Spiralizer Recipes, 300 Variations



Synopsis

Spiralizing is a fun, delicious way to eat healthier—and The Big 10 Paleo Spiralizer Cookbook is the only spiralizer cookbook to combine the variety you want with the ease you need. From zoodle pastas to robust salads and hearty soups, the spiralizer has opened up a whole new world for those who follow a paleo, gluten-free, or low-carb lifestyle. Yet between recipes that require hard-to-find ingredients and spiralizer cookbooks that are too complicated, knowing what to do with which vegetable can be challenging. On a personal mission to make it easy and fun to eat more vegetables is paleo aficionada Megan Flynn Peterson. Following the release of her blockbuster debut, The Big 15 Paleo Cookbook, Megan turned her attention to one of the most versatile appliances in paleo cuisine—the spiralizer. With The Big 10 Paleo Spiralizer Cookbook Megan shows you that variety and simplicity go hand in hand. By sticking to the 10 best vegetables for spiralizing and including multiple recipe variations, The Big 10 Paleo Spiralizer Cookbook is the only spiralizer cookbook to include more than 300 total recipe options. Inside this spiralizer cookbook you'll find: 100 recipes and 300 variations using the 10 most popular, readily available vegetables with your beloved spiralizing appliance Helpful photos and per-recipe nutritional information so you know exactly what your dish should look like and exactly what is in it Recipe variations for a variety of diets, including paleo, keto, vegan, raw, gluten-free, and dairy-free Discover how you can get the most out of your groceries, your spiralizer, and your paleo lifestyle with The Big 10 Spiralizer Cookbook.

Book Information

Paperback: 190 pages

Publisher: Rockridge Press (May 9, 2017)

Language: English

ISBN-10: 1623158966

ISBN-13: 978-1623158965

Product Dimensions: 7.9 x 0.5 x 9.9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 66 customer reviews

Best Sellers Rank: #18,166 in Books (See Top 100 in Books) #10 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Salads #23 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Paleo #69 in Books > Cookbooks, Food & Wine > Special Diet > Paleo

Customer Reviews

“Everyone is looking to get more vegetables into their diet. Meghan makes it fun and easy to pile on the veggies without compromising flavor. You don’t have to follow a paleo diet or have special ingredients in your pantry to enjoy the recipes in this book. By focusing on the 10 most popular vegetables and providing 300 variations, eating veggies has never been more fun or delicious!”
—Kenzie Swanhart, author of Paleo in 28, Spiralize It!, and Clean Eating Bowls
“What a great tool to have in your kitchen and I’m talking about the cookbook, not the spiralizer! Megan’s recipes are easy to make and incredibly delicious! I recommend that anyone looking to mix up their Paleo life dig into these meals. The Beef Chow Fun is a must-try!”
—Alex Timmons, Founder, Eatify.io
“Anyone looking for colorful, flavorful, nutritious food will love the The Big 10 Paleo Spiralizer Cookbook. Filled with delicious and nutritious recipes, it’s a great introduction to the Paleo lifestyle and using a spiralizer. I loved the variety of recipes and discovering all of the possible uses for ten vegetables. It is going to add new dimensions to my paleo cooking!”
—Karen Frazier, author of The Complete Paleo Slow Cooker
“The Big 10 Paleo Spiralizer Cookbook is your go-to for delicious spiralizer recipes that fit your diet and lifestyle! I love how each chapter focuses on a different vegetable, making it easy to find inspiring recipes. Plus, the dishes are easy to make and versatile!”
—Sonnet Lauberth, author Zoodles Spiralizer Cookbook and creator of InSonnetsKitchen.com
“The Big 10 Paleo Spiralizer Cookbook is everything I hoped it would be. Practical recipes I can follow easily with beautiful photography and simple, healthy ingredients. I love the variations in each recipe, and the dip recipes in the back. It is an invaluable cookbook to have in the kitchen!”
—Julia Fain, founder and editor of Tag & Tibby

MEGAN FLYNN PETERSON is the author of The Big 15 Paleo Cookbook and the owner and creator of Cave Girl Consulting, which offers a wide variety of services intended to help you be as successful as possible in your first few months of transitioning to Paleo. Megan is also the writer behind Freckled Italian—the popular lifestyle blog that focuses on life, love, literature, and lots of food.

I never once thought of spiralizing beets or butternut squash until I read this book! They are honest when they say butternut squash isn’t the easiest to do on the spiralizer - but it is sooooo worth it! The carrot nest idea was worth the whole book! And the Beet soup. The ideas are innovative and

fun! There is more to spiralizing than zoodles!

I like the recipes. A lot of healthy choices.

Some very good ideas to be eating healthy

Love the recipes!

Interesting recipes, the two I've tried were good

Very interesting recipes with lots of variety! The recipes aren't as easy to read as I'd like, though. Bake temperatures, for example, are hidden in paragraphs of text. And, while interesting variations on the recipes are provided, they add, remove, or alter a step or several steps in the recipe and then just tell you to go back to the recipe. This is really confusing. Instead of telling us which of the numbered steps are affected, and where to resume, I'm left reading the paragraphs of text carefully, trying to figure it out from clues. So, for me, I won't use the book much as a recipe book, just as an inspiration source. In other words, now I'm thinking about making zoodle pho. But will I follow the recipe? No, yikes, that's exhausting to even think about with the paragraphs containing details of varying importance and the confusing variations. It's too much work to use as a recipe book. 4 stars for inspiration, though; definitely some great ideas! And I really like how the recipes are separated into sections based on the spiralized vegetable. That way, I can zoom right to the vegetable I'm craving for fresh ideas.

My a1c has been going up and my doctor has advised me to cut down on rice and pasta intake, so I bought a spiralizer to attempt to use vegetable noodles to replace pasta in my cooking. This cookbook offers so many easy-to-follow recipes on mixing various vegetables to create tasty vegetable noodles. Some of the recipes involved meats as well, so this is not just a vegetable only (vegetarian) cookbook. This cookbook is organized by different vegetables, such as carrots, cucumbers, beets, cabbages etc. This makes it easy to locate the recipes I like to try, as I eat some of the vegetables, but not others. I have experimented a few of recipes, and they have given me good ideas on how to improve the taste and be more creative and open-minded in my cooking!! think this is a great cookbook for people who want to replace noodle with vegetables in their diet.

I had received a spiralizer as a gift that I used once or twice and it then ended up in the way back of a seldom opened cabinet. Then, one day as I was cleaning out the cabinets prior to a yard sale I came across it again. I thought, "lets give it another shot before selling it" but I needed some guidance beyond the standard zucchini and carrot spiralizing...This book gave me just that. It is a fun, but organized, book filled with a delicious and healthy recipe alternatives - like "creamy fettuccine alfredo" or "Philly "No Cheese" Steak Lettuce Wraps" (We loved both)I haven't and most likely will not use my spiralizer daily, but so far I have used it at least once or twice per week since having this cook book.

[Download to continue reading...](#)

Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) The Big 10 Paleo Spiralizer Cookbook: 10 Vegetables to Noodle, 100 Healthy Spiralizer Recipes, 300 Variations Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) The Everyday Paleo Slow Cooker: 100+ Quick and Easy Paleo Slow Cooker Recipes for Busy People (paleo diet, paleo, paleo solution, paleo diet cookbook, paleo books, paleo ebooks, paleo diet kindle) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) Welcome to Spiralizer World: Unlock EVERY Secret of Cooking Through 500 AMAZING Spiralizer Recipes (Spiralizer Cookbook, Vegetable Pasta Recipes, Noodle Recipes,...) (Unlock Cooking, Cookbook [#4]) Spiralizer: 365 Days of Spiralizer Recipes (Spiralizer Cookbook, Spiralize, Skinny Diet, Cooking, Vegan, Salads, Pasta, Noodle, Instant Pot, Low Carb, ... Clean Eating, Weight Loss, Healthy Eating) Paleo Instant Pot Cookbook: Amazing Paleo Instant Pot Recipes for Whole Family (Paleo Instant Pot Recipes Cookbook, Paleo Diet Guide Cookbook, Paleo Diet Recipe Book, Paleo Diet for Beginners) Paleo Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Paleo Recipes, Paleo, Paleo ... Paleo Recipe Book, Paleo Cookbook) (Volume 1) Paleo Diet: Ultimate Guide For Beginners, How To Lose Weight And Get Healthy (Paleo For Beginners, Paleo Diet Cookbook , Paleo Diet Recipes, Paleo Diet For Rapid Weight Loss, Paleo Diet Plan) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Paleo Diet for Beginners: Lose Weight and Start Living the Paleo Lifestyle. Easy Paleo Diet Recipes for Weight Loss(paleo books, Paleo Diet, Paleo Diet ... diet, living paleo for dummies Book 2) Paleo Diet: 55

Budget-Friendly Recipes to Lose Weight. A Low Carb Cookbook for Beginners. (Paleo recipes, Paleo Cookbook for Weight Loss, Paleo Diet, Paleo Cookbook) (weight loss book) Paleo: 30-Day Paleo Challenge - Change Your Life and Lose 15 Pounds with Paleo Diet, Paleo Slow Cooker Cookbook - Top 80 Paleo Recipes (Paleo Series) Paleo: Paleo Slow Cooker Cookbook: Top 80 Paleo Recipes - Easy, Delicious and Nutritious Paleo Diet Cooking (FREE BONUS) (Paleo Crockpot, Paleo Baking, Whole Food) Paleo For Beginners: Paleo Diet – The Complete Guide To Paleo – Paleo Cookbook, Paleo Recipes, Paleo Weight Loss Paleo For Beginners: Paleo Diet – The Complete Guide To Paleo – Paleo Cookbook, Paleo Recipes, Paleo Weight Loss (Clean Eating) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) Paleo Instant Pot: 365 Days of Instant Pot Anti Inflammatory Paleo Recipes: Paleo Diet for Beginners, Paleo Diet Cookbook, Breakfast, Lunch, Snack, Crock Pot, Healthy, Slow Cooker, Paleo Recipes, Spiralizer Cookbook: 60 Best Delicious & Healthy Spiralizer Recipes You Have to Try! (Spiralizer Cookbook Series 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)