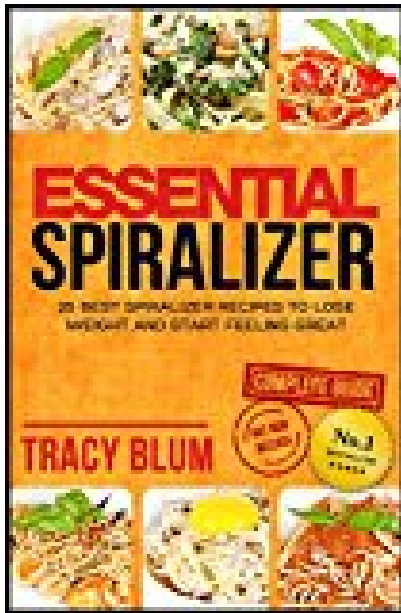


Essential Spiralizer 25 Best Spiralizer Recipes To Lose Weight And Start Feeling Great



BOOK DETAILS

- Author : Tracy Blum
- Pages : 58 Pages
- Publisher : Tracy Blum
- Language : English
- ISBN :

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BOOK SYNOPSIS

Change the way you think about dieting with Spiralizer Skinny. This book explores all of the weight-loss benefits and nutrition of going low-carb, and each recipe uses the spiralizing method to offer wholesome recipes that change how it feels to live a healthy, nutritious lifestyle. These incredible, easy-to-make meals--from Lasagna Rosettes to Drunken Parsnip Noodles with Steak--use the freshest of ingredients, letting you lose weight without the hassle and disappointment that comes with the latest diet fads. Find out just how easy it is to savor unbelievable, beautiful meals that make you feel great! ♦ Lose weight and forget carbs without the pain of dieting ♦ Feel healthy and great with easy-to-follow, tasty recipes ♦ Rejuvenate your health with incredible spiralized meals!

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