



**Spiralizer Cookbook: Mouth-Watering and
Nutritious Low Carb + Paleo + Gluten-Free
Spiralizer Recipes for Health, Vitality and Weight
Loss (Spiralizer ... Slow Cooker Recipes, Low-carb
Diet Book 1)**

Kira Novac

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Healthy, Paleo, and Gluten-Free Lifestyle Made Easy, Exciting and Fun!

You don't have to eat less... You just have to eat right...

You see; your body needs REAL foods that are packed with nutrition in order for you to enjoy health and (if desired) to lose weight almost effortlessly. However, many of us exist on empty, high-calorific foods that are more than unhealthy and contain shocking levels of processed sugars, saturated fats and other chemicals. We live a fast lifestyle full of stress and toxins, and neglect many of our body's needs. The result can only be sickness and weight gain. All of these things create a vicious cycle which makes us fat, sick, depressed and with no motivation to embark on a wellness and weight loss journey.

Luckily, it doesn't have to be that way. There are many fantastic and tasty recipes that are packed with nutrients which are naturally gluten-free. These recipes will keep you full and satisfied so that you can feel relaxed and confident that you are moving closer to your health & weight loss goals!

This Guide is Your Secret Weapon!

Filling, Nutritious Salads You Will Never Get Bored With

Start feeding your body with healthy, nutrient-rich meals that are simply delicious and easy to prepare! You don't need to slave away in the kitchen for hours to give yourself the nutrition you deserve!

Learn how to simplify your pursuit of health and start losing weight with amazing spiralizer recipes!

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