



Pass Me The Paleo's Paleo Spiralizer Recipes: 30 Easy Soups, Dishes, Salads and Sauces That Your Family Will Love! (Veggetti, Diet, Cookbook. ... free, low carb, low carbohydrate) (Volume 13)

Alison Handley

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The Paleo Lifestyle is becoming extremely popular but the big knock on it is that it's not EASY. And how can you substitute those fillers, like pasta and rice that aren't Paleo? In this book you will discover TONS recipes that will allow to eat amazingly delicious, HEALTHY food using your Spiralizer or Veggetti!! What more could you ask for as it pertains to the health of you and your family? **Here are all the great recipes you will enjoy** **Soups** Bacon and Mussel Chowder Courgette slices, basil and, Spiralizer Courgette Soup Spinach and Almond Soup with Spiralized Fried Onions Thai Chicken, Cucumber and Lime Soup Carrots and Parsnip Soup with Spiralized Vegetables **Dishes** Slow-cooked Lamb and Vegetables Venison and Chestnut Casserole Provencal Fish and White Wine Casserole Chicken Chunks in a Dijon Mustard Sauce Chicken in Tarragon and White Wine Oven Baked Eggs with Sweet potato noodles Lime and Oregano Salmon Fillets with Leek Parsnip Noodles Braised Pork Sliced with Fennel Lancashire Sweet Potato Hot-Pot Pork and Plums served with Cassava Noodles Walnut, Brussels Sprouts and Squash Salad Cucumber, Leeks, Strawberry Poppy seed Salad Dressing Bacon and Sweet Pea, Courgettes Noodles **Sides and Salads** Paleo Sauerkraut Aubergine, Cherry Tomatoes & Courgette Salad Sweet Potato Garlic Infused Fries Vegetables in a coconut sauce Mushrooms in Wine Chestnut au gratin Hot Mustard Brussels Sprouts and Apple-Almond Salad **Sauces** Basil Pesto Sauce Cilantro Pesto Sauce Black Olive Pesto Sauce Sage Pesto Sauce Chimichurri Chili Sauce

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Eva Solares:

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Neil McNatt:

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