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Low Carb Pasta Noodle:10 Low Carb Faux Pasta Noodle Recipes: Satisfy Your Pasta Cravings



Synopsis

If you're like me and totally crave carbs like warm food as in pastas then these recipes are going to work good for you . Pastas and warm food make me feel good. So lets make some make me feel good and make me feel even better low-carb pasta free foods. As you know we're not going to be eating anything made with white flour like spaghetti's noodles and pastas so we're going to have to substitute by making veggie noodles that taste like paste. I know it doesn't sound that good but if you haven't tried it you must try it. Way back like 20 years ago I remember the first hamburgers I ate that were meatless they did not taste like hamburgers. They just did not fulfill me like eating a beef burger. They left me craving the real thing. Thick delicious beef with onions fried or BBQ I fantasized about them day and night. From that day on I started making all different recipes until I made a hamburger that tasted like a a hamburger. Then that veggie diet was easy to be on when I liked my burger. Although I could not stay on a meatless diet because once I mastered the beef burger I wanted sausage, and chicken and so on and so on. I guess the reason why I like things to taste like what they taste like is if they don't I still crave the real thing. If you're like me you're going to love these quick and easy pasta veggie recipes. It actually has the same texture as in Sullivan and if you were blindfolded and eating it you probably wouldn't know the difference. So fill up on these veggie pasta recipes and enjoy They're easy to make. They're healthier. You can lose weight eating them. You can eat all you want really it's only vegetables and also by eating all you want you will feel full without worrying and without measuring half cup or a cup and then counting calories were not going to be doing this in this book. That's our veggies there free to eat. There's no added sugar it's low-carb. If you're like me and in the evening you get cravings and used to heat up your old pasta I need it you can do the same with us. The good snack food it's good to serve to your family.

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Customer Reviews

The entire thing runs together. Large print titles is all that separates sections. No clear indication of ingredients or instructions. Basically a confusing mess. The recipes may taste incredible but its just too much work to figure them out and rewrite them correctly.

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