



HCG Shirataki Noodle Recipes for Phase 2: Easy to prepare low calorie simple and quick meals

Angeline Ayrton

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Product Description

Did you know that you can eat Shirataki Noodles on Phase 2 of the HCG diet? Yes absolutely you can, they are a zero calorie count, how fantastic it that! They are made from the Konjac plant so they are an allowable food.

Enjoy a whole fresh approach to HCG Program Phase 2 foods with this amazing recipe book that contains easy, creative and tasty meals that work superbly during Phase 2. Plus you can learn clever ways to use the versatile low calorie and good fiber source of the amazing konjac shirataki noodle.

Here are some of the fantastic recipes you will be able to prepare using Shirataki noodles:

- Lemon Drop Chicken Noodle Soup
- Fennel and Flake Chowder with Orange and Coriander
- Super Strawberry Vinaigrette
- Orange Beef and Asparagus Negimaki Noodle Salad
- Tandoori-Style Shrimp Salad
- Garlic Meatballs in Marinara Sauce
- Sweet and Sour Cabbage Rolls
- Szechwan Beef Lo Mein
- Greek Cinnamon Chicken
- Chicken Noodle Fajita Wraps
- Swedish-Style Chicken Meatballs
- New Orleans BBQ Shrimp Bake
- Oven Roasted Fish with Fennel
- Quick Lobster Stir-Fry with Spring Onions

Discover how to enjoy your food more, feel fuller, break the boredom and achieve fantastic results. This easy to use recipe book will make preparing meals in Phase 2 of the HCG Program a breeze.

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