

SPIRALIZE EVERYTHING

WITH

CONFESSIONS OF A MEAL PLAN ADDICT

VEGGIE	HOW TO COOK IT							PREP AHEAD	WHICH SPIRALIZER?		
	RAW	BAKE	SAUTÉ	RICE	BUNS & BAGELS	SIMMER IN SOUP	OTHER		HAND HELD	COUNTER TOP	ELECTRIC
APPLE	✓	--	5 MINS	--	--	--	SANGRIA!	--	--	✓	--
BEET	✓	5 - 10 MINS @ 425 F	5 MINS	✓	--	--	--	5 DAYS	--	✓	✓
BELL PEPPER	✓	20 MINS @ 425 F	5 MINS	--	--	--	--	5 DAYS	--	✓	--
BROCCOLI (STEM)	✓	10 MINS @ 425 F	5 MINS	--	--	✓	--	5 DAYS	--	✓	--
BUTTERNUT SQUASH	--	8 - 10 MINS @ 400 F	--	✓	--	--	RAVIOLI	5 DAYS	--	✓	✓
CABBAGE	✓	--	5 MINS	--	--	✓	-	7 DAYS	--	✓	--
CARROT	✓	6 - 10 MINS @ 425 F	5 MINS	✓	--	✓	--	10 DAYS	✓	✓	✓
CELERIAC ROOT	✓	10 MINS @ 425 F	5 MINS	✓	--	✓	--	5 DAYS	--	✓	--
CUCUMBER	✓	--	--	--	--	--	--	1 DAY	✓	✓	✓
JICAMA	✓	20 MINS @ 400 F	--	✓	--	--	--	5 DAYS	--	✓	--
KOHLRABI	✓	15 MINS @ 400 F	5 MINS	✓	--	✓	--	5 DAYS	--	✓	--
ONION	✓	15 MINS @ 425 F	5 MINS	--	--	✓	--	2 DAYS	--	✓	--
PARSNIP	--	12 MINS @ 425 F	5 MINS	✓	✓	✓	WAFFLES	2 DAYS	--	✓	✓
PEAR	✓	15 MINS @ 350 F	--	--	--	--	--	1 DAY	--	✓	--
POTATO	--	10 - 15 MINS @ 425 F	--	--	✓	--	--	24 HRS IN WATER	--	✓	✓
RADISHES	✓	--	--	--	--	--	--	7 DAYS	--	✓	✓
RUTABAGA	--	20-30 MINS @ 425 F	10- 15 MINS	✓	✓	--	--	6 DAYS	--	✓	✓
SWEET POTATO	--	10 - 15 MINS @ 425 F	5 MINS	✓	✓	--	PIZZA WAFFLES	5 DAYS	--	✓	✓
TURNIP	--	10 MINS @ 425 F	5 MINS	✓	--	✓	--	7 DAYS	✓	✓	✓
ZUCCHINI	✓	--	2 MINS	--	--	✓	RAVIOLI	5 DAYS	✓	✓	✓