the *Miracle* NOODLE

COOKBOOK

contents

The Miracle of Miracle Noodles!

You could say that we are noodle savants. Like Dustin Hoffman in Rain Man was with numbers we are with noodles. We are also health nuts. In our search for the perfect pasta, we had known about shirataki noodles but what we didn't know was how miraculous it was! Since learning a couple of years ago about its nutritional value and its documented health benefits, you could say we have become Shirataki evangelists! We won't stop until Shirataki is an essential part of all low-carbohydrate diets!

Do you love Pasta? Join us as The Miracle Noodle Revolution starts. It starts right here with you. By spreading the word that a guilt free noodle has been re-discovered we can invigorate proper dieting with a food that fills you up, makes you feel good about what you are eating, and can be part of a healthy low-carbohydrate, high fiber diet.

Miracle Noodles are an easy way to adjust your lifestyle fast. Miracle Noodles can be incorporated into any diet easily and unlike pasta they do not take away any of the taste of the foods they are there to compliment. So why is the Miracle Noodle so different to others? This is easy the Miracle Noodle ingredients are as follows:

• Water
• Glucomannan (soluble fiber)
• Calcium additive

That's it! No E numbers sugars or fats. The nutritional breakdown looks even better:

• Calories – 0
• Fat – 0
• Protein – 0
• Carbohydrates - < 1 gram only fiber
• Sugar – 0

Miracle Noodles are made up of mainly of soluble fiber. Soluble fiber is an important component to any healthy balanced diet. Fiber is not a nutrient, has no calories and has no vitamins in it. There are two main types of fiber one is insoluble fiber and the other is soluble fiber. The body cannot break down or absorb insoluble fiber but does help with digestion. Soluble fiber however is very different. As soluble fiber goes through the digestion tract it does break down and forms a gel. The gel traps some substances and removes them from the body helping to lower cholesterol. Soluble fiber also slows down digestion which is why it sustains hunger for longer. By slowing down digestion it lowers the high peaks of glucose going into our blood stream. (This normally happens after a meal.) So we use less of the body's insulin.

This is why soluble fiber is so important to any healthy balanced diet.

So go on read more about the benefits of the Miracle Noodles and how regardless of diet you can incorporate it and feel healthier and better for it.

Diabetes

Diabetes is a disease that reduces or stops the pancreas from producing insulin. Insulin controls your blood sugar levels. If too much sugar goes into your blood stream the side affects can vary from being hyper, blurred vision and sweating to very serious incidents of being in a coma and even dying.

There are two types of diabetes. Diabetes type 1 and diabetes type 2. Diabetes type 1 is controlled by insulin injections and the majority of people with this type has had it from a young age. Diabetes type 2 is controlled with medication and the majority of sufferers develop this after the age of 40.

When you eat, some of the food is converted into glucose this is then released into the bloodstream. Your body's blood sugar increases at a rapid speed and insulin reduces this and controls the glucose to make sure your blood sugars do not go dangerously high. Soluble fiber slows down the digestion process therefore the glucose is released at a slower speed so the body uses less insulin to control the blood sugar levels.

Miracle Noodles are mainly soluble fiber and contain no sugar or carbohydrates. (Carbohydrates are the quickest component to produce glucose) so are very safe and highly recommended for any diabetic diet. It is not only the Miracle Noodles that will digest slower it is also the other foods you eat with the Miracle Noodles that will be digested slower too. In recent research it has been shown that eating a good intake of soluble fiber can reduce the chances of developing diabetes type 2. (In addition to other factors e.g. exercise) the theory behind it is that during our younger years the high levels of insulin we produce naturally quickly after food is damaging to us and adds to our chances of developing type 2 diabetes.

So you have absolutely nothing to loose by adding Miracle Noodles to your diet but you may have a lot to gain.

Low Glycemic Level Diets

This diet is most commonly known as the GI diet. The low glycemic diet was originally designed to help diabetic people manage their diabetes.

GI stands for glycemic index. The diet works on the basis of every food has a GI number 70+ is a high, a GI number of 50-69 is medium and a GI number of less than 50 is low. You have to assess each food you eat and its GI number. All high GI foods you must avoid, medium GI foods are foods you don't really need but can eat once in a while and low GI foods you can eat as often as you like. The theory is the same as the things we discussed on the previous page. Low GI foods are normally the foods that either have very little to convert into glucose or will slowly digest and slowly release glucose. Therefore it reduces the level of insulin released.

Miracle Noodles also go well with this diet. This is because Miracle Noodles have less than 1 gram of carbohydrates and no sugar. Therefore it will not be burned up quickly. Miracle Noodles also have a low GI number. This means they can be eaten on a regular basis with this diet and unlike pasta and rice which are borderline low and medium GI numbers.

Gluten Free Diets

Gluten free diets are normally used by people with a gluten intolerance also known as celiac disease. With celiac disease it's the small intestine that cannot tolerate gluten. The lining of the small intestine is damaged and can cause weight loss, bloating, diarrhea, gas, abdominal cramps, vitamin and mineral deficiencies. By eliminating gluten from a person's diet this gives the small intestine chance to heal.

Unlike most pastas and noodles Miracle Noodles contain no gluten. So they are safe to complement any gluten free diet. Also with them helping with the slowing of digestion through the soluble fiber this will only help your small intestine more with the job it has to do.

Low-Carbohydrate Diets

Carbohydrates consist of sugar, starches and fiber. Carbohydrates are digested and absorbed by the body very quickly therefore they are used up the quickest also. As they produce glucose very quickly, that is then used up by your body's muscles.

The low-carbohydrate diet works on the following theory: If there are no carbohydrates in the diet then the body has to use its own fat store. Whether this theory is correct or not is unknown as the medical world is arguing over this as it is also thought rather than using the fat store it is using muscle instead. So please do take caution.

There are many low-carbohydrate diets on the market. The most popular being the Atkins diet and the South Beach diet. Low-carbohydrate diets are brilliant for people who enjoy eating high fat and calorie foods. Who wouldn't want to eat bacon and eggs for breakfast and still loose weight?

Even though you can eat bacon and eggs don't be fooled into thinking you can eat anything. Nearly all sugar is excluded from the diet. Also people often forget which foods are starchy. Before doing this diet remember that within starchy foods you cannot eat, it includes bread certain vegetables (mainly the vegetables that are not green) a lot of fruit and pasta.

Miracle Noodles contain less than 1 gram of carbohydrates which is fiber anyway. So Miracle Noodles work well on any low-carbohydrate diet. They also compliment many meats, fishes and poultry and work well with most low carbohydrate foods. They also sustain hunger unlike most low carbohydrate foods due to the soluble fiber. Also as most pasta and noodle products are high in carbohydrates, Miracle Noodles will make a refreshing change to add to your diet.

Ketogenic Diets

The ketogenic diet is a high fat diet. The basic principle of this diet is to convert the body's primary fuel from carbohydrates to fat. So you increase the amounts of fats in your diet and reduce the carbohydrates. For this diet to work though the carbohydrate levels have to be very low.

Over the years fats have had very bad press and most people's instincts are to go on a low fat diet. One point to make very clear though. FATS DO NOT MAKE YOU FAT, THE AMOUNT OF CALORIES YOU CONSUME DO.

The ketogenic diet was originally designed for people with epilepsy and autism. This diet works best with children between the ages of one and six solely because it is very hard to change your diet this drastically once you are older. This diet is not a cure for epilepsy or autism but in some cases can be an alternative to drugs.

The ketogenic diet is not harmful at all but is a medical treatment and should only be used with the supervision of a clinician. People can have digestive problems whilst on this diet and the diet can increase ketones in the urine and can cause bad breath.

The Miracle Noodle can be used with this diet. Even though the Miracle Noodle contains no fat it also contains less than 1 gram of carbohydrates. The soluble fiber will assist in any digestive problems that can arise using this diet. Also with there being a high fat content in this diet it can run the risk of increasing cholesterol levels. The soluble fiber will pick up fatty deposits on its way through the digestive system and can help lower cholesterol. So Miracle Noodle is a good component with this diet.

recipes

tasty delicious

healthy

Vegetarian Dishes

Pasta Pie

SERVES 4

1 bag of Miracle Noodles

2 eggs

1 cup tomato sauce

1 onion

2 green peppers

4 tomatoes

1/3 cup (3 ounces) mozzarella cheese

1 cube Dorot Crushed Garlic

Pinch of oregano

Pinch of salt

1. Preheat the oven to 425 degrees Fahrenheit.

2. Drain and rinse the Miracle Noodles and place them in a baking dish.

3. Cut the onion, green peppers and tomatoes into fine slices.

4. Place all the vegetables, eggs and 3/4 cup of tomato sauce into the baking dish and mix well with the noodles.

5. Add the garlic, oregano and salt and mix once more.

6. Place in the oven to cook for 25 minutes.

7. Remove from the oven and pour on the remaining tomato sauce and sprinkle the mozzarella cheese on top.

8. Place back in the oven for 10 minutes.

9. Ready to serve.

NUTRITIONAL VALUES

FOOD	FAT (GRAMS)	CALORIES (KCAL)	CARBOHYDRATES (GRAMS)	PROTEIN (GRAMS)
MIRACLE NOODLES	0	0	0	0
EGGS	10	150	2	12
TOMATO SAUCE	0	75	18	3
ONION	0	60	13	2
GREEN PEPPER	0	30	6	0
TOMATO	0	100	20	4
MOZZARELLA CHEESE	17.5	280	3.5	28
GARLIC	0	10	2	0
TOTAL PER MEAL	27.5	678	64.5	49
TOTAL PER SERVING	6.9	169.5	16.1	12.25

APPROVED ✔ ATKINS DIET ✔ SOUTH BEACH DIET

Stuffed Green Peppers

SERVES 4

1 tablespoon olive oil
4 medium green peppers
2 bags of Miracle Rice
2 onions
4 tomatoes
1 cube Dorot Crushed Garlic
1/2 cup feta cheese
1/2 cup parmesan cheese
1/2 cup mozzarella cheese
2 tablespoons of oregano
Salt and pepper to taste

1. Preheat oven to 350 degrees Fahrenheit.

2. Drain and rinse the Miracle Rice.

3. Chop the onions into fine slices.

4. Cut the tomatoes into eighths.

5. Heat the olive oil in a pan and add the Miracle Rice, onions, tomatoes, garlic, oregano, salt and pepper and stir well.

6. Simmer on a low heat for about 20 minutes.

7. Take the pan off the heat and leave to cool for 15 minutes.

8. While the mixture is cooling, grate the parmesan and mozzarella cheeses.

9. Crumble the feta cheese.

10. Cut the peppers in half, deseed and discard the tops.

11. Add feta and parmesan cheeses to the mixture and toss lightly.

12. Spoon the mixture into each pepper half and place peppers onto a baking tray.

13. Cook for 30 minutes in the oven.

14. Remove them from the oven and sprinkle mozzarella cheese onto each one.

15. Place in the oven for 10 more minutes.

16. Ready to serve.

NUTRITIONAL VALUES

FOOD	FAT (GRAMS)	CALORIES (KCAL)	CARBOHYDRATES (GRAMS)	PROTEIN (GRAMS)
OLIVE OIL	14	125	0	0
GREEN PEPPER	0	60	12	0
MIRACLE RICE	0	0	0	0
ONION	0	120	26	2
TOMATO	0	30	6	0
GARLIC	0	10	2	0
FETA CHEESE	18	225	3	12
PARMESAN CHEESE	20	400	5	40
MOZZARELLA CHEESE	20	400	5	40
OREGANO	0	10	2	0
TOTAL PER MEAL	72	1380	61	92
TOTAL PER SERVING	18	345	15.25	23

APPROVED   ✓ **ATKINS DIET**   ✓ **SOUTH BEACH DIET**

Tofu Noodles with Cashews

SERVES 4

10 ounces tofu (fresh or packed)

1 can of garden peas

3 ounces fresh mushrooms

1 large red pepper

7 ounces fresh white cabbage

1 bunch of spring onions

3 tablespoons olive oil

2 bags of Miracle Noodles

1/3 cup (3 ounces) roasted cashew nuts

Salt to taste

FOR THE MARINADE

2 cubes Dorot Crushed Garlic

2 cubes Dorot Crushed Ginger

1 tablespoons of soy sauce

2 tablespoons of dry sherry

1/2 teaspoon black pepper

1. Make the marinade by placing the garlic, ginger, soy sauce, dry sherry and black pepper into a deep bowl and mix thoroughly.

2. Drain the tofu and cut into pieces about 1/2 inch cubes.

3. Place the tofu into the marinade, mix well and leave to soak.

4. Wash the vegetables thoroughly.

5. Finely slice the mushrooms, red pepper, white cabbage and spring onions.

6. Preheat the olive oil in a wok and then add the mushrooms, peppers, white cabbage, spring onions and peas. Stir fry on high for about 2 minutes.

7. Then add the tofu and marinade and cook on high for about 3 minutes.

8. Reduce heat to low and add Miracle Noodles. Cook for 10 minutes.

9. Add cashew nuts and salt to taste just before serving.

NUTRITIONAL VALUES

FOOD	FAT (GRAMS)	CALORIES (KCAL)	CARBOHYDRATES (GRAMS)	PROTEIN (GRAMS)
TOFU	20	425	15	45
GARDEN PEAS	1	225	40	15
MUSHROOMS	1	40	8	3
RED PEPPER	0	15	3	0
WHITE CABBAGE	0	30	7	1
SPRING ONIONS	0	10	2	1
OLIVE OIL	42	375	0	0
MIRACLE NOODLES	0	0	0	0
ROASTED CASHEW NUTS	39	495	27	12
GARLIC	0	20	4	0
GINGER	0	4	0.8	0
SOY SAUCE	0	8	1.2	1
DRY SHERRY	0	17	0	0
TOTAL FOR MEAL	103	1664	108	78
TOTAL PER SERVING	25.75	416	27	19.5

APPROVED   ☑ ATKINS DIET   ☑ SOUTH BEACH DIET

Vegetable Pasta Soup

SERVES 4

2 tablespoons water

1/3 cup reduced sodium
     vegetable broth

2 cans of mixed vegetables
    (without potatoes)

1 can of petite diced
    tomatoes (not drained)

1 tablespoon tomato paste

2 bags of Miracle Noodles

1 tablespoon olive oil

Pinch of garlic powder

Pinch of Italian seasoning

Pinch of salt and pepper

Pinch of parsley

1. Place all the ingredients into a crock pot and stir well.

2. Leave to cook on a low heat for 2 1/2 hours until all the
         ingredients are soft and tender.

3. Ready to serve.

NUTRITIONAL VALUES

FOOD	FAT (GRAMS)	CALORIES (KCAL)	CARBOHYDRATES (GRAMS)	PROTEIN (GRAMS)
VEGETABLE BROTH	0	15	3	0
MIXED VEGETABLES	0	150	30	8
PETITE DICED TOMATOES	1	50	10	2
TOMATO PASTE	0	14	3	0.6
MIRACLE NOODLES	0	0	0	0
OLIVE OIL	14	125	0	0
TOTAL PER MEAL	15	354	46	10.6
TOTAL PER SERVING	3.75	88.5	11.5	2.65

APPROVED   ✔ **ATKINS DIET**   ✔ **SOUTH BEACH DIET**

Macaroni Salad

SERVES 4

1 bag of Miracle Noodles

1/2 cup mayonnaise

2 tablespoons white vinegar

4 1/2 tablespoons white sugar

1 1/3 tablespoons yellow
   mustard

1 teaspoon salt

1/8 teaspoon black pepper

1 onion

1 stalk of celery

1 green bell pepper

1. Prepare Miracle Noodles as per packet instructions.

2. In a large mixing bowl mix the mayonnaise, vinegar, white sugar,
   yellow mustard, salt and pepper.

3. Chop the onion, celery and green bell pepper up finely.

4. Add the onion, celery and green bell pepper to the mixture and
   stir thoroughly.

5. Add the Miracles Noodles and stir thoroughly again.

6. Refrigerate for at least 4 hours but preferably overnight.

7. Ready to serve.

NUTRITIONAL VALUES

FOOD	FAT (GRAMS)	CALORIES (KCAL)	CARBOHYDRATES (GRAMS)	PROTEIN (GRAMS)
MIRACLE NOODLES	0	0	0	0
MAYONNAISE	22.8	266	15.2	0
WHITE VINEGAR	16	140	0	0
WHITE SUGAR	0	180	48	0
YELLOW MUSTARD	0	5	0	0
ONION	0	60	13	2
CELERY	0	5	1	0
GREEN BELL PEPPER	0	15	3	0
TOTAL PER MEAL	38.8	671	80.2	2
TOTAL PER SERVING	9.7	167.75	20.05	0.5

APPROVED   ☑ ATKINS DIET   ☑ SOUTH BEACH DIET

Mango Chili Noodles

SERVES 4

1 mango
2 tomatoes
2 tablespoons olive oil
3 cubes Dorot Crushed Garlic
3 cubes Dorot Chopped Chili
1 lime
1 bag of Miracle Noodles
2 red peppers
1 green pepper
2 onions
1 can of sweet corn

1. Peel and cut the mango into small pieces.

2. Slice the tomatoes into quarters.

3. Place the mango, tomatoes, garlic, chili and olive oil into a blender.

4. Squeeze the juice of one lime into the blender. Then blend the mixture for 3 minutes until smooth.

5. Slice and deseed the peppers.

6. Chop the onion into fine slices.

7. Drain the can of sweet corn.

8. Place the peppers, onions and sweet corn into a frying pan and dry fry for 2 minutes.

9. Then add the sauce made in the blender and cook on a low heat for 3 minutes.

10. Drain and rinse the Miracle Noodles.

11. Add the Miracle Noodles to the pan and stir thoroughly.

12. Cook on low heat for another 4 minutes.

13. Ready to serve.

NUTRITIONAL VALUES

FOOD	FAT (GRAMS)	CALORIES (KCAL)	CARBOHYDRATES (GRAMS)	PROTEIN (GRAMS)
MANGO	1	135	35	1
TOMATO	0	50	10	2
OLIVE OIL	28	250	0	0
GARLIC	0	20	4	0
CHILI	0	10	1	0
LIME	0	65	22	1
MIRACLE NOODLES	0	30	6	0
RED PEPPER	0	15	3	0
GREEN PEPPER	0	120	26	2
ONION	0	120	26	2
SWEET CORN	1	185	46	4
TOTAL PER MEAL	30	1000	179	12
TOTAL PER SERVING	7.5	250	44.75	3

APPROVED   ✓ ATKINS DIET   ✓ SOUTH BEACH DIET

Noodles with Broad Beans, Artichokes & Spinach

SERVES 4

2 tablespoons olive oil

1 medium onion

1 cube Dorot Crushed Garlic

1 red pepper

Salt and black pepper

14 ounces of canned chopped tomatoes

Pinch of oregano

8 ounces frozen broad beans, thawed

12 ounces young spinach

11 ounces canned artichoke hearts

2 bags of Miracle Noodles

1. Heat the oil in a pan on medium-high heat.

2. Peel and slice the onion.

3. Place the onion and garlic into the pan with the heated oil and cook for about 5 minutes or until soft.

4. Rinse and deseed the pepper and slice thinly. Add the pepper to the pan and heat for about 3 minutes.

5. Drain the Miracle Noodles and add to the mixture. Heat for about 2 minutes.

6. Add the tomatoes, oregano, salt and black pepper and mix thoroughly.

7. Bring to a boil and simmer for 10 minutes.

8. Add the broad beans to the mixture. Bring it to a boil again and simmer for 3 minutes.

9. Drain and stalk the young spinach. Add to the mixture and simmer for 3 additional minutes.

10. Drain and quarter the artichokes. Add to the sauce and simmer for 2 additional minutes.

11. Ready to serve.

NUTRITIONAL VALUES

FOOD	FAT (GRAMS)	CALORIES (KCAL)	CARBOHYDRATES (GRAMS)	PROTEIN (GRAMS)
OLIVE OIL	28	250	0	0
ONION	0	60	13	2
GARLIC	0	10	2	0
RED PEPPER	0	15	3	0
CHOPPED TOMATOES	1	50	10	2
BROAD BEANS	0	25	5	3
SPINACH	0	40	7	5
ARTICHOKE HEARTS	0	55	12	3
MIRACLE NOODLES	0	0	0	0
TOTAL PER MEAL	29	505	52	15
TOTAL PER SERVING	7.25	126.25	13	3.75

APPROVED   ✓ ATKINS DIET   ✓ SOUTH BEACH DIET

Sesame Noodles

SERVES 4

3 tablespoons peanut oil

1 cube Dorot Crushed Garlic

4 tablespoons sesame seed paste

3 cubes Dorot Chopped Chili

6 tablespoons soy sauce

1 tablespoon sugar

1 bag of Miracle Noodles

1 tablespoon sesame oil

1. In a large bowl thoroughly mix together the peanut oil, garlic, sesame seed paste, chili, soy sauce and sugar.

2. Rinse the Miracle Noodles in cold water and combine with sesame oil to prevent them sticking together.

3. Add the Miracle Noodles to sauce and mix well.

4. Ready to serve.

NUTRITIONAL VALUES

FOOD	FAT (GRAMS)	CALORIES (KCAL)	CARBOHYDRATES (GRAMS)	PROTEIN (GRAMS)
PEANUT OIL	42	375	0	0
GARLIC	0	10	2	0
SESAME SEED PASTE	12	180	4	8
CHILI	0	10	1	0
SOY SAUCE	0	30	6	6
SUGAR	0	45	12	0
MIRACLE NOODLES	0	0	0	0
SESAME OIL	4	45	1	2
TOTAL PER MEAL	58	695	26	16
TOTAL PER SERVING	14.5	173.75	6.5	4

APPROVED ✔ ATKINS DIET ✔ SOUTH BEACH DIET

Noodles with Ricotta & Sun-Dried Tomatoes

SERVES 4

4 ounces of sun-dried tomatoes in oil drained

14 ounces of low-fat ricotta cheese

Salt and pepper

1 cube Dorot Crushed Garlic

1 bag of Miracle Noodles

1. Using scissors, cut the sun-dried tomatoes into small pieces directly into a saucepan.

2. Add the ricotta, salt, pepper and garlic into the pan.

3. Heat very gently on low heat, making sure not to boil for about 5 minutes.

4. Drain the Miracle Noodles and add to the pan.

5. Stir thoroughly for 3 minutes.

6. Ready to serve.

NUTRITIONAL VALUES

FOOD	FAT (GRAMS)	CALORIES (KCAL)	CARBOHYDRATES (GRAMS)	PROTEIN (GRAMS)
SUN DRIED TOMATOES	1	50	10	1
LOW-FAT RICOTTA CHEESE	19	340	13	28
GARLIC	0	10	2	0
MIRACLE NOODLES	0	0	0	0
TOTAL PER MEAL	20	400	25	29
TOTAL PER SERVING	5	100	6.25	7.25

APPROVED   ✓ ATKINS DIET   ✓ SOUTH BEACH DIET

Fish & Seafood Dishes

Noodles & Clams

Shrimp & Leek Risotto

Noodles with Anchovy Sauce

Shrimp & Noodles

Smoked Salmon & Noodles

Thai Noodle Salad

Tuna Noodle Salad

Noodles & Clams

SERVES 4

12 clams

1 bag of Miracle Noodles

2 tablespoons butter

1. Place the clams and butter in a bowl and place in a steamer.

2. Steam the clams until the shells open and until the butter melts (approximately 20 minutes).

3. Drain and wash the Miracle Noodles thoroughly.

4. Add the noodles to the steamer, letting them sit on top of the clams. Steam for about 3 minutes.

5. Ready to serve.

NUTRITIONAL VALUES

FOOD	FAT (GRAMS)	CALORIES (KCAL)	CARBOHYDRATES (GRAMS)	PROTEIN (GRAMS)
CLAMS	4	260	8	44
BUTTER	14.6	133.3	0	0
MIRACLE NOODLES	0	0	0	0
TOTAL PER MEAL	18.6	393.3	8	44
TOTAL PER SERVING	4.65	98.33	2	11

APPROVED ☑ ATKINS DIET ☑ SOUTH BEACH DIET

Shrimp & Leek Risotto

SERVES 4

2 bags of Miracle Rice

2 tablespoons olive oil

1 cup reduced sodium
    vegetable broth

4 leeks

10 spinach leaves

1 red bell pepper

16 ounces of uncooked
    shrimp

1 cube Dorot Crushed Garlic

1 cube Dorot Chopped Chili

Pepper to taste

1. Place 1 tablespoon of oil in a pan and heat on medium heat.

2. Add the vegetable broth to the pan and stir.

3. Drain and wash the Miracle Rice and add to the vegetable broth.
Continue to cook until liquid is reduced to half.

4. Finely chop the leeks, spinach and red bell pepper.

5. Prepare the shrimp.

6. Add remaining tablespoon of olive oil to a pan and heat on
medium heat.

7. Add the garlic, chili, leeks and shrimp to the pan and cook until
the shrimp starts to color.

8. Once the shrimp has started to color, add the spinach and red
bell pepper.

9. Cook until the shrimp is opaque. Then combine with the rice
mixture and add pepper to taste.

10. Ready to serve.

NUTRITIONAL VALUES

FOOD	FAT (GRAMS)	CALORIES (KCAL)	CARBOHYDRATES (GRAMS)	PROTEIN (GRAMS)
MIRACLE RICE	0	0	0	0
OLIVE OIL	28	250	0	0
VEGETABLE BROTH	0	15	3	0
LEEKS	0	5	1	0
SPINACH	0	4	7	5
RED BELL PEPPER	0	15	3	0
SHRIMP	0	20	4	1
GARLIC	0	10	2	0
CHILI	0	20	4	1
TOTAL PER MEAL	28	339	24	7
TOTAL PER SERVING	7	84.75	6	1.75

APPROVED   ✓ ATKINS DIET   ✓ SOUTH BEACH DIET

Noodles with Anchovy Sauce

SERVES 4

1 tablespoon boiling water

2 tablespoons dried currants

3 tablespoons olive oil

1 cube Dorot Crushed Garlic

1 sprig of rosemary

1 lemon

3 1/2 ounces of canned anchovies

2 tablespoons of pine nuts

1 bag of Miracle Noodles

Black pepper

Fresh mint

1. Soak the currants in 1 tablespoon of boiling water.

2. Heat the oil, garlic and rosemary in a frying pan until mixture starts to change color, then discard the rosemary.

3. Grate the lemon rind.

4. Place the frying pan on low heat.

5. Stir in the canned anchovies including the oil, the pine nuts, drained currants and lemon rind.

6. Cook until the anchovies form a sauce.

7. If it seems dry, add 1 or 2 tablespoons of hot water.

8. Season with black pepper and mint.

9. Wash and drain the bag of Miracle Noodles and add to the pan.

10. Stir for 2 minutes.

11. Ready to serve.

NUTRITIONAL VALUES

FOOD	FAT (GRAMS)	CALORIES (KCAL)	CARBOHYDRATES (GRAMS)	PROTEIN (GRAMS)
CURRANTS	0	40	11	0
OLIVE OIL	42	375	0	0
GARLIC	0	10	2	0
LEMON	0	15	5	1
CANNED ANCHOVIES	7	62	0.3	10.7
PINE NUTS	0	0	0	0
MIRACLE NOODLES	0	0	0	0
TOTAL PER MEAL	49	502	18.3	11.7
TOTAL PER SERVING	12.25	125.5	4.58	2.93

APPROVED   ✓ ATKINS DIET   ✓ SOUTH BEACH DIET

Shrimp & Noodles

SERVES 4

1 tablespoon white wine vinegar

1 tablespoon lemon juice

2 tablespoons tomato puree

6 tablespoons water

Salt and pepper

1 cube Dorot Crushed Garlic

4 cubes Dorot Crushed Ginger

8 ounces shelled cooked shrimp

4 spring onions

1 bag of Miracle Noodles

1. Place the vinegar, lemon juice, tomato puree, water, salt and pepper into a bowl and mix thoroughly. Set sauce aside.

2. Place the garlic, ginger, shrimp and spring onions into a hot wok and stir continuously for 1-2 minutes until hot.

3. Drain the bag of Miracle Noodles and add to the wok. Stir for 1 minute.

4. Add the sauce mix into the wok and stir for 2 minutes.

5. Ready to serve.

NUTRITIONAL VALUES

FOOD	FAT (GRAMS)	CALORIES (KCAL)	CARBOHYDRATES (GRAMS)	PROTEIN (GRAMS)
WHITE WINE VINEGAR	0	40	1.5	0
LEMON JUICE	0	5	1	0
TOMATO PUREE	0	52	12	2
GARLIC	0	10	2	0
GINGER	0	8	1.6	0
SHELLED COOKED SHRIMP	1	38	0	14
ONIONS	0	60	15	2
MIRACLE NOODLES	0	0	0	0
TOTAL PER MEAL	1	213	33.1	18
TOTAL PER SERVING	0.25	53.25	8.28	4.5

APPROVED ✓ ATKINS DIET ✓ SOUTH BEACH DIET

Smoked Salmon & Noodles

SERVES 4

1 small onion

6 tablespoons white wine

12 1/2 ounces of smoked salmon, diced

4 large sprigs of fresh dill

2 tablespoons capers, drained

1 bag of Miracle Noodles

Salt and pepper

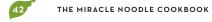**1.** Peel and finely chop the onion.

2. Place the wine in a frying pan and bring to a boil for 1-2 minutes or until the liquid is reduced to half.

3. Stir in the chopped onion and cook until softened. Once sofened reduce to low heat.

4. Add the smoked salmon to the pan and heat gently.

5. Rinse, dry and thoroughly chop the dill. Add the dill and capers to the pan and gently heat for 2 minutes.

6. Rinse and drain the Miracle Noodles. Add noodles to the pan and heat gently, stirring occasionally for 5 minutes. Add salt and pepper to taste.

7. Ready to serve.

NUTRITIONAL VALUES

FOOD	FAT (GRAMS)	CALORIES (KCAL)	CARBOHYDRATES (GRAMS)	PROTEIN (GRAMS)
ONION	0	30	7.5	1
WHITE WINE	0	40	1.5	0
SMOKED SALMON	32	600	0	64
FRESH DILL	0	0	0	0
CAPERS	0.2	4	0.8	0.4
MIRACLE NOODLES	0	0	0	0
TOTAL PER MEAL	32	670	9	65
TOTAL PER SERVING	8	165	2.25	16.25

APPROVED ☑ **ATKINS DIET** ☑ **SOUTH BEACH DIET**

Thai Noodle Salad

SERVES 4

7 ounces of snow peas or sugarsnap peas

1 yellow pepper, diced

1 bag of Miracle Noodles

6 spring onions, finely sliced

9 ounces of peeled cooked shrimp

DRESSING

2 stems of lemon grass

3 cubes Dorot Chopped Chili

3 cubes Dorot Crushed Ginger

large handful of coriander leaves

2 limes

4 tablespoons olive oil

3 tablespoons soy sauce

1. Trim tops and bottoms and rinse the snow peas. Blanch snow peas by placing them in a pot with boiling water for 30 seconds. Immediately drain and chill in an ice water bath. Drain and set aside.

2. To make dressing: peel outer layers of lemon grass and slice stems into chunks. Add the chilli, ginger and coriander and place into a food processor. Process until smooth and place in a bowl.

3. Squeeze the juice of two limes into the bowl. Add the olive oil and soy sauce and stir to make a chunky dressing.

4. Heat the wok and add the snow peas, spring onions, pepper, and shrimp to the wok.

5. Drain the bag of Miracle Noodles and add to the wok, cooking for 2 minutes.

6. Add the dressing and toss thoroughly.

7. Ready to serve.

NUTRITIONAL VALUES

FOOD	FAT (GRAMS)	CALORIES (KCAL)	CARBOHYDRATES (GRAMS)	PROTEIN (GRAMS)
SNOW PEAS	0	0	0	0
YELLOW PEPPER	0	20	4	1
MIRACLE NOODLES	0	0	0	0
SPRING ONIONS	0	10	2	1
PEELED COOKED PRAWNS	1	38	0	14
TOTAL PER MEAL	1	68	6	16
TOTAL PER SERVING	0.25	17	1.5	4

APPROVED ✓ ATKINS DIET ✓ SOUTH BEACH DIET

Tuna Noodle Salad

SERVES 4

1 can of tuna chunks
(preferably in salt water)

1 can of sweet corn

2 tablespoons low fat
mayonnaise

1 bag of Miracle Noodles

1. Dry fry the sweet corn and tuna in a frying pan for 1 minute.

2. Rinse and drain the Miracle Noodles and add to the frying pan.

3. Stir continuously for 1 minute.

4. Place in a bowl and add 2 tablespoons mayonnaise and stir thoroughly.

5. Ready to serve.

NUTRITIONAL VALUES

FOOD	FAT (GRAMS)	CALORIES (KCAL)	CARBOHYDRATES (GRAMS)	PROTEIN (GRAMS)
TUNA CHUNKS	1	135	0	30
SWEET CORN	1	185	46	4
MAYONNAISE	6	70	4	0
MIRACLE NOODLES	0	0	0	0
TOTAL PER MEAL	8	390	48	34
TOTAL PER SERVING	2	99.2	12	8.5

APPROVED ☑ ATKINS DIET ☑ SOUTH BEACH DIET

Poultry Dishes

Chicken Chow Mein

Thai Chicken & Noodles

Pad Thai

Low Calorie Fettucine Chicken Alfredo

Chicken Chow Mein

SERVES 4

1 cup chicken stock

1 bag of Miracle Noodles

14 ounces of chicken breast

3 tablespoons soy sauce

1 cube Dorot Crushed Garlic

3 large spring onions

2 carrots

1 small broccoli

1 red pepper

2 leeks

2 tablespoons olive oil

1 can of sweet corn, drained

2 tablespoons hoi sin sauce

2 ounces bean sprouts

1. Put the stock in a pan and heat on low.

2. Remove the skin and fat from the chicken breast and cut into fine strips.

3. Place the strips of chicken into a bowl and mix with one tablespoon of soy sauce. Set aside.

4. Wash, peel, and thinly slice the carrots, spring onions, broccoli, pepper and leeks.

5. Heat half the oil in a wok and add the chicken. Cook for 4-5 minutes.

6. Add the rest of the oil and all the vegetables, sweet corn and garlic to the wok. Stir fry for about 30 seconds.

7. Add the hoi sin sauce, bean sprouts and stock. Stir well; bring to a boil and simmering for 5 minutes.

8. Rinse and drain the bag of Miracle Noodles and add to the pan.

9. Toss the noodles well and cook for 4 minutes.

10. Ready to serve.

NUTRITIONAL VALUES

FOOD	FAT (GRAMS)	CALORIES (KCAL)	CARBOHYDRATES (GRAMS)	PROTEIN (GRAMS)
MIRACLE NOODLES	0	0	0	0
CHICKEN BREAST	12	540	0	108
SOY SAUCE	0	10	2	2
GARLIC	0	10	2	0
SPRING ONIONS	0	10	2	1
CARROTS	0	17.5	4	0.5
BROCCOLI	0	49	9	5
RED PEPPER	0	15	3	0
LEEKS	0	0	0	0
OLIVE OIL	28	250	0	0
SWEET CORN	1	185	46	4
BEAN SPROUTS	0	12.5	25	1.5
HOI SIN SAUCE	0	10	2	2
TOTAL PER MEAL	41	1109	95	124
TOTAL PER SERVING	10.25	277.25	23.75	31

APPROVED   ✓ ATKINS DIET   ✓ SOUTH BEACH DIET

Thai Chicken & Noodles

SERVES 4

14 ounces chicken breast

6 mushrooms

2 bags of Miracle Noodles

1 cup light coconut milk

2 tablespoons soy sauce

3 cubes Dorot Crushed
   Garlic

3 cubes Dorot Chopped
   Chili

3 cubes Dorot Crushed
   Ginger

1 tablespoon lemon grass

1 tablespoon lime juice

1. Slice the mushrooms and chicken breast into thin slices.

2. Stir fry the mushrooms and chicken until the chicken is cooked then leave on a low heat.

3. In a mixing bowl place the coconut milk, soy sauce, garlic, chilli, ginger, lemon grass and lime juice and mix thoroughly.

4. Pour the mixture on the chicken and mushrooms and mix well.

5. Rinse and drain the Miracle Noodles.

6. Add the Miracle Noodles to the pan and mix well. Cook for about 4 minutes.

7. Ready to serve.

NUTRITIONAL VALUES

FOOD	FAT (GRAMS)	CALORIES (KCAL)	CARBOHYDRATES (GRAMS)	PROTEIN (GRAMS)
CHICKEN BREAST	12	540	0	108
MUSHROOMS	0	20	3	1
MIRACLE NOODLES	0	0	0	0
COCONUT MILK	1	100	22	3
SOY SAUCE	0	10	2	2
GARLIC	0	20	4	0
CHILI	0	10	1	0
GINGER	0	10	2	0
LEMON GRASS	0	5	1	0
LIME JUICE	0	65	22	1
TOTAL PER MEAL	13	780	57	115
TOTAL PER SERVING	3.25	195	14.25	28.75

APPROVED ✓ **ATKINS DIET** ✓ **SOUTH BEACH DIET**

Pad Thai

SERVES 4

2 bags of Miracle Noodles

2 tablespoons butter

16 ounces chicken breast

1/4 cup vegetable oil

4 eggs

1 tablespoon white wine
   vinegar

2 tablespoons of seafood
   dressing

3 tablespoons white sugar

4 3/4 ounces bean sprouts

3 onions, thinly sliced

1. Rinse and drain Miracle Noodles and set aside.

2. Slice the chicken breast into small pieces and fry in a pan until fully cooked.

3. Melt the butter in a wok.

4. Add the oil to the wok and heat on a medium.

5. Crack the eggs into the hot oil and cook until it has made a firm mixture.

6. Once firm add the chicken, onions, white wine vinegar, seafood dressing and sugar.

7. Stir thoroughly and add the Miracle Noodles.

8. While cooking, stir continuously until well mixed.

9. Add the bean sprouts to the mixture and stir continuously for another 3 minutes.

10. Ready to serve.

NUTRITIONAL VALUES

FOOD	FAT (GRAMS)	CALORIES (KCAL)	CARBOHYDRATES (GRAMS)	PROTEIN (GRAMS)
MIRACLE NOODLES	0	0	0	0
BUTTER	21.9	200	0	0
CHICKEN BREAST	12	540	0	108
VEGETABLE OIL	32	280	52	38
EGGS	20	300	4	24
WHITE WINE VINEGAR	8	70	0	0
SEAFOOD DRESSING	16	140	0	0
WHITE SUGAR	0	110	29	0
BEAN SPROUTS	0	12.5	2.5	1.5
ONIONS	0	120	39	6
TOTAL PER MEAL	109.9	1772.5	126.5	177.5
TOTAL PER SERVING	27.5	443.13	31.63	44.4

APPROVED ☑ ATKINS DIET ☑ SOUTH BEACH DIET

Low Calorie Fettucine Chicken Alfredo

SERVES 1

1 bag of Miracle Noodles

2 wedges Laughing Cow
   light creamy swiss cheese

1 tablespoon fat-free
   sour cream

2 ounces cooked diced
   chicken breast

1/4 cup spinach

1 tablespoon diced green
   onions

4 teaspoons reduced fat
   parmesan style grated
   topping

Note:

For creamier sauce take out one one the wedges of Laughing Cow and exchange the calories for a spalsh of whole milk.

1. Prepare Miracle Noodles as directed. Rinse and boil
   for 1 minute, dry and place in a warm (not hot) pan.

2. Add to the noodles two wedges of Laughing Cow light creamy
   swiss cheese and stir to melt.

3. Add sour cream, diced chicken, spinach and green onions. Warm
   through to wilt spinach.

4. Top with reduced fat parmesan style grated topping.

5. Ready to serve.

NUTRITIONAL VALUES

FOOD	FAT (GRAMS)	CALORIES (KCAL)	CARBOHYDRATES (GRAMS)	PROTEIN (GRAMS)
MIRACLE NOODLES	0	0	0	0
SWISS CHEESE	26	75	2	4
SOUR CREAM	0	20	3	1
CHICKEN	1	100	0	11
SPINACH	0	10	2	1
GREEN ONION	0	15	3	0
PARMESAN TOPPING	4	40	4	2
TOTAL PER MEAL	31	260	14	19
TOTAL PER SERVING	31	260	14	19

APPROVED ☑ **ATKINS DIET**   ☑ **SOUTH BEACH DIET**

Meat Dishes

Beef & Snow Pea Noodles

Lasagna

Noodles with Rustic Sauce

Tomato & Bacon Noodles

Italian Pasta Bake

Spaghetti Bolognaise

Beef & Snow Pea Noodles

SERVES 4

16 ounces sirloin steak

2 tablespoons soy sauce

5 tablespoons hoi sin sauce

2 tablespoons of sherry

1 onion

1 carrot

16 ounces snow peas or sugarsnap peas

1 cube Dorot Crushed Garlic

3 cubes Dorot Crushed Ginger

1 bag of Miracle Noodles

1. Cut the sirloin steak into fine strips then place in a bowl and add the soy sauce, hoi sin sauce and sherry then mix thoroughly.

2. Wash peel and thinly slice the onion, carrot and snow peas.

3. Place all the cut vegetables, garlic and ginger in a wok and stir fry for 5 minutes or until soft.

4. Add the sirloin steak to the wok and stir fry; stirring continuously for 2-3 minutes until tender.

5. Leave on low heat for 5 minutes.

6. Rinse and drain the bag of Miracle Noodles and add to the wok; stirring continuously for 4 minutes.

7. Ready to serve.

NUTRITIONAL VALUES

FOOD	FAT (GRAMS)	CALORIES (KCAL)	CARBOHYDRATES (GRAMS)	PROTEIN (GRAMS)
SIRLOIN STEAK	36	900	0	114
SOY SAUCE	0	10	2	2
HOI SIN SAUCE	0	0	0	0
SHERRY	0	0	0	0
ONION	0	60	13	2
GARLIC	0	10	2	0
CARROT	0	35	8	1
SNOW PEAS	0	0	0	0
MIRACLE NOODLES	0	0	0	0
TOTAL PER MEAL	36	1015	25	119
TOTAL PER SERVING	9	253.75	6.25	29.75

APPROVED ☑ ATKINS DIET ☑ SOUTH BEACH DIET

Lasagna

SERVES 4

16 ounces ground beef

16 ounces Italian sausage

1 1/2 cups warm water

10 black olives

1 onion

2 cans of chopped tomatoes

2 bags of Miracle Noodles

7 ounces ricotta cheese

7 ounces mozzarella cheese, shredded

1 cube Dorot Crushed Garlic

1 cube Dorot Chopped Basil

Pinch of oregano

Pinch of sage

Pinch of black pepper

1. Preheat the oven to 350 degrees Fahrenheit.

2. Brown the ground beef and sausage in frying pan. Once browned, drain off excess grease.

3. Finely chop the onion and olives.

4. Place the ground beef and sausage back in the pan and add onion, olives, garlic and water and stir thoroughly.

5. Then add the basil, oregano, sage and black pepper and mix well.

6. Once mixed, add the chopped tomatoes and stir for 3 minutes. Simmer for another 10 minutes.

7. Place a layer of the meat mixture on the bottom of a baking dish.

8. Then add a layer of Miracle Noodles.

9. Sprinkle a thin layer of ricotta and mozzarella cheese on top.

10. Then repeat with the meat mixture, Miracle Noodles and cheese but set aside about half of the cheese to be used later.

11. Cover the top of the baking dish and bake for 30 minutes.

12. After 30 minutes, uncover the baking dish and add the remaining cheese on top. Return the uncovered baking dish to the oven and bake for another 15 minutes.

13. Ready to serve.

NUTRITIONAL VALUES

FOOD	FAT (GRAMS)	CALORIES (KCAL)	CARBOHYDRATES (GRAMS)	PROTEIN (GRAMS)
GROUND BEEF	30	750	0	110
ITALIAN SAUSAGE	32	400	0	12
BLACK OLIVES	5	37.5	0	0
GARLIC	0	10	2	0
ONION	0	60	13	2
CHOPPED TOMATOES	2	100	20	4
MIRACLE NOODLES	0	0	0	0
RICOTTA CHEESE	19	340	13	28
MOZZARELLA CHEESE	32.5	520	6.5	52
TOTAL PER MEAL	120.5	2117.5	54.5	208
TOTAL PER SERVING	30.13	529.38	13.3	52

APPROVED ✓ ATKINS DIET ✓ SOUTH BEACH DIET

Noodles with Rustic Sauce

SERVES 4

1 medium onion

1 cube Dorot Crushed Garlic

1 tablespoon of olive oil

18 ounces of lean pork sausages

3 tablespoons chicken stock

14 ounce can of chopped tomatoes

Salt and black pepper

1 bag of Miracle Noodles

1 can of peas, drained

1. Peel and coarsely chop the onion.

2. Place the oil, onion and garlic into a frying pan cook on medium heat; stirring occasionally for 4 minutes or until the onion has softened.

3. Coarsely chop the sausage and remove the skin. Then break them up with a fork.

4. Add sausage to the pan and cook for 7 minutes or until brown.

5. Add chicken stock, tomatoes, salt and pepper to the pan.

6. Bring to a boil and simmer for 10 minutes.

7. Rinse and drain the bag of Miracle Noodles. Add the noodles along with peas to the pan and simmer for 5 minutes; stirring occasionally.

8. Ready to serve

NUTRITIONAL VALUES

FOOD	FAT (GRAMS)	CALORIES (KCAL)	CARBOHYDRATES (GRAMS)	PROTEIN (GRAMS)
ONION	0	60	13	2
GARLIC	0	10	2	0
OLIVE OIL	14	125	0	0
PORK SAUSAGES	32	400	0	12
CHOPPED TOMATOES	1	50	10	2
MIRACLE NOODLES	0	0	0	0
GARDEN PEAS	1	225	40	15
TOTAL PER MEAL	48	880	65	31
TOTAL PER SERVING	12	220	16.25	73

APPROVED ✓ **ATKINS DIET** ✓ **SOUTH BEACH DIET**

Tomato & Bacon Noodles

SERVES 4

2 cans of chopped tomatoes

6 slices of lean bacon

1 bag of Miracle Noodles

1 cube Dorot Chopped
   Basil

1. Slice the bacon into very thin strips.

2. Place in a pan and fry for 2 minutes.

3. Add the chopped tomatoes.

4. Rinse and drain the bag of Miracle Noodles. Add noodles to the pan and stir continuously for 3 minutes.

5. Add basil and stir on low heat for 1 minute.

6. Ready to serve.

NUTRITIONAL VALUES

FOOD	FAT (GRAMS)	CALORIES (KCAL)	CARBOHYDRATES (GRAMS)	PROTEIN (GRAMS)
CHOPPED TOMATOES	1	50	10	2
LEAN BACON	4	105	0	17
MIRACLE NOODLES	0	0	0	0
TOTAL PER MEAL	5	155	10	19
TOTAL PER SERVING	1.25	38.75	2.5	4.75

APPROVED   ✓ **ATKINS DIET**   ✓ **SOUTH BEACH DIET**

Italian Pasta Bake

SERVES 4

1 bag of Miracle Noodles

1 pork Italian sausage

1 onion

1 stalk of celery

1 small zucchini

1 can of tomato sauce

4 tomatoes

4 large mushrooms

1 cube Dorot Chopped Basil

1 cube Dorot Crushed Garlic

Pinch of oregano

3 1/2 ounces of mozzarella cheese, shredded

1. Preheat the oven to 350 degrees Fahrenheit.

2. Rinse and drain the bag of Miracle Noodles.

3. Chop the onion, celery, zucchini, tomatoes and mushrooms into fine slices.

4. Slice the sausage and cook in a pan with the chopped onion for 5-7 minutes until the sausage is no longer pink.

5. Stir in the celery, zucchini, tomato sauce, mushrooms, tomatoes, basil, garlic, and oregano into the sausage and onion mixture.

6. Bring to a boil and then let it simmer for 5-10 minutes.

7. Remove the pan from the heat and add the Miracle Noodles; stirring thoroughly.

8. Pour the mixture into a baking dish and seal the top tightly with foil.

9. Bake for 20 minutes.

10. Remove the dish from the oven, uncover and sprinkle the mozzarella cheese on top.

11. Return the baking dishto the oven and bake uncovered for 5-10 minutes or until cheese has melted.

12. Ready to serve.

NUTRITIONAL VALUES

FOOD	FAT (GRAMS)	CALORIES (KCAL)	CARBOHYDRATES (GRAMS)	PROTEIN (GRAMS)
MIRACLE NOODLES	0	0	0	0
PORK ITALIAN SAUSAGE	4	50	0	3
ONION	0	60	13	2
CELERY	0	5	1	0
ZUCCHINI	0	5	1	0
TOMATO SAUCE	0	75	18	3
TOMATOES	0	100	20	3
MUSHROOMS	0	20	3	1
MOZZARELLA CHEESE	16	320	4	32
TOTAL PER MEAL	20	635	60	44
TOTAL PER SERVING	5	158.75	15	11

APPROVED ✓ ATKINS DIET   ✓ SOUTH BEACH DIET

Spaghetti Bolognaise

SERVES 4

16 ounces lean ground beef

2 cans of chopped tomatoes

1 onion

1 cube Dorot Crushed
    Garlic

1 cube Dorot Chopped
    Basil

Pinch of oregano

1 bag of Miracle Noodles

1. Finely chop the onion and garlic.

2. Preheat a frying pan and add the lean ground beef.

3. Once the beef is browned, drain off any excess fat.

4. Add the beef, onion and garlic to the frying pan and cook
   until soft.

5. Add the chopped tomatoes, basil and oregano.

6. Simmer for 6 minutes; stirring occasionally.

7. Rinse and drain the bag of Miracle Noodles.

8. Add the Miracle Noodles to the frying pan.

9. Stir thoroughly for 2 minutes.

10. Ready to serve.

NUTRITIONAL VALUES

FOOD	FAT (GRAMS)	CALORIES (KCAL)	CARBOHYDRATES (GRAMS)	PROTEIN (GRAMS)
LEAN GROUND BEEF	30	750	0	110
CHOPPED TOMATOES	2	100	20	4
ONION	0	60	13	2
GARLIC	0	10	2	0
MIRACLE NOODLES	0	0	0	0
TOTAL PER MEAL	32	920	25	116
TOTAL PER SERVING	8	230	6.25	29

APPROVED ☑ ATKINS DIET ☑ SOUTH BEACH DIET

Four Week Diet Plan

The aim of this diet plan is to wean you into the dieting process at a steady rate. If you try and do everything at the same time you have a higher chance of failing. So we have broken it up into four steps for you. You do one at time spend a week getting used to it and then start the next step. By the end of the four weeks you will have been shopping at least four times and had yo think ahead about each meal and consider its nutritional value twenty-eight times.

1 **WEEK ONE**
No juices or sodas.

2 **WEEK TWO**
Cutting out main components.

3 **WEEK THREE**
Portion control and frequency.

4 **WEEK FOUR**
Fat intake

There you have four easy steps in four weeks. By the end of the four weeks the education and hands on experience you will have will make dieting second nature to you.

There are many reasons why we don't eat a good balanced diet they are as a follows:

• **SOCIAL OCCASION**
We go out more than ever before. Over the years restaurants have increased in numbers, size, variety of foods and are open to the whole public not just the select few. Restaurants are also child friendly now. The days have gone of restaurant eating being 'a grown up only' place. It is more than acceptable to bring the kids and most restaurants now advertise as being a 'family restaurant.'

• **FEMALE REVOLUTION**
Yes women got more independent. We are now working and raising a family with our loved one. Which is brilliant but it does mean that we are not home standing in the kitchen for hours cooking good proper food. It isn't a bad thing whatsoever, we just have trouble accommodating everything in the precious 24 hours we get a day.

• **CONVENIENCE FOODS**
Now-a-days if you go into a supermarket you will find really nice tasty meals that are cooked within minutes and are cheap. They also come in a huge variety of cuisines from Indian to Chinese to Italian to anything you could want.

Chances are you will meet one of these three factors. This is not a bad thing if you do, but just a few simple adjustments and you to will feel happier and healthier.

Week One

So as said previously, the first week is to cut out juices and sodas. When people diet they only think about watching what they eat. This is the first down fall. Just because it is liquid and not solid doesn't mean it has no nutritional value. Before you dive in head first stop and think. Pick one day and make a note of everything you drink in that day. You will be amazed how many calories and carbohydrates you consume in a day just through the liquids you drink. The average soda consumer drinks a liter of soda a day. This sounds like an awful lot but it is very easy to consume. Also most sodas contain caffeine. Caffeine is a drug and is highly addictive. More often than not it is not a thirst we are quenching it is a caffeine addiction we are feeding. If the average soda consumer just cut out soda they would loose up to 3.5kg (7lb) in just one week. Soda is one of the worst drinks for an unbalanced nutritional value. The average 500ml bottle of soda contains the following:

Calories:	210Kcal
Protein:	0g
Carbohydrates:	55g
Fat:	0g
Fiber:	0g

So after drinking soda not only will you feel bloated but you will have used 1/10th of a whole days calories and consumed a ridiculous amount of carbohydrates. The soda consumer should be warned that due to the caffeine addiction it is not easy to give up. Withdrawal symptoms will arise which generally consists of a headache for 24 hours and will then be ok. If you consume more than 1 liter of soda in a day it can be worse and cause nausea, headaches and in some cases shaking spasms. This will wear off, but it may be worth gradually weaning off the soda before starting week one.

Juice is not as bad as soda because it usually does not contain caffeine. In recent years research has told us that we should not give children fresh fruit juice near meal time. Why is this? Because research showed that fresh fruit juice reduces children's hunger pangs. Fresh fruit juice is made of fruit. So what is the first thing dieters do? They go to the supermarket and stock up on fresh fruit juice thinking it is the healthy option. It isn't. You are better off eating a piece of fruit. The fruit juice will not be as simple as fruit squeezed into a carton. The companies have to add sweeteners and chemicals proteins to extend the shelf life.

Therefore you are not getting just an orange or just an apple you are also getting increased sugars, fats and carbohydrates.
Most fruits are high in carbohydrates before adding anything to them. Here is an example of the average 200ml serving of orange juice:

Calories:	84Kcal
Protein:	1g
Carbohydrates:	18.2g
Fat:	0.2g
Fiber:	0.2g

This week is a good time to remove alcohol if you drink alcohol. Alcohol is produced in many different ways, all of them requiring chemical processes which means they add enzymes, proteins, calories and carbohydrates. Besides, your liver wouldn't mind the rest. Medications and alcohol are two of the hardest things for your body to break down. We need medications but we don't actually need alcohol.

As humans we only need to drink for one purpose and this is to hydrate the body. Therefore, why not drink water? It helps our digestion system and removes additional toxins from the body that we don't need. It is also free and easily accessible.

In the first week we are going to introduce one meal a day using the Miracle Noodles. The purpose of this is that the Miracle Noodles will take away the main carbohydrate you would have in a meal. Carbohydrates fill us up and give us energy fast. The main things people have with meals are rice, pasta and potatoes of different varieties. They do there job by filling you up and giving you energy the quickest but they are high in carbohydrates and more often than not consumers eat these in an evening meal. The average person eats their evening meal at around 7pm. This is not enough time before bed to burn off the calories and this is where a lot of problems arise when loosing weight. Miracle Noodles contain less than 1 gram of carbohydrates so it does fill you up but doesn't have all the excess carbohydrates and it has no calories. So you can have a guilt free evening meal.

Week One Diet Plan

On the first week you will follow this plan. Drinks you are allowed are:

- **WATER** - unlimited amount

- **TEA** - two cups a day (which is the most you should drink in a day anyway) If you have milk in tea make sure it is skim milk and try to avoid sweeteners and sugar.

- **COFFEE** - one cup a day and like tea if you need milk in the drink make sure it is skim milk and avoid sweeteners and sugar.

- **NO ALCOHOL** - this will be the easiest drink for us all to give up. If you are having withdrawal symptoms or find you cannot give up alcohol, you would be advised to seek a medical opinion.

You have the free choice for your meals each day. This meal has to be less than 150 calories per serving. You must think about this meal in advance and weigh up the nutritional value for yourself. This will help you get into practice once the four weeks are over.

DAY • MEAL	BREAKFAST	LUNCH	DINNER
MONDAY	Cornflakes 1 oz Skim Milk 250ml	Free Choice	Beef & Snowpea Noodles
TUESDAY	Porridge 500ml	Tuna Noodle Salad	Free Choice
WEDNESDAY	Fruit Salad*	Free Choice	Chicken Chow Mein
THURSDAY	1 Grapefruit*	Free Choice	Lasagna
FRIDAY	Cornflakes 1 oz Skim Milk 250ml	Tomato & Bacon Noodles	Free Choice
SATURDAY	Fruit Salad*	Free Choice	Stuffed Green Peppers
SUNDAY	1 Grapefruit*	Vegetable Pasta Soup	Free Choice

* These items should be fresh fruit not canned.

Week Two

Congratulations you have just done a week without soda, juices and alcohol. Ask yourself how I you feel? If you are thinking I am feeling very good about how I feel, then read on. The feeling will only get better as you go through the weeks.

In week two we are going to cut the bleached white products in our diet by half and cut out products with high fructose corn syrup totally. You really need to think about these two products and eliminate them where possible. You will be surprised what food products these two elements are in.

WHITE BLEACHED FOOD PRODUCTS

White bleached food products are exactly what the name says. They are products bleached white. Ask yourself would you drink bleach? No of course you wouldn't, that would be stupid. So why do we eat bleached white products that come in a non-bleached form? Easy. They look prettier. They taste no different and have increased calories, carbohydrates and fat.

The easiest example to give you is flour. There is white bleached flour and whole meal flour. What is the difference? One has unnecessary bleach in it. Next time you bake a cake bake two cakes and taste both blindfolded. Try to distinguish the difference between the two. There is no difference in the taste. We just think it looks nicer. Once you have iced a cake does anyone really notice the color inside? No they don't. There is one very easy way to distinguish products with white bleach in. Does the product also come in a brown, beige or an off-white color? If the answer is yes, then it is the same product with bleach in it.

HIGH FRUCTOSE CORN SYRUP (HFCS)

HFCS is added to products to sweeten them. HFCS makes products just as sweet as sucrose from sugar cane or beets do, except HFCS also requires fermenting liquids, chemicals and fungus. The reason companies use HFCS rather then sugar is because it is cheaper. If you are thinking fair enough then what is the price of your health? Is it cheap? No of course it isn't.

Sucrose is thought to be safer for diabetics to consume rather than HFCS (however, there is insufficient research to support this). Therefore whether you are diabetic or not why put your pancreas through the extra strain when there are better alternatives. The body is only a shell of the person we are but we only get one body. There are certain organs that thanks to medical intervention we can live without. Also the body is very useful at having two of some organs, your pancreas; liver and heart do not come under either category. Medical intervention can support them for limited time but it will normally equal less quality of life. Once one of these organs stops functioning, its over. Your body will be no more. This sounds drastic, but it's true, we only get one chance to look after our body so let's start now.

HFCS is classified as a secondary genetically modified food. It is in a lot of daily foods and drinks we consume. The most common are jams, sauces and soda (e.g. ketchup and soda). HFCS is higher in carbohydrates, fats and calories. So this is why we are going to eliminate it from our diets this week

By the end of week two there will be no soda, juice, half the white bleached products and no HFCS. Sounds good, doesn't it?

Week Two Diet Plan

This week you will need to follow the plan below. As you read earlier, you are now not to eat high fructose corn syrup. This is why corn flakes have now been removed from the diet plan. You must half your intake of white bleached products. So if last week on your free choice you kept having a sandwich on white bread or baguette then try this week to have brown bread or something totally different than a sandwich.

Also remember that your free choice meal still has to be 150 calories or less. The drinks you are allowed and not allowed are still the same as last week.

DAY • MEAL	BREAKFAST	LUNCH	DINNER
MONDAY	Porridge	Noodles with Ricotta & Sun Dried Tomatoes	Free Choice
TUESDAY	Fruit Salad*	Free Choice	Pasta Pie
WEDNESDAY	Porridge	Macaroni Salad	Free Choice
THURSDAY	1 Grapefruit*	Free Choice	Shrimp & Leek Risotto
FRIDAY	Fruit Salad*	Free Choice	Thai Chicken & Noodles
SATURDAY	Porridge	Prawn & Noodles	Free Choice
SUNDAY	1 Grapefruit*	Free Choice	Sesame Noodles

* These items should be fresh fruit not canned.

Week Three

To recap, up to now you have removed soda, alcohol, juice, high fructose corn syrup and halved your bleached white product consumption. Again ask yourself how you feel. Evaluate your new diet and how much it's helping you.

In the third week we are going to focus on portion control and meal frequency. The past two weeks we have focused on three set meals a day. This is because everyone has it instilled in their head that you should eat three set meals a day so while you were cutting out food and drink you were used to, it was easier just to have three set meals while getting used to this.

Small regular meals help the body in many ways. Here is a list of all the good reasons to have several small meals a day rather than a few large meals a day:

- You will get hungry less often during the day.
- Your body will be able to digest small amounts at set times rather than having to digest a lot of food all at once.
- Your body will release less insulin during small meal times.
- You will have more energy because you will give small doses to your body constantly rather than one large rush to the system.
- Your digestive system will have less strain to digest masses of food.
- You will be able to burn off more calories for that particular meal.

This is where we want you to become more independent with your own food choices too. To do this you need to know what to look for and what is a balanced food.

First things first, what should you be eating in a day?

Fat	65grams
Calories	2000Kcal
Fiber	25grams
Protein	50grams
Carbohydrates	300grams

If you follow these daily requirements you will maintain your weight. If you wanted to lose weight it's recommended you half your calories to 1000Kcal. If you do this you will lose on average 2kg (5lb) a week.

This week you are going to still cut out all the products that have been advised over the past two weeks and have one meal a day which has Miracle Noodles in it instead.

Now your following a diet plan, you will need to write your own. You need to think about all the things above and remember that those measurements are for the whole day.

The first thing to do is to write down all the drinks you have in a day. Calculate how much of your daily allowance this takes and subtract this from the daily allowance.

For example: Tea 2 cups a day*

Fat	0grams
Calories	30Kcal
Fiber	0grams
Protein	1.8grams
Carbohydrates	2.4grams

*Based on 10ml of skim milk and no added sweetener.

So once you have worked this out and deducted this from your daily allowance you know what you have left to play with. As now you should have small frequent meals, you need to break down how much you need to have in a meal. Five small meals a day is what you need to achieve this week so this example shows you how you would sort out each meal.

Daily nutritional intake minus drinks:

Fat	65grams
Calories	1970Kcal
Fiber	25grams
Protein	48.2grams
Carbohydrates	297.6grams

Daily nutritional intake divided by 5:

Fat	13grams
Calories	394Kcal
Fiber	5grams
Protein	9.64grams
Carbohydrates	59.52grams

Once you have this, it is very easy to sort out your meals. Most foods now have nutritional values on them so all you have to do is read the small print and compare the values to your daily intake.

Another way to look at portion control is using the palm sized method. It is literally having a palm sized amount of each value at each meal. So you would have a palm sized amount of vegetables, a palm sized amount of carbohydrates etc. This helps you balance out your meals so you are not having too much of one value and not enough of the other.

The palm sized method is really good for people on the go and then you can just visualise how much of each are in the product. If you want to be accurate though, then you need to calculate it properly.

Things to remember this week as you plan your weekly meals.

• Remember to incorporate your drinks in your daily allowance.

• Still do not drink soda, juice and alcohol.

• Still keep your bleached white products to half of your normal consumption and totally cut out high fructose corn syrup.

• One meal a day still needs to contain Miracle Noodles as this will take away the main carbohydrates for that meal.

The table underneath will help you as a guide to set out your weekly meals.

The last thing to say is good luck!

DAY • MEAL	MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

Week Four

You have now managed a whole week sorting all your own meals out, thinking ahead for each meal and evaluating what you can have and what you cannot have. Ask yourself was it difficult or did you find it easy. What can you do to improve? Think about this then you will know what to improve in week four and onwards.

The final focus point of the book is fat. We have left fat to the end because in western culture it isn't fat content in our diets that is the main factor for obesity. It is carbohydrates. In western culture most meals we create have a high carbohydrate init as the part of the meal that fills us up. In all fast food restaurants you always get fries with your meal, if we have vegetables we have potatoes and baked potatoes with a filling are also a favorite of the western culture. We are also big fans of pasta and bread. Two out of three times we will have one of these three things with our meal. This is what we need to change. This is also why Miracle Noodles are a great help to reducing carbohydrates in your diet. You don't have to

give up your favorite dishes. A little fine tuning and you can still have your favorite dishes. If you eat a lot of pasta then just replace it for Miracle Noodles and you have cut out the carbohydrates, fat and calories, without compromising on taste.

Carbohydrate and fat overload contribute to degenerative diseases. Fats and carbohydrates during our life time leave fatty deposits all around our body. This can then lead to high cholesterol, high blood pressure, unnecessary back complaints and excess insulin release. These factors then can cause heart disease, diabetes and permanent spinal problems in our older years. This is why you need to act now before it is too late. You are not making sacrifices you are just improving your quality of life for the long run. Miracle Noodles will not only help you improve your quality of life from now on but they can also help the previous damage you have done. With Miracle Noodles being mainly soluble fiber and soluble fiber picking up fatty deposits on the way through the digestive system which can help lower cholesterol you really have nothing to loose.

So what types of fat are there? There are many different types of fat and all you need to know and understand is what they are and how much you should have of each different type. The body does need fat and it is something that you can not exclude from a diet but just a little education will help you make the right choices.

Fats are divided into two main categories saturated fats and unsaturated fats. Saturated fats are the ones to avoid and unsaturated fats should be the one you consume.

SATURATED FATS

Saturated fats are found in animal foods (certain meats, dairy products and organ meats) and certain plant oils (coconut oil, palm oil and kernel oils). You should avoid saturated fats as they can increase dietary cholesterol levels.

TRANS- FATS

Trans- fats are unsaturated fats but have been proven to increase bad cholesterol and decrease good cholesterol. Trans- fats are unsaturated fats but they have an element called hydrogen added to them to give them a more solid form. Trans- fats are mainly used

in baked products (e.g. crackers, donuts and cakes). They are also used in a lot of fast food products (e.g. chips and onion rings).

HYDROGENATED FATS

This fat has the most hydrogen in itand is suggested to increase blood cholesterol. Most commercial products use hydrogenated fats or contain partial hydrogenated fats.

POLYUNSATURATED & MONOUNSATURATED FATS

These fats come in liquid form. Polyunsaturated fats are known to get rid of newly formed cholesterol and can remove fatty deposits from the arteries. Monounsaturated fats can help reduce blood cholesterol. This will only reduce cholesterol if your diet is low on saturated fats though. Both polyunsaturated fats and monounsaturated fats can be found in several plant oils (e.g. soy, corn, olive, nuts and sunflower seeds).

The preference for fats and oils is to have less than 2 grams of fat in a tablespoon.

Protein is still crucial to a diet and a lot of high protein foods also contain a high fat content so this is a list of foods that are high in protein and low in fats:

- **FISH** [ALL TYPES]
- **WHITE MEAT** [SKINNED & NOT BREADED]
- **BEEF** [CERTAIN CUTS]
- **HAM**
- **PORK** [TENDER LOIN, LOIN & CANADIAN BACON]
- **EGGS**
- **TOFU**
- **SEITAN**
- **TEMPEH**
- **BEANS**

Now you need to get your head around amounts per serving and the calorie count that goes with it

Think of a tablespoon of olive oil. There is 15ml in a tablespoon. It isn't much, is it? But in that one tablespoon of olive oil there is 125 Kcal and 14g of fat. That is a lot for one tablespoon. So if you had a salad and had lots of oil on the salad that would be all the fat accounted for that meal. So what do you do if the salad is your starter of a three course meal? You have already had all the fat you should have for that meal. This is where we want you to always be thinking in advance about your meals. For example if you wanted a dessert with your meal, then you would choose a low carbohydrate main course. All you need to do is weigh out the possibilities for that meal and your options.

If you are looking at a menu and know you are having three courses think to yourself what are the three courses you would like. Then think about those foods in detail. Are they high in fats, carbohydrates or calories? If all three are then you need to really think which one do you want most? Once you have set your mind on that, the other two courses can work around

that. For example if you wanted beef and roast potatoes for your main course then perhaps have a salad with no dressing or a plain prawn salad for starters and for dessert have a fresh fruit salad. Then you have had three courses and not had to overload on carbohydrates, fats or calories.

It really is this simple. With the knowledge you have now this should be quite easy. Keep practicing. Think ahead for tomorrow or if you know you are going for a meal one evening then balance out your other meals for the day. You have been doing this already for three weeks so you are already used to eating well regularly and healthily.

The Final Chapter

You have now finished the initial four weeks. Congratulations!

Miracle Noodles can benefit all different kinds of health conditions and diets. It can benefit diabetic diets because there is no sugar and less than 1 gram of carbohydrates. The noodles are gluten free so they are safe for people with celiac disease. Miracle Noodles have a relatively low GI number and are low in carbohydrates. They can also benefit ketogenic diets even though they have no fat in them. With the Miracle Noodles being mainly soluble fiber they also help the digestive system and can reduce cholesterol levels.

All the recipes in the book have been created by people who have tasted Miracle Noodles and enjoyed them. All the nutritional values have been calculated accurately. There are 25 recipes in the book which means you have nearly a months worth of one meal a day of Miracle Noodles. So it should be easy to carry on with the rest of the diet. Miracle Noodles are also great fun to experiment with so find your inner chef and start experimenting!

To carry on after the first four weeks education is essential. You should now understand how much you should be eating and why. As you finish this book we want you to understand why Miracle Noodles contribute to a healthy diet and what else you need to do to support your body. To carry on losing weight or just maintain weight you need to have an ongoing interest in what you eat. If you carry on eating good balanced meals regularly then you will reap the benefits now and later on in life. You will be actively trying to lower your cholesterol which will reduce the risk of heart disease, heart attacks and strokes. Keeping your body mass index in a healthy range will reduce the risk of back and spinal problems and reduce the risk of diabetes. You also now understand the importance of evaluating each meal and weighing the pros and cons of that meal and how to balance out the rest of the day's meals.

Remember only you can look after your body. Also prevention is better than cure. If you eat healthily and regularly exercise you can help prevent future medical problems. Not only this but you will feel healthier and feel more active.

You now have the knowledge and understanding to carry on eating healthily and being the active person you want to be.

The last word is to say is good luck!

So Low In Calories..."It's A Miracle!"