

The Miracle Noodle Cook Book



 **Miracle**
NOODLE

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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 fibre 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 - <1g only fibre
- Sugar – 0

Miracle noodles are made up of mainly of soluble fiber. Soluble fibre is an important component to any healthy balanced diet. Fibre is not a nutrient, has no calories and has no vitamins in it. There are two main types of fibre one is insoluble fibre and the other is soluble fibre. The body cannot break down or absorb insoluble fibre but does help with digestion. Soluble fibre however is very different. As soluble fibre 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 fibre 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 fibre 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 effects 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 one and diabetes type two. Diabetes type one is controlled by insulin injections and the majority of people with this type has had it from a young age. Diabetes type two 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 fibre 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 fibre 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 fibre 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 two 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 <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 <1g 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, diarrhoea, 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 fibre this will only help your small intestine more with the job it has to do.

Low- Carbohydrate Diets

Carbohydrates consist of sugar, starches and fibre. 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 <1g of carbohydrates which is fibre 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 fibre. 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 <1g of carbohydrates. The soluble fibre 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 fibre 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

Vegetarian Dishes

Pasta pie

Ingredients:

1 bag of miracle noodles
2 eggs
1 cup tomato sauce
1 onion
2 green peppers
4 tomatoes
3 ounces mozzarella cheese
1 garlic clove
Pinch of oregano
Pinch of salt

How to cook:

1. Preheat the oven to 220 degrees Celsius or gas mark 8
2. Drain and rinse the miracle noodles and place them in a baking dish
3. Cut the onion, green peppers, tomatoes and garlic into fine slices.
4. Place all the vegetables eggs and 200ml of tomato sauce into the baking dish and mix well with the noodles.
5. Add the oregano and salt and mix once more
6. Place in the oven to cook for 25 minutes
7. Remove from the oven and pour the remainder 50ml of tomato sauce and sprinkle the mozzarella cheese on top.
8. Place back in the oven for 10 minutes
9. Ready to serve

Stuffed green peppers

Ingredients:

2 tablespoons of butter
4 medium green peppers
2 bags of miracle noodles
2 onions
4 tomatoes
1 clove of garlic
3.2 ounces feta cheese
4 ½ ounces parmesan cheese
4 ½ ounces mozzarella cheese
2 tablespoons of oregano
Salt and pepper

How to cook:

1. Preheat oven to 350 degrees Fahrenheit or gas mark 7
2. Drain and rinse the miracle noodles
3. Chop the onions and garlic into fine slices
4. Cut the tomatoes into eighths
5. Heat the butter in a pan and add the miracle noodles, 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. Whilst the mixture is cooling grate the parmesan and mozzarella cheese.
9. Crumble the feta cheese
10. Cut the peppers in half deseed and discard the tops.
11. Add the feta and parmesan cheese 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

Tofu noodles with cashews

Ingredients

10 ounces tofu (fresh or packed)
1cm (1/2 in) piece of fresh ginger root
1 tin of garden peas
3 ½ ounces of fresh mushrooms
1 large red pepper
7 ounces fresh white cabbage
1 bunch of spring onions
3 tablespoons groundnut oil
2 packs of miracle noodles
Salt
3 ounces roasted cashew nuts

For the marinade

2 cloves of garlic
1 ½ tablespoons of soy sauce
2 tablespoons of dry sherry
Black pepper

How to cook:

1. Make the marinade by finely slicing the cloves of garlic then place the all the garlic, soy sauce, dry sherry and black pepper into a deep bowl and mix thoroughly.
2. Drain the tofu and cut into pieces about 1cm thick.
3. Place the tofu into the marinade mix well and leave to soak.
4. Wash your vegetables thoroughly.
5. Finely slice the mushrooms, red pepper, white cabbage, spring onions and ginger.
6. Pre heat the wok and then add the mushrooms, peppers, white cabbage, spring onions, peas and ginger heat on high for about 2 minutes.
7. Then add the tofu and marinade and heat on high for about 3 minutes.
8. Then 2 packs of miracle noodles and leave on a low light for 10 minutes.
9. Ready to serve

Vegetable pasta soup

Ingredients:

10ml 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 of tomato paste
2 packs of miracle noodles
1 tablespoon of olive oil
Pinch of garlic powder
Pinch of Italian seasoning
Pinch of salt and pepper
Pinch of parsley

How to cook:

1. Place all the ingredients into a crock pot and stir well.
2. Leave to cook on a low heat for two and a half hours until all the ingredients are soft and tender
3. Ready to serve

Macaroni Salad

Ingredients

1 bag of miracle noodles
½ cup (7 ¾ tablespoons) of mayonnaise²
2 tablespoons of white vinegar
2.3 ounces white sugar
1 1/3 tablespoons of yellow mustard
0.16 ounces salt
0.02 ounces of black pepper
1 onion
1 stalk of celery
1 green bell pepper

How to cook

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 over night.
7. Ready to serve

Mango chilli noodles

Ingredients:

- 1 mango
- 2 tomatoes
- 2 tablespoons olive oil
- 1 tablespoon of garlic paste
- 1 tablespoon of chilli paste
- 1 lime
- 1 bag of miracle noodles
- 2 red peppers
- 1 green pepper
- 2 onions
- 1 tin of sweet corn

How to cook:

1. Peel and cut the mango into small pieces.
2. Slice the tomatoes into quarters
3. Place the mango, tomatoes, garlic paste, chilli paste and olive oil into a blender.
4. Squeeze the lime juice 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 tin 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 u made in the blender and place on a low light for 3 minutes.
10. Drain and rinse the miracle noodles.
11. Add the miracle noodles to the pan and stir thoroughly.
12. Leave to heat for another 4 minutes
13. Ready to serve.

Noodles with broad beans, artichokes and spinach

Ingredients

2 tablespoons of olive oil
1 medium onion
1 clove of garlic
1 red pepper
Salt and black pepper
14 ounces of canned chopped tomatoes
A pinch of oregano
8 ounces frozen broad beans
12 ounces young spinach
11 ounces canned artichoke hearts
2 bags of miracle noodles

How to cook:

1. Place the oil into a pan and heat
2. Peel and slice the onion and peel and crush the garlic.
3. Place the onion and garlic into the pan with the oil and heat for about 5 minutes or until soft.
4. Rinse and deseed the pepper then slice thinly and add to the onion heat for about 3 minutes.
5. Drain the miracle noodles and add to the onion and pepper
6. heat for about 2 minutes then add the tomatoes, oregano, and black pepper and mix it well
7. Bring to the boil and leave to simmer for 10 minutes.
8. Add the broad beans to the mixture bring it to the boil again and then leave to simmer for 3 minutes.
9. Drain and stalk the young spinach and add to the mixture leave to simmer for 3 more minutes.
10. drain and quarter the artichokes and add to the sauce leave to simmer for 2 more minutes
11. Ready to serve

Sesame Noodles

Ingredients:

- 3 tablespoons of peanut oil
- 1 clove of garlic
- 4 tablespoons of sesame seed paste
- 1 tablespoon of hot chilli sauce
- 6 table spoons of soy sauce
- 1 tablespoon of sugar
- 1 bag of miracle noodles
- 1 tablespoon of sesame oil

How to cook:

1. Slice the garlic up finely.
2. In a large mixing bowl place the peanut oil, garlic, sesame paste, hot chili sauce, soy sauce and sugar. Mix together thoroughly.
3. Rinse the miracle noodles in cold water and mix the noodles with one tablespoon of sesame oil to prevent them sticking together.
4. Add the miracle noodles to sauce and mix well
5. Ready to serve.

Noodles with ricotta and sun dried tomatoes

Ingredients

- 1 bag of miracle noodles
- Salt and pepper
- 4 ounces of sun dried tomatoes in oil drained
- 14 ounces of low-fat ricotta cheese
- 1 crushed garlic clove

How to cook:

1. Using scissors cut the tomatoes into small pieces add to a saucepan
2. Add the ricotta, salt, pepper and garlic into the pan
3. Heat very gently making sure not to boil it for about 5 minutes
4. Drain the miracle noodles and add to the pan
5. Stir thoroughly for 3 minutes.
6. Ready to serve

Fish Dishes

Noodles and clams

Ingredients

- 1 bag of miracle noodles
- Salt and pepper
- 4 ounces of sun dried tomatoes in oil drained
- 14 ounces of low-fat ricotta cheese
- 1 crushed garlic clove

How to cook:

1. Using scissors cut the tomatoes into small pieces add to a saucepan
2. Add the ricotta, salt, pepper and garlic into the pan
3. Heat very gently making sure not to boil it for about 5 minutes
4. Drain the miracle noodles and add to the pan
5. Stir thoroughly for 3 minutes.
6. Ready to serve

Shrimp and leek risotto

Ingredients:

2 bags of miracle noodles
2 tablespoons of olive oil
4 cups of vegetable broth
1 clove of garlic
4 leeks
1 red chilli pepper
16 ounces shrimp
10 spinach leaves
1 red bell pepper
Pepper

How to cook:

1. Place one tablespoon of oil in a pan and heat on a medium heat.
2. Add one third of the vegetable broth to the pan and stir.
3. Add the miracle noodles to the vegetable broth
4. Chop the garlic, leeks spinach and red bell pepper finely
5. Prepare the shrimp
6. Add one tablespoon of olive oil to a pan and heat
7. Add the garlic, leeks and shrimp to the pan and cook until the shrimp starts to colour.
8. Once the shrimp has started to colour add the pepper and spinach.
9. Cook until the shrimp is opaque then add the miracle noodles and pepper.
10. Ready to serve.

Noodles with anchovy sauce

Ingredients

1 bag of miracle noodles
2 tablespoons of currants
1 large clove of garlic
A sprig of rosemary
3 tablespoons of olive oil
1 lemon
3 ½ ounces of canned anchovies
Black pepper
Fresh mint
2 tablespoons of pine kernel

How to cook:

1. Soak the currants in one tablespoon of boiling water
2. fry the oil garlic and rosemary until they start to change colour then discard the garlic and rosemary
3. Grate the lemon rind
4. Place the frying pan on a very low heat
5. Stir in the canned anchovies including their oil, the pine kernels, 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. Drain the bag of miracle noodles and add to the pan
10. Stir for 2 minutes
11. Ready to serve

Prawn and noodles

Ingredients

1 bag of miracle noodles
Salt and pepper
1 tablespoon of white wine vinegar
1 tablespoon of lemon juice
2 tablespoons of tomato puree
6 tablespoons of water
1 clove of fresh garlic
one inch piece of fresh ginger
8 ounces shelled cooked prawns
4 spring onions

How to cook:

1. Place the vinegar, lemon juice, tomato puree, water, salt and pepper into a bowl and mix thoroughly.
2. Place the ginger, prawns and spring onions into a wok and stir continuously for 1-2 minutes until hot.
3. Drain the bag of miracle noodles and add to the wok stir for one minute.
4. Add the sauce mix into the wok and stir for 2 minutes
5. Ready to serve

Smoked salmon and noodles

Ingredients:

- 1 small onion
- 6 tablespoons of white wine
- Salt and pepper
- 12 ½ ounces of smoked salmon trimmings
- 4 large sprigs of fresh dill
- 0,88 ounces capers
- 1 bag of miracle noodles

How to cook:

1. Peel and chop the onion finely.
2. Place the wine in a frying pan and bring to the boil for 1-2 minutes or until the liquid has reduced to half
3. Stir in the chopped onion and cook until softened. Once softened place on a low light
4. Add the smoked salmon trimmings to the pan mix in and heat gently
5. rinse dry and thoroughly chop the dill and capers and add to the frying pan gently heat for 2 minutes
6. Drain the miracle noodles and add to the frying heat gently stirring occasionally for 5 minutes
7. Ready to serve

Thai noodle salad

Ingredients

7 ounces mange tout
1 yellow pepper
1 bag of miracle noodles
6 spring onions
8.8 ounces peeled cooked prawns

Dressing

2 stems of lemon grass
2 fresh red chillies
3 inches of fresh ginger
Large handful of coriander leaves
2 limes
4 tablespoons of olive oil
3 tablespoons of soy sauce

How to cook:

1. Top and tail and rinse the mange tout place in a pan cover with water and bring to the boil
2. To make dressing: peel outer layers of lemon grass and slice stems into chunks. Rinse and deseed the chillies then cut the chillies, ginger and coriander into chunks and place into a food blender. Once blended place in a bowl
3. Squeeze the limes and add their juice and the lime to the bowl also add the olive oil and soy sauce stir to make a chunky dressing.
4. Heat the wok and finely slice the spring onion
5. Add the mange tout, spring onion, pepper, and prawns to the wok
6. Drain the bag of miracle noodles and add to wok leave for 2 minutes
7. Add the dressing and toss thoroughly
8. Ready to serve

Tuna noodle salad

Ingredients

- 1 tin of tuna chunks (preferably in salt water)
- 1 tin of sweet corn
- 2 tablespoons of mayonnaise
- 1 bag of miracle noodles

How to cook:

1. Dry fry the sweet corn and tuna in a frying pan for 1 minute
2. Drain and add the miracle noodles to the frying pan
3. Stir continuously for 1 minute
4. Place in a bowl and add 2 tablespoons of low fat mayonnaise and stir thoroughly
5. Ready to serve

Poultry Dishes

Chicken chow mein

Ingredients

- 1 cup of chicken stock
- 1 bag of miracle noodles
- 14 ounces of chicken breast fillets
- 3 tablespoons of soy sauce
- 1 clove of garlic
- 3 large spring onions
- 2 carrots
- 1 small broccoli
- 1 red pepper
- 2 leeks
- 2 tablespoons of ground nut oil
- 1 tin of sweet corn
- 2 tablespoons of hoi sin sauce
- 1 $\frac{3}{4}$ ounces bean sprouts

How to cook:

1. Put the stock in a pan and heat on a low light
2. remove the skin and fat from the chicken breast and cut into fine strips
3. Place the fine strips of chicken into a bowl and mix with one tablespoon of soy sauce
4. Wash, peel, and thinly slice the carrots, garlic, 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, garlic and drain the sweet corn and add to the wok stir fry them for about 30 seconds
7. add the hoi sin sauce bean sprouts and stock stir well bring to the boil and let simmer for 5 minutes
8. Drain the bag of miracle noodles and add the pan.
9. Toss the noodles well and leave for 4 minutes.
10. Ready to serve

Thai chicken and noodles

Ingredients:

14 ounces chicken breast
6 mushrooms
2 bags of miracle noodles
1 cup of light coconut milk
2 tablespoons of soy sauce
1 tablespoon of garlic paste
1 tablespoon of lemon grass
1 tablespoon chilli pepper
1 tablespoon of ginger
1 tablespoon of lime juice

How to cook:

1. Slice the mushrooms and chicken breast in to 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 paste, lemon grass, chilli pepper, ginger and lime juice and mix thoroughly.
4. Pour the mixture on the chicken and mushrooms and mix well.
5. Drain and rinse the miracle noodles
6. Add the miracle noodles to the pan mix well leave on heat for about 4 minutes
7. Ready to serve

Pad Thai

Ingredients

- 2 bags of miracle noodles
- 1 ounce butter
- 16 ounces of chicken breast
- ¼ cup vegetable oil
- 4 eggs
- 1 tablespoon white wine vinegar
- 2 tablespoons of seafood dressing
- 1 ½ ounces white sugar
- 4 ¾ ounces bean sprouts
- 3 onions

How to cook

1. Prepare miracle noodles as per packet instructions
2. Slice the chicken breast into small pieces and fry in a pan till fully cooked.
3. Heat the butter in a wok.
4. Add the oil to the wok and heat on a medium light.
5. Crack the eggs into the hot oil and cook until it has made a firm mixture.
6. Once firm add the chicken, white wine vinegar, seafood dressing and sugar.
7. Stir thoroughly and add the miracle noodles.
8. Whilst cooking stir continuously till well mixed.
9. Add the bean sprouts to the mixture and stir continuously for another 3 minutes.
10. Ready to serve

Meat Dishes

Beef and mange tout noodles

Ingredients

16 ounces sirloin steak
2 tablespoons of soy sauce
5 tablespoons of hoi sin sauce
2 tablespoons of sherry
1 onion
1 clove of garlic
¾ inches piece of ginger
1 carrot
16 ounces mange tout
1 bag of miracle noodles

How to cook:

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 slice thinly the onion, carrot, mange tout garlic and ginger.
3. Place them all in a wok and fry for 5 minutes or until soft
4. Add the sirloin steak to the wok stir fry and stir continuously for 2-3 minutes until tender.
5. Leave on a low heat for 5 minutes
6. Drain the bag of miracle noodles and add to the wok stir continuously for 4 minutes
7. Ready to serve

Lasagne

Ingredients:

16 ounces minced beef	2 bags of miracle noodles
16 ounces Italian sausage	7 ounces ricotta cheese
1 1/2 cup warm water	7 ounces mozzarella cheese
10 black olives	Pinch of basil
1 clove of garlic	Pinch of oregano
1 onion	Pinch of sage
2 tins of chopped tomatoes	Pinch of black pepper

How to cook:

1. Pre heat the oven to 350 degrees Fahrenheit or gas mark 6
2. Brown the mince beef and sausage in frying pan.
Once browned drain off excess grease.
3. Chop the onion olives and garlic finely.
4. Place the mince beef and sausage back in the pan and add the onion garlic and water and stir thoroughly.
5. Then add the basil, oregano, sage and black pepper and mix well.
6. Once mixed well add the chopped tomatoes and stir for 3 minutes.
Leave to simmer for another 10 minutes.
7. Whilst the mixture is simmering grate the ricotta and mozzarella cheese.
8. Place a layer of the meat mixture on the bottom of a baking dish.
9. Then add a layer of miracle noodles.
10. Sprinkle a small layer of ricotta and mozzarella cheese on top.
11. Then repeat with the meat mixture, miracle noodles and the cheeses but leave about half the cheese off the dish as u will need this later.
12. Cover the top of the baking dish and cook for 30 minutes.
13. After 30 minutes uncover the dish add the rest of the cheese and leave to cook for another 15 minutes.
14. Ready to serve.

Noodles with rustic sauce

Ingredients

- 1 medium onion
- 1 clove of garlic
- 1 tablespoon of olive oil
- 17.64 ounces of lean pork sausages
- 3 tablespoons of chicken stock
- 14 ounces of canned chopped tomatoes
- Salt and black pepper
- 1 bag of miracle noodles
- 1 tin of garden peas

How to cook:

1. Peel and coarsely chop the onion
2. Peel and crush the garlic
3. Place the oil onion and garlic into a frying pan cook and stir occasionally for 4 minutes or until the onion has softened.
4. Coarsely chop the sausage and remove the skin then break them up with a fork
5. add to the pan and cook for 7 minutes or until sausage is brown
6. add the chicken stock, tomatoes and salt and pepper to the pan
7. bring to the boil and simmer for 10 minutes
8. drain the bag of miracle noodles and add to the pan with the peas
9. Allow to simmer for 5 minutes occasionally stirring
10. Ready to serve

Tomato and bacon noodles

Ingredients

2 tins of chopped tomatoes

6 slices of lean bacon

1 bag of miracle noodles

A pinch of basil

How to cook:

1. Slice the bacon into very thin strips
2. Place in a pan and fry for 2 minutes
3. Add both tins of chopped tomatoes
4. Drain and add the bag of miracle noodles
5. Stir continuously for 3 minutes
6. add basil and stir on heat for 1 minute
7. Ready to serve

Italian Pasta Bake

Ingredients

1 bag of Miracle Noodles
1 pork Italian sausage
1 Onion
1 stalk of celery
1 small zucchini
Tin of tomato sauce
4 tomatoes
4 large mushrooms
Pinch of Basil
Pinch of garlic powder
Pinch of oregano
3 ½ ounces of mozzarella cheese

How to cook:

1. Pre heat the oven to 350 degrees Fahrenheit or gas mark 6.
2. Prepare miracle noodles as per packet instructions
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 powder and oregano into the sausage and onion mixture.
6. Bring to the boil and then let it simmer for 5-10 minutes.
7. Remove the pan off the heat add the miracle noodles and stir thoroughly.
8. Pour the mixture into a baking dish and seal the top tightly with foil.
9. Cook it in the oven for 20 minutes.
10. Whilst it is in the oven grate your mozzarella cheese.
11. Remove the dish from the oven. Remove the foil and sprinkle the mozzarella cheese on top.
12. Cook in the oven uncovered for 5-10minutes or until cheese has melted.
13. Ready to serve.

Spaghetti Bolognaise

Ingredients:

16 ounces Lean mince beef
2 Tins of chopped tomatoes
1 Clove of garlic
1 Onion
Pinch of basil
Pinch of oregano
1 bag of Miracle Noodles

How to cook:

1. Chop the onion and garlic finely.
2. Preheat a frying pan and add the lean mince beef.
3. Once the lean mince beef is browned drain off any excess fat.
4. Add the beef, onion and garlic to the frying pan and fry until soft.
5. Add the 2 tins of chopped tomatoes.
6. Leave to simmer for 6 minutes stirring occasionally.
7. Prepare the Miracle Noodles as per packet instructions.
8. Add the Miracle Noodles to the frying pan
9. Stir thoroughly for 2 minutes.
10. Ready to serve.



Nutritional Values

Vegetarian Dishes

Pasta Pie

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
- Weight Watchers 6 points per serving

Stuffed Green Peppers

Food	Fat (grams)	Calories (Kcal)	Carbohydrates (grams)	Protein (grams)
Butter	21.9	200	0	0
Green Pepper	0	60	12	0
Miracle Noodles	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	79.9	1455	61	92
Total per serving	19.98	363.75	15.25	23

APPROVED

Atkins Diet



South Beach Diet



Weight Watchers



7 points per serving

Tofu Noodles with Cashews

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
Ground nut oil	0	10	2	2
Miracle noodles	0	0	0	0
Roasted Cashew Nuts	39	495	27	12
Total per meal				
	61	1250	104	79
Total per serving				
	15.25	312.5	26	19.25

APPROVED

Atkins Diet



South Beach Diet



Weight Watchers



3 ½ points per serving

Vegetable Pasta Soup

Food	Fat (grams)	Calories (Kcal)	Carbohydrates (grams)	Protein (grams)
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	339	43	10.6
Total per serving	3.75	84.75	10.75	2.65

APPROVED

Atkins Diet



South Beach Diet



Weight Watchers



1 point per serving

Macaroni Salad

Food	Fat (grams)	Calories (Kcal)	Carbohydrates (grams)	Protein (grams)
Miracle Noodles	0	0	0	0
Mayonnaise White	22.8	266	15.2	0
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
- Weight Watchers 5 ½ points per serving

Mango Chilli Noodles

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 Paste	0	20	4	0
Chilli Paste	0	10	1	0
Lime	0	65	22	1
Miracle	0	30	6	0
Noodles				
Red Pepper	0	15	3	0
Green Pepper	0	120	26	2
Sweet Corn	1	185	46	4
Total per meal				
	30	880	153	10
Total per serving				
	7.5	220	38.25	2.5

APPROVED

Atkins Diet



South Beach Diet



Weight Watchers



1 ½ points per serving

Noodles with Broad Beans, Artichokes and Spinach

Food	Fat (grams)	Calories (Kcal)	Carbohydrates (grams)	Protein (grams)
Olive Oil	14	125	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	15	380	52	15
Total per serving	3.75	95	13	3.75

APPROVED

- Atkins Diet
- South Beach Diet
- Weight Watchers ½ points per serving

Sesame Noodles

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
Hot Chilli Sauce	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



Weight Watchers



4 points per serving

Noodles with Ricotta and Sun Dried Tomatoes

Food	Fat (grams)	Calories (Kcal)	Carbohydrates (grams)	Protein (grams)
Miracle Noodles	0	0	0	0
Sun Dried Tomatoes	1	50	10	1
Low-fat Ricotta Cheese	19	340	13	28
Garlic	0	10	2	0
Total per meal				
	20	400	25	29
Total per serving				
	5	100	6.25	7.25

APPROVED

Atkins Diet



South Beach Diet



Weight Watchers



2 points per serving

Fish Dishes

Noodles with Clams

Food	Fat (grams)	Calories (Kcal)	Carbohydrates (grams)	Protein (grams)
Miracle Noodles	0	0	0	0
Clams	4	260	8	44
Butter	14.6	133.3	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
- Weight Watchers 4 ½ points per serving

Shrimp and Leek Risotto

Food	Fat (grams)	Calories (Kcal)	Carbohydrates (grams)	Protein (grams)
Miracle Noodles	0	0	0	0
Olive Oil	28	250	0	0
Garlic	0	10	2	0
Leeks	0	5	1	0
Red Chilli Pepper	0	20	4	1
Shrimp	0	20	4	1
Spinach Leaves	0	4	7	5
Red Bell Pepper	0	15	3	0
Total per meal	28	324	20	7
Total per serving	7	81	5	1.75

APPROVED

Atkins Diet



South Beach Diet



Weight Watchers



1 point per serving

Noodles with Anchovy Sauce

Food	Fat (grams)	Calories (Kcal)	Carbohydrates (grams)	Protein (grams)
Miracle Noodles	0	0	0	0
Currants	0	40	11	0
Garlic	0	10	2	0
Olive Oil	14	125	0	0
Lemon	0	15	5	1
Canned anchovies	7	62	0.3	10.7
Pine Kernel	0	0	0	0
Total per meal				
	12	684	28.5	22
Total per serving				
	3	171	7.13	5.5

APPROVED

- Atkins Diet
- South Beach Diet
- Weight Watchers 3 points per serving

Prawn and Noodles

Food	Fat (grams)	Calories (Kcal)	Carbohydrates (grams)	Protein (grams)
Miracle Noodles	0	0	0	0
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
Shelled Cooked Prawns	1	38	0	14
Onions	0	60	15	2
Total per meal				
	1	205	31.5	16
Total per serving				
	0.25	51.25	7.88	4

APPROVED

Atkins Diet



South Beach Diet



Weight Watchers



1 point per serving

Smoked Salmon and Noodles

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
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
- Weight Watchers 2 points per serving

Thai Noodle Salad

Food	Fat (grams)	Calories (Kcal)	Carbohydrates (grams)	Protein (grams)
Mange Tout	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
- Weight Watchers 1 point per serving

Tuna Noodle Salad

Food	Fat (grams)	Calories (Kcal)	Carbohydrates (grams)	Protein (grams)
Tuna chunks	1	135	0	30
Sweet corn				
Mayonnaise	1	185	46	4
Miracle noodles	6	70	4	0
	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
- Weight Watchers 1 point per serving

Poultry Dishes

Chicken chow mein

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				
Broccoli	0	17.5	4	0.5
Red pepper	0	49	9	5
Leeks	0	15	3	0
Ground nut oil	0	0	0	0
Sweet corn	0	10	2	2
Bean sprouts	1	185	46	4
Hoi sin sauce	0	12.5	25	1.5
	0	10	2	2
Total per meal				
	12	684	28.5	22
Total per serving				
	3	171	7.13	5.5

APPROVED

- Atkins Diet
- South Beach Diet
- Weight Watchers 3 points per serving

Thai Chicken and Noodles

Food	Fat (grams)	Calories (Kcal)	Carbohydrates (grams)	Protein (grams)
Chicken Breast	12	540	0	108
Miracle Noodles	0	0	0	0
Coconut Milk	1	100	22	3
Soy Sauce	0	10	2	2
Garlic Paste	0	20	4	0
Lemon Grass	0	5	1	0
Chilli Pepper				
Ginger	0	10	1	0
Lime Juice	0	10	2	0
Mushrooms	0	65	22	1
	0	20	3	1
Total per meal				
	13	780	57	115
Total per serving				
	3.25	195	14.25	28.75

APPROVED

- Atkins Diet
- South Beach Diet
- Weight Watchers 9 ½ points per serving

Pad Thai

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				
White Wine	20	300	4	24
Vinegar	8	70	0	0
Seafood Dressing	16	140	0	0
White Sugar				
Bean Sprouts	0	110	29	0
Onions	0	12.5	2.5	1.5
	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



Weight Watchers



7 points per serving

Meat Dishes

Beef and Mange Tout Noodles

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				
Onion	0	0	0	0
Garlic	0	60	13	2
Carrot	0	10	2	0
Mange Tout	0	35	8	1
Miracle	0	0	0	0
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
- Weight Watchers 5 points per serving

Lasagne

Food	Fat (grams)	Calories (Kcal)	Carbohydrates (grams)	Protein (grams)
Minced 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
- Weight Watchers 7.5 points per serving

Noodles with Rustic Sauce

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	7.3

APPROVED

Atkins Diet



South Beach Diet



Weight Watchers



10 points per serving

Tomato and Bacon Noodles

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
- Weight Watchers 5 points per serving

Italian Pasta Bake

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	0	75	18	3
Sauce				
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



Weight Watchers



4 points per serving

Spaghetti Bolognese

Food	Fat (grams)	Calories (Kcal)	Carbohydrates (grams)	Protein (grams)
Lean Mince	30	750	0	110
Beef				
Tin of	2	100	20	4
Chopped				
Tomatoes				
Onion	0	60	13	2
Garlic	0	10	2	0
Miracle	0	0	0	0
Noodles				
Total per meal				
	32	920	25	116
Total per serving				
	8	230	6.25	29

APPROVED

Atkins Diet



South Beach Diet



Weight Watchers



2 ½ points per serving



Diet Plan

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 a 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 think ahead about each meal and consider its nutritional value twenty eight times.

Week one: No juices or sodas.

Week two: Cutting out main components.

Week three: Portion control and frequency.

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 followed:

- 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 stood 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 are 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 litre 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
Fibre:	0g

So after drinking soda not only will you feel bloated but you will of 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 this is more often than not just a headache for 24 hours and will then be ok. If you consume more than 1 litre 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 more often than not it does not contain caffeine. In recent years research has told us that we should not give children fresh fruit juice near a 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 an orange juice.

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

I also think that this week is a good time to remove alcohol if you drink alcohol. Alcohol is produced in many different ways all of them require chemical processes which means they add enzymes, proteins, calories and carbohydrates. Also I am sure that 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 to hydrate the body. There fore why not drink water? It helps our digestion system and removes additional toxins from the body that we don't need also it is free and easily accessible.

Also 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 their 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 losing weight. The Miracle Noodle contains <1g 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 I want you 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 skimmed milk and try and avoid sweeteners and sugar.
- Coffee- one cup a day and like tea if you need milk in the drink make sure it is skimmed 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 I would advise you seek a medical opinion.

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

Day	Breakfast	Lunch	Dinner
Monday	Cornflakes 1 oz Milk skimmed 250ml	Free Choice	Beef and Mange Tout 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 1oz Skimmed Milk 250ml	Tomato and 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.

Not Affiliated in any way with Weight Watchers, Atkins, or South Beach under each breakdown of the recipes.

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 colour 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 colour? If the answer is yes then it is the same product with bleach in.

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 than 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. (I will point out though that there is insufficient research to support this.) Therefore whether you are diabetic or not why put your pancreas through the extra strain when there is better alternative. 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. I know

This sounds drastic but this is true we only get one chance to look after our body so let's start now.

HFCS is classed 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.

So 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 I want you to follow the plan below. So 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 to 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	Breakfast	Lunch	Dinner
Monday	Porridge	Noodles with ricotta and sun dried tomatoes	Free choice
Tuesday	Fruit salad*	Free choice	Pasta Pie
Wednesday	Porridge	Macaroni salad	Free choice
Thursday	1 Grapefruit*	Free Choice	Shrimp and eek risotto
Friday	Fruit Salad*	Free choice	Thai chicken and noodles
Saturday	Porridge	Prawn and noodles	Free choice
Sunday	1 Grapefruit*	Free Choice	Sesame noodles

*This fruit must be fresh and not canned.

Not Affiliated in any way with Weight Watchers, Atkins, or South Beach under each breakdown of the recipes.

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 whilst you were cutting out food and drink you were used to it was easier just to have three set meals whilst 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 get small doses to your body constantly rather than one large rush to the system.
- Your digestive system will have a 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 day.

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

If you follow these daily requirements you will maintain your weight. If you wanted to lose weight I recommend 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 we have advised over the past two weeks and have one meal a day which has Miracle Noodles in. Instead

Of you following a diet plan you 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
	Fibre	0grams
	Protein	1.8grams
	Carbohydrates	2.4grams

*based on 10ml of skimmed milk and no added sweetener.

Not Affiliated in any way with Weight Watchers, Atkins, or South Beach under each breakdown of the recipes.

So once you have worked this out and deducted this from your daily allowance you know what you have left to play with. As I now want you to 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 would sort out each meal.

Daily nutritional intake minus drinks:

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

Daily nutritional intake divided by 5:

Fat	13grams
Calories	394Kcal
Fibre	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.

Day	Meal One	Meal Two	Meal Three	Meal Four	Meal Five
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

The last thing to say is good luck!

Not Affiliated in any way with Weight Watchers, Atkins, or South Beach under each breakdown of the recipes.

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? Have a long 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 in as the part of the meal that fills us up. In all fast food restaurants you always get chips with your meal, if we have vegetables we have potatoes and jacket potatoes with a feeling are also a favourite 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 favourite dishes. A little fine tuning and you can still have your favourite dishes. If you eat a lot of pasta then just replace it for Miracle Noodles you have cut out the carbohydrates, fat and calories and you haven't compromised 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 fibre and soluble fibre 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 of each different type. The body does need fat and it is something that you cannot 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 and is suggested to increase blood cholesterol. Most commercial products use hydrogenated fats or contain partial hydrogenated fats.

Polyunsaturated and 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 sun flower seeds.).

The preference for fats and oils is to have less than 2grams 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- providing it is skinned and not breaded.
- Certain cuts of beef
- Ham
- Pork- tender loin, loin and 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 on 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 I 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.

I promise you it really is this easy. With the knowledge you have now this should be quite easy. Keep practising 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 <1g of carbohydrates. The noodles are gluten free so 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 they have <1g of carbohydrates in too. With the Miracle Noodles being mainly soluble fibre 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 and weight watchers points have been calculated accurately also. 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 up 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!



Testimonials

Just wanted to let you all know I think your rice is great! The consistency is perfect. A wonderful new product. Thanks.

-- Taylor Gimbel

I am so thankful to actually find a product that "is" what it claims, is an incredible asset to my life and that provides outstanding customer service. I have shouted from the rooftops about this product, even placing a link and post on my Facebook page. I am on the HCG Diet and the noodles provide a fabulous "filler" for the morning. I can not wait till I am in the maintenance phase when I can use other sauces. To be able to enjoy the sensation of pasta without all the fat, carbs and calories is incredible! I placed a large order yesterday and I can't wait to try and enjoy all the other styles as well as the angel hair that I KNOW is great!

Thank YOU for this product!

-- Leigh

-- Ortonville, Michigan

Jill- got the noodles this afternoon and have already tried them! They are the BEST purchase I have made in a long, long time. I work for Nevada Diabetes Association. We do camps for kids with type 1 and we do a lot of counseling for type 2 diabetics as well. I can not wait to tell them how fabulous your product is! I will tell all my friends and am bringing a sample bag and some sauce to a party tonight to show about 20 people.

HURRAY FOR MIRACLE NOODLES!!!!

-- Diana

-- Reno, Nevada

ok so my order arrived yesterday, i opened first bag was surprised at the smell but I was a chef for 8 years and knew everything doesnt smell great, noticed the return policy i was happy to see that.. Well i started cooking and sat down with the family and began eating as they laughed thinking they were going to be nasty, well since i have been diabetic I have yet to have pasta, and growing up in itailain i missed it so much, so after i had my first bite i almost cried, THEY ARE AMAZING,, my wife tried one and she loved it, i was so happy i ran in to call and tell my friend, big mistake came back and my 5 year old finished my plate lol. with out being able to hug you guys, all i can say is THANK YOU WITH ALL MY HEART.

-- Vincent

-- Washington

I am a long time foodie, have been to Cordon Bleu, Lorenza de Medici, CIA St Helena etc. Love the noodles. Got them today, served them with a Brazilian stew. Wife loved them too. Such a product!

-- Phillip

-- Kansas City, Missouri

I am part of a large group of parents who has a child on the keto diet. We are always trying to come up with meals that are not only allowable by our dieticians but ones that they will eat and enjoy. I hope that I get the chance so that I may pass along some new ideas. I have already come up with about 12 different options for meals and shared them with other parents for their children. Keto is hard and certain things make it a little more bearable for the kids. Miracle noodles is one.

-- Lisa

-- Lynden, Washington

Have received part order and cooked them last night. Fabulous !!!! Thanks so much !!! Ps, 2 of my children have type 1 diabetes, so am very happy that part \$ goes to Diabetes research :)

-- Julie

-- Australia

Have received part order and cooked them last night. Fabulous !!!! Thanks so much !!! Ps, 2 of my children have type 1 diabetes, so am very happy that part \$ goes to Diabetes research :)

-- Julie

-- Australia

I have been eating other brands of Shirataki noodles for a few years now, but I must tell you, yours are the BEST I have ever had. The texture is marvelous and with zero calories, they are far superior to any other brand I have tried. Consider me a customer for life!!!"

-- Pam

"I am in a special diet program to get me off diabetes medicine. I had your noodles last night and with my wife's sauce they were better then expected. Since Rice noodles do not help this really is a blessing!"

-- Art

I am very impressed with the noodles. So far I have added them to homemade vegetable soup and used with Marinara sauce, both were great tasting and very filling. I find that I don't want more than a half a package at the most in a day. and I am not as hungry the rest of the day and in the evening. A great product and no problems with the many food allergies that I have.

-- Helen

I got my first order of Angel Hair miracle noodles. I used a recipe from the Rachel Ray show and substituted the pasta for MN. It was great. I think I am going to like this product.

-- Mary

I just traveled across two states (not as crazy as it sounds my family lives there) and purchased the Miracle noodles in a gluten free health store. I was concerned about purchasing a large amount off the website. I AM NOT CONCERNED ANYMORE!!! They are AWESOME. My mother in law even tasted them and liked them and she does not like anything. Believe me when I say that. I am so excited to try the other varieties. Thank you Miracle Noodle.

-- Leslie

WE LOVE the NOODLES!!!! I have thru hard work, exercise and diet been able to lose almost 300 pounds on my own (298 to be exact) and my husband has lost 70! we have always loved pasta and it has been a real sore spot with us cause we feel deprived. But since finding you guys, you have made dinners fun again! We have been recreating all of our favorite dishes using your products and fat free low calorie ingredients to make the most amazing dishes! As soon as we perfect them completely we will send you the recipes and share with others promise! Just wanted you to know you made two used to be morbidly obese individuals very, very happy!!!! here's to enjoying the rest of our lives being skinny, healthy and eating like kings

-- Stephen

I love the noodles! I can't have gluten or wheat and the rice noodles are discusting. I am so glad I found you! Have you thought of selling to gluten free companies? You Should!

-- Debbie

I just want to say that I am beyond delighted that I found your product online. I love pasta and have found it difficult to get back on my low carb plan because. Thanks. I am going to try your product.

-- Jennifer

I received my box today, it was waiting when i got home from work. I purchased the noodles to help my husband who is 450 lbs lose weight. He is very sedintary from an accident a few years back. It is so sad cause he suffers in so much pain. His blood sugars range from 7 - 30's and he takes handfuls of pills for it and a Whole box of insilun a day to try and control it. I hope that this will help him start to lose weight so he doesn't feel so defeated by his weight. Anyways I made him the noodles, I added green onions while boiling, I added oil after, Organic sugar free Chicken soup base for flavour and tossed. Added a live aray of stemed low carb veggies and presented it to him. He liked them right away. "WOW" were his first words. He expected them to be terrible. I checked again at the end of his meal and he said they are great. Order more! I left and returned a minute later and he asked Did you order them? A little confused I said not yet. "What are you waiting for? he asked. And he is very fussy. So now I'm going to order lots. Thought Id tell you seen as you asked.

-- Gail

These are the BEST! Now I can once again eat Italian without eating gluten!!! This is a miracle!! Rice noodles, and quinoa are okay, but your noodles have great texture and with no actual taste, it is just the sauce and meatballs and veggies! Yum! and THANK YOU!

-- Kathleen

Hi- Got my noodles and absolutlely love them!!!! I've tried the soy shirataki noodles at whole foods but these are WAY better!! I'm 56 and need to lose some weight and also have been diagnosed with prediabetes, so these noodles seem like a godsend to me as they hopefully will help me lose weight (I've tried everything and nothing seems to work) and also control my blood sugar. Thank you so much for these noodles!!! Also, am finding the 7 part newsletter very informative -thank you for that! And also enjoyed the Tom Venuto materials- I exercise quite a bit and have done so all my life so I always like to read fitness info. Thanks a lot for the noodles, the info, and the support!

-- Kathy

Love your noodles. It's a great source of fiber which helps control my IBS symptoms. And, I make an awesome noodle pudding that my whole family loves, which may I add is totally guilt free in eating. Love it, Love it, can't live without it!! P.S. - I've looked for other Shirataki Noodles but they all seem to have tofu in them. I'm not supposed to eat tofu due to my bout with BC.

-- Thanks for any help.

-- Sincerely,

-- JoAnn

I am very impressed with the noodles. So far I have added them to homemade vegetable soup and used with Marinara sauce, both were great tasting and very filling. I find that I don't want more than a half a package at the most in a day. and I am not as hungry the rest of the day and in the evening. A great product and no problems with the many food allergies that I have.

Helen

I REALLY ENJOY YOUR NEWSLETTER . USING THE NOODLES I AM LOSING WEIGHT, IT REALLY HELPS.

THANK YOU

-- VIVIAN

I LOVE THESE NOODLES !!!! I found your website by accident while browsing for low carb foods. The name intrigued me so I started to read about your product; I decided to place an order. I received my first shipment 2 days ago and I can't stop eating them!!! I love cellophane noodles and rice sticks but could not eat them once I decided on a low carb life style. These noodles taste very much like cellophane noodles. I made low carb egg rolls with them and it was delicious. I know they are high fiber and I may regret it but I ate them 3 times today (1 1/2 bags!!!). I will be placing another order soon. Can't wait to try some of the other styles, such as the lasagna noodle. Thank you for providing us with this wonderful product!

Sincerely,

-- Debra,

-- Cameron, Wisconsin

-- CUSTOMER SINCE 2007

We had our first meal with the orzo noodles tonight, and it was wonderful! I love to make homemade stir-fry with vegetables and lean meat, however, without rice, I had not prepared one of our favorite meals since my husband and I were both diagnosed with diabetes in November. What a life changing disease! Thanks to your noodles, we now can have our "rice" and "pasta" guilt free. I am so glad to have found your web site. Have a great weekend!

Carol,

-- Nebraska

Thank you for your wonderful product. Since I added your noodles in my diet, my blood sugar has stabilized, almost normal. First time in 10 years!!!! I think you need a sales person or distributor in Houston, TX. There is a huge Vietnamese/Chinese community here. We need Miracle Noodles in our SUPERMARKETS!!!! Thanks again for your outstanding product!!!

Kathy,

-- Spring, Texas

I am new to these awesome noodles. I am a new addict to the Angel Hair pasta. I recently purchased the variety pack to 'test' all of it and decided that there is some I LOVE and some I DO NOT like. I think that is kind of wierd considering they are the same just different shapes!!!! Would it be possible for me to order the variety pack without the 2 larger flat noodles (lasagna and another that I don't remember the name)? I LOVE all the other shapes except those. I made tuna casserole, tuna pasta salad, crab salad, etc. etc. and love all of them (angel hair is the ultimate) but could I order the variety pack and have the flat ones replaced with the new darker angel hair or regular angel hair and keep the rest the same???? I am so very glad I found you guys by "accident" I will be a life long costumer!!!!

Thank You,

-- Deb

I just LOVE shirataki noodles (and they are FAR BETTER than tofu shirataki!!!!). I am definitely a customer for life!!!! Thanks for such an incredible, miracle food!

Jacquelyn,

-- Rockville Centre, NY

Just want to say that your noodles are excellent and the first substitute I have found for pasta. Being a diabetic I have not been able to enjoy past for years, now I order 40 packs at a time, they are so good

Thank you

-- Pat

-- Reading, PA

I am a new customer for Miracle Noodle- I just received my first shipment and am very pleased with the priduct- I will continue to be a customer in the future.

Gwen

-- New Marshfield, Ohio

I have been a customer for about a year now, and I love substituting your product for high carb pasta.
Lori

-- North Woodmere, NY

I am a customer and love the noodles. I'm doing Body Ecology and they are highly recommended.
Lisa,

-- Monteagle, TN

I had them last night and they are GREAT!!!!!!!!!! You have the BEST brand that I have tried!!!! I have SOO many severe food allergies so I am limited.. Don't worry, I will be ordering all the time ? thank you so much for everything!!

Jodi

-- Freehold, NJ

Having lost 50 lbs, I found myself craving what I love best....PASTA! During my weight loss program, I subscribed (and still do) to Hungry Girl which offers helpful hints and wonderful recipes to loose by. I found Miracle Noodles on that website and I'm the happiest person in the world right now. These things have saved my life (and my hips). Thank you from the bottom of my heart!

Tina,

-- Sunnyvale, California

Hello, I am writing to let you know how much I am enjoying the Angel Hair noodles that I found on your website. I have been on a special diet because of health issues for almost 6 years now, and it is so nice to be able to enjoy noodles again. I have been playing in the kitchen with these noodles, and am coming up with a lot of different things to do with them. They are wonderful!

Michelle- Customer Since 2007

-- San Diego, California

Started eating healthier last year just after Christmas and have lost over 100 lbs (yes, one hundred) and am off blood pressure and blood sugar medications...carb control was the key, and paying close attention to glycemic indices and glycemic loading factors. Wanted to respond since you gave me such courteous and personal service the times I have ordered from you.

Brian

-- Inverness, Florida

I'm a customer... I've ordered the angel hair before, and just recently the mini-pearls. I ^_^ I have to do a lot of my own cooking because I'm vegan, and I don't live in a place with many vegan friendly restaurants. With my powers, those of vegweb, and your pastas combined... I shall help provide more wonderful recipes for your customers! I love your pastas. Regular pasta makes me VERY sick when I eat it. I'm not going to get into the gory details, but I haven't had any issues with this stuff. It's also delicious when prepared correctly. So far I've had macaroni salad with it, and now my own version of hamburger helper. Mmm...

Angela

-- Conyers, GA

My orzo just arrived and I quickly made pork fried rice. OMG we just loved it. You have made my LC life just all the more joyous. Thank you.

Barbara

-- San Juan Capistrano, CA

I really enjoyed the noodles. It makes an excellent egg-drop soup (w/ egg whites, mushrooms, broth and diced chicken). I am already thinking about another shipment, because I doubt this one will last long!

Maureen

-- Fairbanks, Alaska

Thank you for your immediate response. Prepared noodles in place of spaghetti noodles for dinner and love them. Like the texture and very filling. Look forward to more meals and weight loss! Anxious to tell my other Weight Watcher members, at the next meeting, about this Miricle Noodle! So glad I discovered you on the internet. Thanks again!

Shirley

-- Hayward, Wisconsin

I've tried to not eat pasta when I am dieting, but find I am kind of addicted to it..... So I usually have pasta quite often when I'm not dieting.... I am on the Atkins diet right now and read about the noodles.....I didn't really believe I would like the noodles when I ordered them....(so I ordered a small amount). I finally received them today and tried it for dinner....wow....it didn't taste at all like the low carb pasta...or any other low anything pastait was great...so I ordered a lot more.... Thanks, I really think this will make a difference.... It was really good...

Janet -

-- Moose, Wyoming

Thanks for the prompt follow-up. The package arrived yesterday afternoon. I really love this stuff. Who says you can't have your cake and eat it too.

Lucia

-- Virginia Beach, Virginia

I found your site while searching for tofu shirataki noodles and love yours even more! I'm sold for life on your product.

Gina, Boston, Ma

I just wanted to let you guys know that I finally got used to using my miracle noodles and WOW What a benefit! It's SO nice to have food to eat that fills you up knowing it has benefits to your health and no repercussions! All I can say is Thank you thank you thank you :)

Marilyn,

-- Sun City, California

I LOVE THE NOODLES. I am becoming a Miracle Noodle disciple. Already two people have ordered because of me. Here is my review: <http://stillwaitingfortherunnershigh.blogspot.com/2008/04/miracle-noodles-are-simply-divine.html> Feel free to quote any of that for your testimonial page. :-)

THANK YOU!!!

-- Matt

I found this site through my HCG recipe searches.. I got my first order of miracle noodles..I am so pleased! I stir fried them with onion powder, garlic powder, and salt, added salsa..and YUM!!!!!! What a great break from my usual phase 2 HCG recipes...Thanks!!

Marie

-- Sandy, Utah

I am so pleased that I found you guys! I would love to give you my wonderful recipes but I actually do not cook at all. I placed my first order and for two weeks I have simply been adding one bag of Angel Hair noodles to my low fat frozen lunch entrees. My portion sizes are more than doubled, I stay full much longer and I have lost 3 pounds already! What a great addition to my weight loss program.

Thank you so much!

Mollie

I have been buying your noodles and inventing an array of delicious recipes. So far my domestic partner, Mike has lost 30 lbs. and I have lost 15 just my eating pasta every night for dinner. I have actually developed many recipes that I am not putting into a Miracle cook book. Would you be interested in listing it on your web page? I am seriously thinking about a distributorship with miracle noodles. LOVE THEM

Debbie

Love, love, love the noodles. I haven't had pasta in 8 years with just an occasional 2 oz serving of rice pasta, blah. This was fabulous!!!! Now, so to speak, I can have my cake and eat it too! I will be leaving for VA soon to visit my family and will have some mailed out there. I plan on trying some of the different types, but I loved the linguine.

Thank you for your product.

-- Barbara

-- Melbourne, Florida

I received my order of angel hair pasta the other day. Had it for dinner that night, great! Had it for dinner last night, great! As a diabetic I thought having pasta was only a memory, not anymore! Thanks, what a good alternative to the calories, fat and carbs. My next order will include the Rigatoni....my favorite! Thanks for a great product.

Bill- Carson City, Nevada

Loved my Angel Hair. Telling everyone about this yummy noodle. I lost 4 pounds last week.

- - Tery

Hey you guys! I'm Italian, both sides of my family, I owned a pizza shop and won 2nd best in the Mid-West 1995, and Best Pizza in Ohio 1998. I sold 13 types of pasta made by a company who purchased their machines from Italy, the real stuff! I am so impressed with your Miracle Noodles! I purchased the angel hair. I want to try other types but everything I want is 'out of stock'. Seems I'm not the only one who loves your noodles! If I got on the auto order plan, will any of the out of stock items be available? I'm a diabetic and I'm working on a 30 day diet plan that includes your noodles for the majority of the meals.....angel hair is great, but I want rigatoni and fettuccini to add to the variety. Help me, I'm hungry! All kidding aside, you have a great product, I'm truly impressed. My wife's favorite is angel hair in a butter and fresh garlic sauce with Peccerino Romano cheese! What a wonderful meal it makes all by itself. Let me know, I need at least 4 orders of noodles to complete my plan, want to lose 35 pounds in 30 days.....I bet I can, thanks to Miracle noodle!

Bill

I just had my 1st taste of the miracle noodles--YUMMY!!! I ate the whole bag!!!! I steamed some california blend veggies, grilled some ck. breast, and added a small serving of alfredo sauce. Had a heaping gourmet plate. Telling everyone to order!! Just thought I'd share.

YES I have ordered from you. My husband and I are HOOKED!!! We are on the Atkins diet and discovering your noodles has saved us!!

Monica

-- Santa Ana, California

I just wanted to tell you that I received the noodles and am delighted! The product is wonderful. Am finding it difficult to believe that there are no calories and no carbs! Thought that was only possible with the air we breathe! How can this be? Anyway, am giving several packages to members of my family who have diabetes. Why aren't you marketing to grocery chains? Thank you so much for a great product.

I just received my first order (angel hair pasta) yesterday. Used it for the first time today, with my usual meat sauce, and I'm HOOKED! The portions looked very small, but both my husband and I felt full before we'd finished it.

Nadine

-- Lakeland, Florida

I just received my first order of noodles. I had them with a little broth and some left-over meat. I cannot believe how great these noodles are! I'm envisioning all the ways to use them. THANK YOU!

Janie

Your products are FANTASTIC for this carb loving but allergic granma that needs to lose a lot of weight

Marcel

I received the Noodles today (What a great turn-around!) I have doing the Atkins thing for over 4 years (on and off. a seasonal thing) and to tell you the truth it gets harder and harder every time..... Until Now! I can't believe what a blessing this is....Noodles in the Atkins Diet is unheard of. Watching Carbs is hard enough but oh my goodness you have given it a completely new look. I followed your instructions and then added \"Sea Pak\" Shrimp Scampi to them along with black pepper and crushed red pepper (Total of 6 Carbs). What I came up with is a dish that would make Dr. Atkins roll in his grave! I have plans for a breakfast dish that I'm sure will change the world. Thanks again and please let me know when I can purchase stock in this item!

Pat

-- Maple Valley, Washington

i heard of your noodles in mens health magazine. i introduced them to a co-worker of mine and she bought some which she ended up giving to me. i have since dropped from close to 250 lbs ot 190 lbs on a reduced calorie diet with a workout plan and your noodles. I DID IT IN FIVE WEEKS!!!! i've achieved the same results in past years but over amuch longer period of time. i am taking in about 2100-2300 clean calories a day and i would like to help you spread the word on a massive level. i am 29 yrs old, 5'10" and ripped i can send pics before and after if you'd like. please let me know your product could be a u-turn from the epidemic of our fast food nation. phone or email please respond.
Ryan

-- Oklahoma

I saw my doctor and my blood results were excellent for the first time in my life!! While I am on a prescription drug it was not producing the results I'm now achieving through the consumption of these noodles and the flour I've purchased from you. Keep up the great work and thanks for offering this healthy product in such a convenient manner.

Robert,

-- Illinois

120 lbs so far!! 40 because of the MIRACLE noodles that I eat every day. (I only discovered them a few months ago). Since I discovered the Noodles they are a DAILY staple. I know quite a few opera singers who eat them. I have suggested them to EVERYONE. I will keep you posted.

Thanks again,

-- Othalie

I just tried my first package of angel noodles. They was fantastic. I was very skeptcal at first, because most "diet" food has little to do with taste and texture.Your product is right on the mark. I added the noodles to homemade chicken stock and they were wonderful. Thanks for helping the pastaholics of the world.

Jackie

-- Vandalia, Ohio

I received my shipment yesterday.....made my regular fettucini alfredo recipe, substituted the miracle fettucin noodles and ate an amount that I would normally eat followed by a bowl of fresh raspberries and a little later some SF Reese's PB cups. About an hour later I thought I was going to explode!!! Needless to say it was a valuable lesson and made the point of how filling they are! I have a recipe that I created for left over fettucini where I add marinara, pepperoni, mushrooms, black olives and mozzarella....it's waiting at home and I can't wait to have it for dinner. After 2+ years on Atkins, it's fun to be excited about cooking new dishes again. I LOVE THEM!!!

Pati

I got my first shipment of noodles and tried them with some Thai Spicy Peanut Sauce and they were excellent. I'm ordering more.

I have just lost 20 pounds with the help of Miracle Noodles. I have a wheat allergy, blood sugar problems and on Atkins, so the Miracle Noodles are a lifesaver to me. Thank you.

Sunny

-- Florida

I am so happy that I tried the noodles, they are fantastic and, like I have read by so many, it has been a huge help in my weight loss. I would love to be able to buy your noodles in the grocery store, will that ever be an option?

Thank you

-- Julie

Thanks for a great product! Our family has Celiac Disease & food allergy issues & Miracle Noodles really are a miracle for us! We are just getting going w/ the product ! Thanks again!

I tried the Angel Hair and just Love It. I have turned on co-workers to your products. I'm getting ready to purchase more and want to know which one is the thicker noodle (spaghetti-type). I'm Italian and pasta is very important to me. I would eat it everyday if I could, but the Carbs/Calories stop me, but with your noodles I can have them whenever I want. It has satisfied my craving for Pasta without the guilt! Thank You again.

Anne

-- Orange, CA

I have received your trial shipment and will continue ordering your product. I have a daughter with a genetic disorder that causes life threatening weight gain on very few calories. The disorder is Prader-Willi. Your product is in fact a miracle to me. I am able to expand her small meals of home made soup to make more satisfying portions and she loves these noodles. Again this product is a miracle to me. Jackie

I want to tell you something very amazing ... at least to me! I THINK it can be attributed to eating Miracle Noodles!!! my ongoing battle with high cholesterol: December 2008 cholesterol was 267, with LDL at 156. I fought with the doctor, NO LIPITOR please! (as I had been since year 2001 when my cholesterol went from 202 to 218 and every year climbed higher and higher and never came down again). I tried herbal pills, niacin, smart balance, metamucil, 30 minute treadmill every day. Nothing really worked. January 2009 Total Cholesterol was 230 and LDL 136. Then, because (as you might remember) I mistakenly ordered a double shipment of MNoodles and was afraid they would go bad, I started having them almost every day. (For last 6 months, I had been "rationing" them, using them as "treats" once a week). The saga continues, the doctor orders another blood test last week. Just got results yesterday. check this out! Total Cholesterol down 22 points to 208! LDL down 31 points !!! to 105. HDL UP to 91 from 84. Numbers not seen in 8 years! Lipitor doesn't even do that good! I thought and thought and realized the only thing different was MNoodle consumption! NOT weight loss, not benecol, not any of the supposed things that would bring the cholesterol down. I THINK it was the miracle of Miracle Noodles! I am now on a quest to bring these numbers down even further. As an experiment, I'm going to eliminate any other cholesterol-lowering items and just add MN almost every day. Thanks and thanks and thanks!

linda

-- Florida

this is my second order, and joy has returned to my health regime! High Cholesterol and Diabetes are being satisfied! Thank you for a great product and delicious meal...Lana
Downey, California

I've tried these and I LOVE them. They have helped me stay on a strict food plan without feeling deprived. A great way to have your "noodles" and eat them too!

Laureen
-- Weston, Florida

I used the noodles tonight for dinner, combining them with a type of shrimp scampi (with mushrooms). My husband and I shared a package and we LOVED them. So, tonight I ordered the package with 20 bags, plus the Black Angel Hair sample pack. Thanks to you and your team for all the help. This is a life saver to be able to eat noodles again--one of my favorite foods. Have you and your people put together a recipe book? I'm looking for a recipe for Alfredo sauce to use with the noodles.

Delma
-- Utah

Thanks you! I am pregnant with twins with gestational diabetes so the zero carbs is a blessing! Don't care about calories- actually they want me to gain abit-so ill probably smother them with an olive oil sauce of some kind- but after - when I need to get my body back- your product is a blessing! Thank you!

Valerie- Marina Del Rey, California

Thanks Jill. I am in a special diet program to get me off diabetes medicine. I had your noodles last night and with my wife's sauce they were better then expected. Since Rice noodles do not help this really is a blessing! Art

This stuff is great when you are really hungry and want to eat something healthy ,filling and fast!
Boulder, co

Hi...I want to just say that I think Miracle Noodles are the absolute best thing going. I have told my endocrinologist to recommend them to her patients, I have gone to the local stores and asked them to carry them...I actually wash out the packets and keep them with me to leave with the managers.. What I like is the variety box...I find that the orzo, spaghetti, little circles(something with an a) etc. are really good..and although the tastes are pretty much the same, they feel different depending on the thickness and chewiness..I love to cook and have found a way to use them in at least one, and usually 2 meals a day..I don't use them as a meal replacement...as diabetics need to eat...but I use them to bulk up a healthy meal, leaving you feeling full, guiltless over calories, and the noodles add texture and prolong the meal...so, to me, even my doctor called shocked that my A1c has come down to much, so quickly...I also mix a teaspoon of the powder in some tea before all meals that I eat at home...and even take it out with me...my numbers went from over 500 to less than 100..in a month... I also like to eat...so little tiny portions do not do it for me...but with the miracle noodles, my small meals get big..LOL...anyway, I am just saying that they are truly amazing...and I have so many people using them, even my friend in Virginia ordered a case... So, for the automatic order, offer the variety case...that is the most fun..and lets me experiment with different dishes all the time...The regular long noodles, I stand and chop them up as if you don't, one slurp and the meal is over...if you get what I am saying...I still have about 2 1/2 cases in the house..but when they are finished, I plan mostly to order the variety pack and the konjak flour..

if that is how you spell it...I usually have the noodles with lunch and with dinner...breakfast is ezeiel bread with a veggie burger..yes, I am a vegetarian, just about vegan...don't eat dairy and almost never eat any egg product... I am actually thinking of writing some blog, or a book about my diabetes, weight experience and what worked for me...it is all so simple and easy once you "get it" and miracle noodles make "getting it" so much easier...both to eat and feel satisfied as well as eat and not raise your numbers... I don't know if it is possible, but once again, I think the variety is the best...I search through the box until I find something I have not had in a while...I did order a case of the rigatoni...love them too..but I eat them a lot and love the orzo...so I am learning what I like the best...but all is good...just some shapes are easier to work with than others...also love those little nests...fun..great in chinese dishes...I can obviously go on and on..I just emailed your site to my friend's daughter who opened a healthy yogurt shop that sells low carb options...I told her to get in touch with you for wholesale.. she is in Boca...I think the noodles will catch on and sell like crazy.... Ok...I wrote enough...love the noodles...thanks for such a great product.

Joan

We are getting more customers in our store that are diabetic so hopefully we will be ordering more frequently. Customers that purchase the Shirataki Noodles absolutely love them, even the ones that are NOT diabetic.

Kathi

-- Rhode Island

Thank you for your prompt shipment. I enjoy the noodles. Only wish I had ordered a variety, but I will next time. I wish all my shippers were as quick and efficient as you. Again, thank you.

Cynthia

The orzo is even better than the angel hair! I can see you folks are determined to make me healthier and thinner. I wonder if I could talk my favorite sushi restaurant into using it... Now if only you could get me off nicotine...

Joseph, New York , New York

Good morning. This may sound a bit silly, but I actually like the texture when the noodles are extremely chewy after cooking them. It reminds me a bit of squid texture, which I love! So I actually cook/microwave the rigatoni ones on purpose!! Also, have been experimenting with various recipes (e.g. Pad Thai, Singapore Noodle, etc) with much success. These are delicious in noodle dishes, and also I make a rather yummy snack/desert with them, mixing in Walden Farms (no-cal) peanut spread and chocolate or caramel sauce and a spoon full of crushed cacao nibs. This is pretty good hot or cold. Thank you so much for being there, and please keep up the great work.

Kathy

Thank you so much for introducing me to miracle noodles. I absolutely love them. My husband is Asian and many of our favorite dishes call for bean threads or rie noodles. What a joy to find that your noodles fill all of our needs without calories! They even fill our yakisoba needs. Thank you so much for helping to "lighten" our meals. Thank you doesn't seem enough! Our health is what matters.

Liz

I got my first order of Angel Hair miracle noodles. I used a recipe from the Rachel Ray show and substituted the pasta for MN. It was great. I think I am going to like this product.

I just traveled across two states (not as crazy as it sounds my family lives there) and purchased the Miracle noodles in a gluten free health store. I was concerned about purchasing a large amount off the website. I AM NOT CONCERNED ANYMORE!!! They are AWESOME. My mother in law even tasted them and liked them and she does not like anything. Believe me when I say that. I am so excited to try the other varieties. Thank you Miracle Noodle.

Hello, I received your newsletter and just recently received my first order of the angel hair pasta. I am already in love! I looked at the web page and would also like to order some of the mini pearls and fettucini.

Kristi

Got my noodles and absolutely love them!!!! I've tried the soy shirataki noodles at whole foods but these are WAY better!! I'm 56 and need to lose some weight and also have been diagnosed with prediabetes, so these noodles seem like a godsend to me as they hopefully will help me lose weight (I've tried everything and nothing seems to work) and also control my blood sugar. Thank you so much for these noodles Also, am finding the 7 part newsletter very informative -thank you for that! And also enjoyed the Tom Venuto materials- I exercise quite a bit and have done so all my life so I always like to read fitness info. Thanks a lot for the noodles, the info, and the support!

Kathy

We love the variety, you never know what you'll get and it is fun to open the package and try something new! Thanks so much, and we will just start ordering on our own k Marie. by the way.....WE LOVE the NOODLES!!!! I have thru hard work, exercise and diet been able to lose almost 300 pounds on my own (298 to be exact) and my husband has lost 70! we have always loved pasta and it has been a real sore spot with us cause we feel deprived. But since finding you guys, you have made dinners fun again! We have been recreating all of our favorite dishes using your products and fat free low calorie ingredients to make the most amazing dishes! As soon as we perfect them completely we will send you the recipes and share with others promise! Just wanted you to know you made two used to be morbidly obese individuals very, very happy!!!! Here's to enjoying the rest of our lives being skinny, healthy and eating like kings.

Marie

-- Utah

We just received our angel hair noodles today. My wife made an asia style sauce with vegy's and added the noodles.....!!!!!!!!!!!!!! We cannot believe how good these noodles are, and are pleased with their texture. Thank You

Beth

-- Springfield, Missouri

Hello. I received my first order of Miracle Noodles this week, and I just tried them for the first time as a sort of "chicken broccoli miracle noodle alfredo" using the white angelhair pasta. Very pleased! After rinsing, boiling, and paper-towel-drying them I used the dry-roasting technique you recommend, which was super-easy and did eliminate the odd smell entirely and make the noodles less translucent. Also, somewhere along the way the noodles got a bit thinner, which I think makes them more appealing, so you might want to mention that on your website if you don't already (I don't remember reading that, but could have missed it). They certainly don't look like angelhair before you cook them, but afterward I would liken them to something between angelhair and thin spaghetti. So far I am just thrilled and see no downside whatsoever. I have type 1 diabetes, so the real test will be whether this spikes my blood glucose. I believe the insulin I took (for the broccoli and the sauce) should keep that from happening, given that there's no starch in the noodles. I will send another e-mail in a couple of hours to let you know, referencing whatever ticket number this e-mail generates. Assuming there's no ill effect on my blood glucose level, you have not only an enthusiastic new customer, but a zealous evangelist of your noodles! LOL

Thanks so much!

-- Jen

Wow, truly surprised! Great product and definitely a Godsend. I have once before tried these type of noodles, not the Miracle Noodle brand, but something in the store, and I did not like the odor or flavor for that matter at all. Now, maybe I didn't do them right, even though I read the instructions, or I got a bad batch -- who knows. But I just got my angel hair Miracle Noodle, followed your instructions and they are great! I tried them with some pasta sauce and turkey cutlets and they were delicious. I, like many, have to watch the carbs and sugar for diabetic concerns, and am constantly on the lookout for new ideas and products. My response mirrors many others in the sense that I can now have a great substitute for pasta. I still have to try my Agar Agar, and looking forward to it ! Thank you for providing a great website and avenue to purchase !

Lisa

-- Caney, Oklahoma

My husband and I are on a low carb diet and your products have been instrumental for our successful combined weight loss of 80 pounds to date. I am telling everyone I know about your product, and you should be seeing new orders!

Cindy

-- Alabama

Amazing product - love that you were visiting a friend and then marketed this in the us. We have traveled to asia many many times and always think of the things we love and miss from there and dream about how they would do over here in the states. Congrats!

Sarah

-- Phoenix, Arizona

This is my third order of Miracle Noodles. I ordered the variety pack last time, but I like the Angel Hair the best. The products have helped in my Diet Plan as I have lost 50 pounds in 64 days. The product has been a great substitute for pasta and potatoes.

Since getting my first order of Angel Hair, I have put them in soups, had them with homemade Spaghetti Sauce, with Stir-Fry and with Grilled Veggies and some kind of protein. I use fresh squeezed lemon and Balsamic Vinegar on the Miracle Noodles before draping the Veggies and Fish, Chicken, Seafood or Beef. They were especially good with Grilled Herb and Garlic Lamb Chops. I purchased the variety pack and have been trying to implement them the same. Some of the Noodle shapes are as tough to eat with a fork as peas, they just don't cooperate too well. I have basically given up one of my two starches allowed on my Diet Plan per day and substituted the Miracle Noodles for the starch. I have lost 52.2 pounds in 65 days. It would appear that the Miracle Noodles helped get me around the proverbial "Plateau" in my Diet Plan. I plan to take several packages with me on our two week Island Vacation to St Maarten in May. Preparing the Noodles is a snap. I just yesterday signed for the 20 order pack every month, and hope that will be enough to keep me supplied. Now if I could only find a good bread substitute, this Lifestyle Change would be easy.

Alan

I am glad to be apart of this community! I Love your noodles and with time ALL my friends and family will know about them and love them as well. I pray that your business grows ten-fold, but you always keep your outstanding customer service, no matter how big you grow!

Blessing!

-- Dee

This product is the best I have ever had for weight loss. Believe me I have tried many. Thanks again , You will hear from me soon.

Henry

-- Gloucester, Massachusetts

I'm diabetic and trying to lose weight and I tried your noodle and they are....WONDERFUL!!! THEY ARE A MIRACLE...THANKS FOR YOUR WORK.

I tried my noodles for the first time last night.....mixed them with left over veal stew & they were just scrumptious.....even my food fussy husband continued to help himself from my plate!!!!!! Thanks for a fabulous product. Lili (Australia)

I am experimenting with your wonderful product, using them almost every day. I love them so much! I have told every possible person about your noodles, and I'm hoping at least some of them become your customers. Keep up the great work, and thank you very much for making my life as a food addict so much easier to bear.

Nancy

Thank you so much for your product, your dispatch time put other online shops to shame and really shows your dedication to customer service. I look forward to buying from you again as you expand your Australian distribution!

Andrew

I am diabetic and after the holidays my blood sugar went out of control. I was placed on a very strict, very low carb diet. I was very compliant but it was challenging to say the least. Then I started using Miracle Noodle to supplement my meals. It changed my life. Now I could eat everything my family did, except when they had pasta, rice or potatoes, I had my noodles. I no longer feel deprived or hungry after my small meals. I am satisfied. I also have had to cut my meds in half. Miracle Noodle helped me keep on my diet so I could reduce my meds. Thank you for making this wonderful product available. I am telling everyone I know who wants to lose weight.

Terry, Arizona

Love the noodles. Love the website. Love the recipes. Keep up the good work!

Healthy Hugs,Vicki

These noodles are wonderful! I will never eat regular pasta again!!

Yvonne

Just as an update, I spent 18 of 24 days this month in St Maarten, and the net result was a 4.0 lb loss on my Diet Plan. I am now down 76.2 lbs since starting my Diet on January 13th, 2010. The Miracle Noodles have been a great help as a starch substitute, without the effects of a starch infusion. Keep the MN's coming!

Alan

I just received my order and I must say I loved them, I posted a blog on Atkins message board. I think this is just the thing to help people on their diets, it is what you say it is , I will be a customer for life , thank you, keep up the good work



Miracle
NOODLE

