

# 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 mayonnaise<sup>2</sup>  
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
<b>Total per meal</b>	<b>27.5</b>	<b>678</b>	<b>64.5</b>	<b>49</b>
<b>Total per serving</b>	<b>6.9</b>	<b>169.5</b>	<b>16.1</b>	<b>12.25</b>

## 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
<b>Total per meal</b>	<b>79.9</b>	<b>1455</b>	<b>61</b>	<b>92</b>
<b>Total per serving</b>	<b>19.98</b>	<b>363.75</b>	<b>15.25</b>	<b>23</b>

## 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
<b>Total per meal</b>				
	61	1250	104	79
<b>Total per serving</b>				
	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
<b>Total per meal</b>	<b>15</b>	<b>339</b>	<b>43</b>	<b>10.6</b>
<b>Total per serving</b>	<b>3.75</b>	<b>84.75</b>	<b>10.75</b>	<b>2.65</b>

## 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
<b>Total per meal</b>	<b>38.8</b>	<b>671</b>	<b>80.2</b>	<b>2</b>
<b>Total per serving</b>	<b>9.7</b>	<b>167.75</b>	<b>20.05</b>	<b>0.5</b>

## 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
<b>Total per meal</b>				
	30	880	153	10
<b>Total per serving</b>				
	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				
Artichoke	0	40	7	5
Hearts of Miracle	0	55	12	3
Noodles	0	0	0	0
<b>Total per meal</b>	<b>15</b>	<b>380</b>	<b>52</b>	<b>15</b>
<b>Total per serving</b>	<b>3.75</b>	<b>95</b>	<b>13</b>	<b>3.75</b>

## 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
<b>Total per meal</b>				
	58	695	26	16
<b>Total per serving</b>				
	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
<b>Total per meal</b>				
	20	400	25	29
<b>Total per serving</b>				
	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
<b>Total per meal</b>				
	18.6	393.3	8	44
<b>Total per serving</b>				
	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
<b>Total per meal</b>	<b>28</b>	<b>324</b>	<b>20</b>	<b>7</b>
<b>Total per serving</b>	<b>7</b>	<b>81</b>	<b>5</b>	<b>1.75</b>

## 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
<b>Total per meal</b>				
	12	684	28.5	22
<b>Total per serving</b>				
	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
<b>Total per meal</b>				
	1	205	31.5	16
<b>Total per serving</b>				
	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
<b>Total per meal</b>				
	32	670	9	65
<b>Total per serving</b>				
	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
<b>Total per meal</b>				
	1	68	6	16
<b>Total per serving</b>				
	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
<b>Total per meal</b>				
	8	390	48	34
<b>Total per serving</b>				
	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
<b>Total per meal</b>	<b>12</b>	<b>684</b>	<b>28.5</b>	<b>22</b>
<b>Total per serving</b>	<b>3</b>	<b>171</b>	<b>7.13</b>	<b>5.5</b>

## 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
<b>Total per meal</b>				
	13	780	57	115
<b>Total per serving</b>				
	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
<b>Total per meal</b>				
	109.9	1772.5	126.5	177.5
<b>Total per serving</b>				
	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
<b>Total per meal</b>				
	36	1015	25	119
<b>Total per serving</b>				
	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
<b>Total per meal</b>	<b>120.5</b>	<b>2117.5</b>	<b>54.5</b>	<b>208</b>
<b>Total per serving</b>	<b>30.13</b>	<b>529.38</b>	<b>13.3</b>	<b>52</b>

## 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
<b>Total per meal</b>				
	48	880	65	31
<b>Total per serving</b>				
	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
<b>Total per meal</b>				
	5	155	10	19
<b>Total per serving</b>				
	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
<b>Total per meal</b>				
	20	635	60	44
<b>Total per serving</b>				
	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 Chopped Tomatoes	2	100	20	4
Onion	0	60	13	2
Garlic	0	10	2	0
Miracle Noodles	0	0	0	0
<b>Total per meal</b>				
	32	920	25	116
<b>Total per serving</b>				
	8	230	6.25	29

## APPROVED

Atkins Diet



South Beach Diet



Weight Watchers



2 ½ points per serving