**Spaghetti**

1. Brown 1 lb of grass-fed ground beef
2. Add 1 can of organic tomato paste & 2 cans of water (fill tomato paste can with filtered water)
3. Add Italian Seasonings, Salt & Pepper to Taste
4. Serve over Noodles\*
   1. Cooked Tinkyada Brown Rice Noodles (Publix)
   2. Spiralized Zucchini Noodles (Zoodles – can be found pre-spiralized in produce section at Whole Foods)
   3. Cooked Organic Noodles

Allergen Warning:

\*Spiralized Zucchini “Zoodles” is the healthiest option! If you aren’t allergic to rice or wheat you can choose the other options!