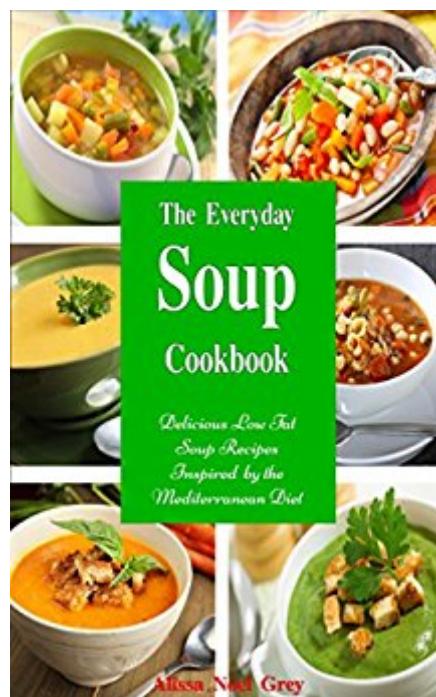


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The Everyday Soup Cookbook: Delicious Low Fat Soup Recipes Inspired By The Mediterranean Diet (Free: Smoothie Recipes): Healthy Recipes For Weight Loss



Synopsis

INCREASE YOUR ENERGY, LOSE WEIGHT AND FEEL AMAZING! From the author of several bestselling cookbooks, busy mom and fitness enthusiast Alissa Noel Grey, comes a great new collection of delicious, easy to make family soup recipes that will make you healthier, happier and more energetic than ever. This time she offers us her comforting and enjoyable everyday soups inspired by the Mediterranean diet and full of your favorite vegetables, meats and legumes that are simple and easy to cook whether you need a quick weeknight supper or a delicious weekend dinner. The Everyday Soup Cookbook: Delicious Low Fat Soup Recipes Inspired by the Mediterranean Diet is an invaluable and delicious collection of healthy soup recipes that will please everyone at the table and become all time favorites. If you're looking for delicious everyday soup recipes that are not too complicated and are budget-friendly - this cookbook is for you. ***FREE BONUS RECIPES at the end of the book - Superfood Paleo and Vegan Smoothies for Vibrant Health and Easy Weight Loss!***

Book Information

File Size: 1450 KB

Print Length: 150 pages

Publisher: Soup Diet Cookbook Cookbooks Download with Kindle Unlimited (April 17, 2016)

Publication Date: April 17, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01EFW75WE

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #397,194 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #107

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Customer Reviews

The book might not seem much but after several weeks of eating different soups on a near daily basis, I can easily say that this cookbook is a winner. Every recipe has at least one ingredient that gives the dish an identity of its own. Like one of the chicken soup recipes calls for oats adding some texture while others require something to give it that foreign appeal. Not to mention these ingredients are good for the health conscious as well. I can literally prepare a "soup of the day" everyday and once in awhile to keep things fresh!

I like soups because they're very easy to make, healthy, and filling! Plus, going on a soup diet is a tried and tested way for me to shed off some pounds when I need to. I'm also a big fan of the Mediterranean cuisine because I lived in Rome for 5 years when I went to University. This book just appealed to me on all levels. My mouth was watering the entire time I was browsing through the recipes and I made it a point to bookmark all my favorites. Each one is simple and had easy to follow instructions, so the chef wannabe that I am is excited. Loved this and had lots of fun with it!

The Everyday Soup Cookbook has made me cook actually, and I'd like to thank this book and its author for that. I've been trying to make some decent soups before but always in vain. This time, however, I was able to do it because of this amazingly helpful book. And for me and my family, this is an achievement. I appreciate the book's easy way and the steps which were clearly given. And what is even more amazing is that the soups are inspired by the Mediterranean Diet. This is surely worth the grab.

Awesome recipes. Quick and easy healthy eating. We are a family with a love of soup. Looking forward to making this my bible of soup recipes.

Great, easy soups. I use the pressure cooker in place of a crock pot so soups are ready in minutes.

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