



The Skinny Express Soup Recipe Book: Quick Easy, Delicious, Low Calorie Soup Recipes. All Under 100, 200, 300 400 Calories

By Cooknation

Bell Mackenzie Publishing, United States, 2015. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.The Skinny Express Soup Recipe Book Quick Easy, Delicious, Low Calorie Soup Recipes. All Under 100, 200, 300 400 CaloriesSoup - what could be better? A bowl of warmth that attracts the senses, is full of nutrition, healthy, filling, quick easy and low in calories. The Skinny Express Soup Recipe Book creates wonderful quick easy express soups using tasty fresh ingredients and low calorie alternatives to more traditional soups. Each recipe can be prepared and cooked in around 20 minutes using easily obtainable store cupboard and fresh ingredients.Our EXPRESS soups help make losing weight simple, with a no fuss approach and delicious results. Every bowl falls between 100, 200, 300 or 400 calories: making it easy for you to stick to a calorie controlled plan. The perfect partner for anyone who is looking to lose weight or maintain a healthy lifestyle.You may also enjoy other titles in the skinny range. Just search CookNation .



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