



Soup Recipes: 28 Quick and Easy to Make Soup Recipes to Reduce Your Weight (Soup Recipes, chicken soup recipe, potato soup recipe)

Betty Burns

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There are a lot of ways out there that tout how you can lose weight and keep it off. The problem? You feel hungry or you feel like you're being denied something because of the cardboard tasting diet recipes. Not anymore!

In this ebook, you'll learn 28 amazing and delicious soups that are healthy and delicious. In fact, they're so good that you can even make them for your family. No more cooking two meals! You're going to learn 28 creamy, tasty, and amazing soups that will help you lose weight and keep it off.

Low calorie soups don't have to be boring. What's boring about:

- Cheeseburger soup
- Split pea and ham
- Buffalo chicken soup
- Minestrone
- Tortellini soup
- And more!

Nothing! You'll even get a soup recipe to help cleanse your body and help you jump start your weight loss. You'll be amazed at just how delicious it is. No more starving. No more eating boring foods. You get delicious, wholesome, high protein goodness without relying on boxed boredom.

Get ready to look your very best this holiday season by using these soup recipes to lose weight and keep it off. As an added bonus, many of these soups can be made in your crockpot. That means you can add the ingredients before work and come home to a hot, delicious dinner. Plus, many of the other soup recipes are incredibly fast. You can double or triple the recipes for easy freezing!

Getting Your FREE Bonus

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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