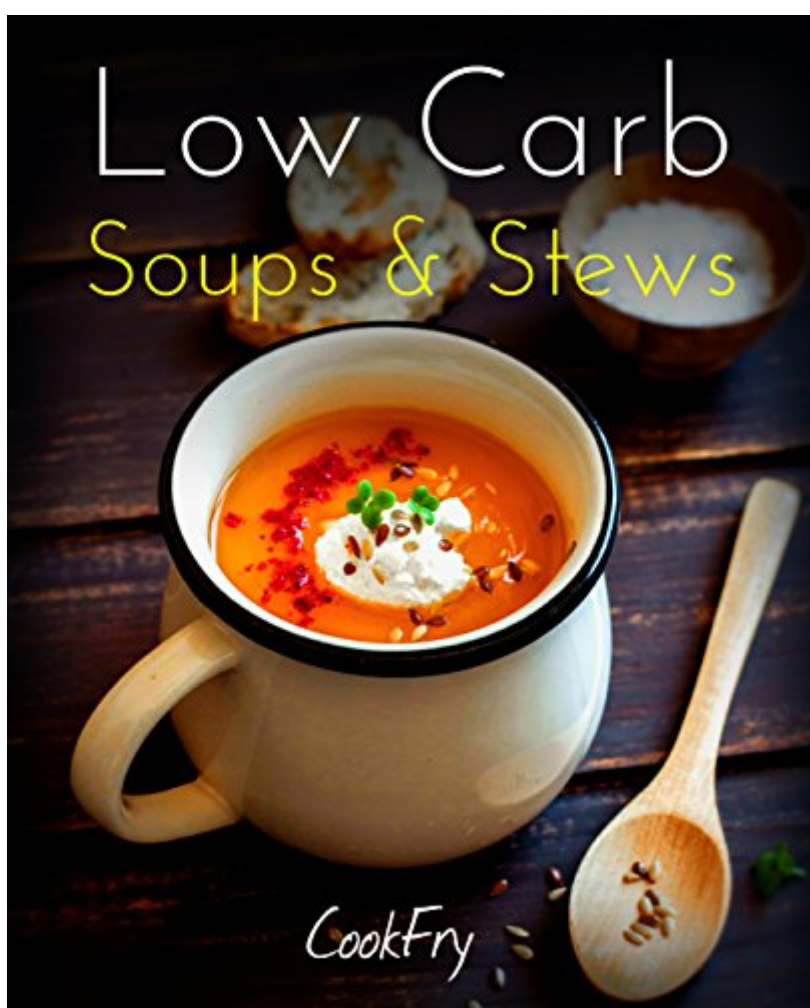




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# Low Carb Soups & Stews: Healthy Nutritious Low Carb, Ketogenic, Paleo, Atkins Friendly Recipes To Help You Lose Weight



## Synopsis

Complete Set Of Low Carb Soups and Stews You Will Ever Need. Includes a collection of 30 super easy, insanely yummy, low carb recipes that doesn't compromise on taste, and will help you stay trimmed. These recipes, like any other low carb meals will help your body by reducing inflammation, decreasing blood sugar and blood pressure. Go on, dive in the delicious taste of our kitchen made low carb recipes! Some Finest Recipes You Get: Spinach and Artichoke Soup Creamy Pumpkin Sausage and Kale Soup Slow Cooked Creamy Cauliflower and Cheddar Soup Beef and Butternut Squash Stew...and so much more!

## Book Information

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Ketogenic

## Customer Reviews

These books are wonderful. They have delicious recipes and they are reasonably priced. I love soups & stews because I can cook them on weekend and eat throughout the week. They all seem doable! I also quickly showed it to my son who is wanting to make some of the soups in this book for

his family. These recipes will go great with other recipes we have on healthful foods.

In a world where you don't know what you eat and if it's healthy you could use this book. These are some amazing recipes and the best part is that they are low on carb. That's fantastic and you will start cooking some of them every week. I think that the kids will also love them, so it will be good if you try them out. I did, and it worked!

Pretty good recipes. The soups and stews are easy to make. This book even lists the nutrition per serving. My personal favorite, so far, is the Chicken and Avocado soup.

Nice, easy soup recipes that are easy to make. Instructions are well written, and nutrition information provided for each recipe

This book was an experiment. My wife started to cook with it and we saw the results: I feel better and it succeeded where my own mother didn't; I now eat soups!

Very easy, simple recipes. But found most of them uninspired. And squash really isn't low carb. Was not very impressed.

Yummy recipes, especially nice for the fall/winter ahead

GOOD

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