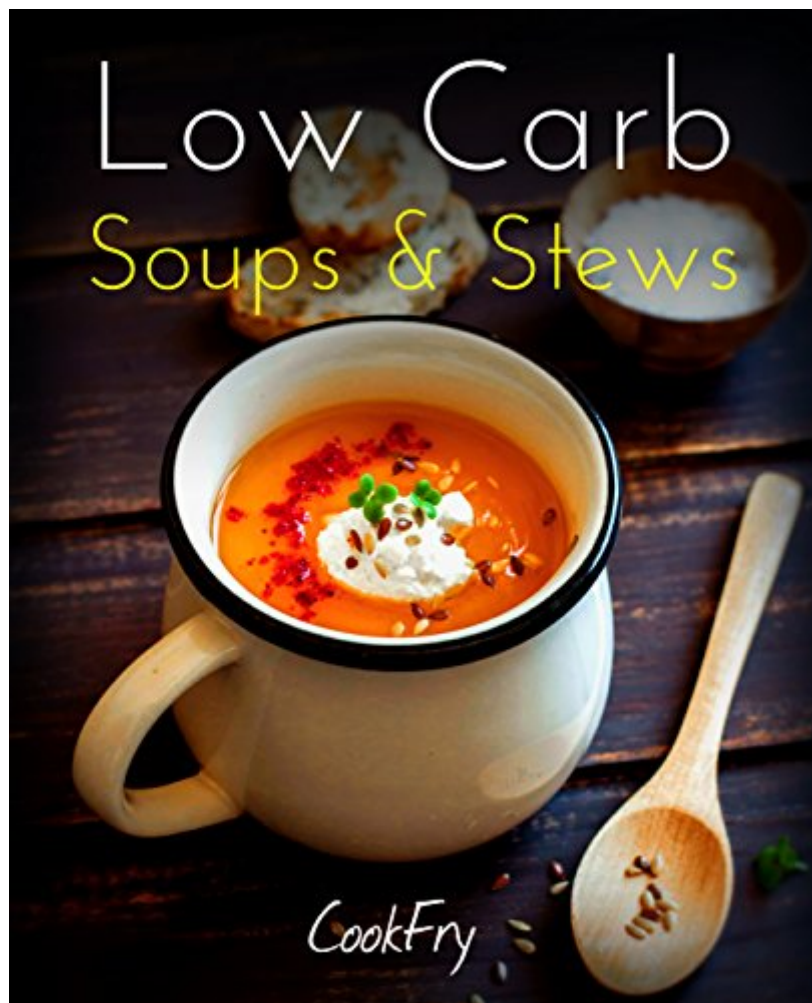


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# Low Carb Soups & Stews: Healthy Nutritious Low Carb, Ketogenic, Paleo, Atkins Friendly Recipes To Help You Lose Weight



## 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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## Customer Reviews

I have always been a fan of low carb dieting ever since I was a dancer in high school. Its just a diet that truly works and keeps you from feeling hungry and is permanent. But, after years of eating plain meats and running out of low carb recipe ideas, a cook book with fresh ideas and recipes was in order. This book delivers well on that, offering fresh ideas and tasty meals and explaining the premise of low carb dieting. Great book!

The book was well written and easy to follow. I tried some of the recipes and they were delicious! I would have preferred for there to be images and for the book to be a little longer. I would recommend this recipe book!

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.

This book is loaded with superb Low Carb Soups and Stews recipes. This is a real big hit with the kids. Each recipe is extremely easy to follow and makes it easy to create enough food to cover a large family and also save money. That is the combo that is really great with this book. You get recipes that are easy to follow and take a little time to make. You get healthy food that can feed the whole family and do it on a budget. This book conveys on what it guarantees.

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.

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!

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

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