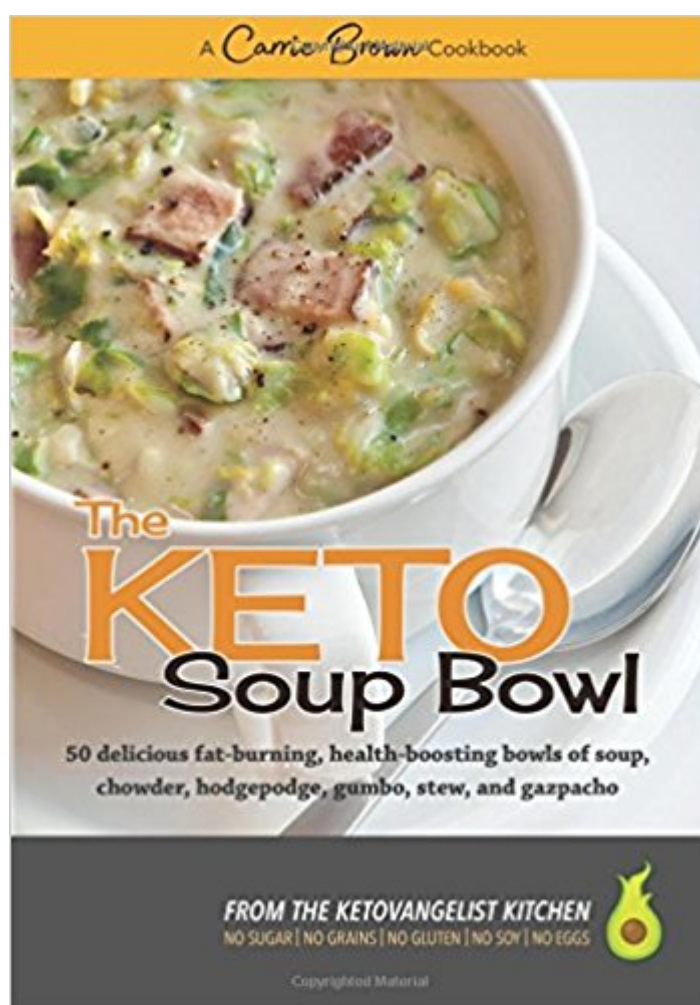


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# The KETO Soup Bowl: 50 Delicious Fat-burning, Health-boosting Bowls Of Soup, Chowder, Hodgepodge, Gumbo, Stew, And Gazpacho



## Synopsis

An amazing cookbook filled with 50 delicious new ways to KETO while getting your nutrient-dense protein, healthy fats, and non-starchy veggies all packed in for the day. Make life a lot more scrumptious and a lot less restrictive by making your own soups. Your KETO Soup Bowl Cookbook shows you just how easy it is to do - there's no complicated techniques or hours pouring over a hot stove here. For everyone wanting to feel fantastic without giving up taste, improve their health dramatically, and lose body-fat, this cookbook is crammed with delicious recipes for fat-burning, health-boosting, scrumptious bowls of goodness that will help in your quest for improved wellness and increased fat-loss while keeping your taste buds insanely happy. SOUPS ARE MAGICAL! They are wildly nutritious. These recipes are all KETO all the time, although your taste buds won't believe it. They are simple and easy to make. Simple recipes that come together in a heartbeat and are easy enough for kitchen novices. Just learning your way around a kitchen? Start with soups! They are low maintenance. You can wander off and do something else while they are cooking. They can easily be made in large batches. Make a huge pot and enjoy effort-free meals for several days. They are freezable. Make large batches, freeze in portion-sized containers, and you have instant meals at your fingertips. They are easily portable. Perfect for lunches, road trips or any time you need to have a tasty, nutritious meal on the go. They are fast and easy to reheat. Soups are reheated and ready to go in minutes. They are just as tasty cold as they are hot. Soups aren't just for winter anymore. They only need a spoon to eat them. Developed for people who are following any of the following lifestyles: KETO, LCHF, LowCarb, Paleo, SANE, Wheat Belly, Vegetarian (many), Primal, Wild Diet, Bulletproof, weight-loss, gluten-free, grain-free, sugar-free, soy-free, diabetic, egg-free, dairy-free (with slight modification), and many other dietary lifestyles. Full detailed instructions for each of the 53 fantastic recipes Metric and imperial measurements give correct quantities no matter where you live - no converting required! Full color image of every recipe Comprehensive how-to section including tips and tricks for making perfect soups every time Ingredients & equipment - the what and why + tips and tricks Many of your favorite flavors - just made even more delicious and a whole lot healthier Includes an additional 3 recipes for wheat-, grain-, sugar-, and gluten-free biscuits / scones to enjoy along with your bowls of deliciousness Reader / taste-tester reviews Health and wellness resources The 50 Flavors include: Cream of Celery Soup All That Mac & Cheese Soup Bacon and Brussels Sprouts Chowder Bacon BBQ Chicken Soup French Onion Soup Green Bean Casserole Soup Beef Barlesque Stew All In A Pickle Soup Chicken and Dumplings Stew Chicken Noodle Soup Spiced Cauliflower Soup Chicken Tortilla Soup Chilled Avocado Cream with Prawns Clam Chowder Drunken Duck Gumbo Is It or Isn't It

Chili Lasagna Soup Loaded Baked Notato Soup The MadLove Burger Bowl Avocado Gazpacho Roasted Pepper and Smoked Sausage Soup Salmon and Leek Chowder Sausage and Kale Soup Cream of Mushroom Soup Sausage, Fennel and Leek Hodgepodge Thai Chicken Coconut Soup The Hamâ <sup>TM</sup>s In A Pickle Hodgepodge Turkey Pot Pie Gumbo Wild Chicken and Rice Soup ...and many more, including Biscuits!

## Book Information

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Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1)  
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