



Eat Smarter! Soups

Carrie Brown

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This cookbook is crammed with scrumptious soup recipes to create 40 fat-burning, health-boosting, bowls of deliciousness that will help in the quest for improved health and increased fat-loss goals. The recipes are made using vegetables as the base, but you'd never know it from the taste! Add more veggies to your life than you thought possible in one bowl. All recipes are free of sugar, grains, gluten, egg, and soy. Includes an additional 3 recipes for gluten-, grain-, and sugar-free biscuits / scones. Recipes are simple, quick and easy. Developed for people who are living a SANE lifestyle but also highly valuable for Paleo, Wheat Belly, Vegetarian, Vegan (with slight modification), Primal, weight-loss, gluten-free, grain-free, sugar-free, diabetic, dairy-free (with slight modification), and many other dietary lifestyles. Safe for Diabetics. Foreword by Jonathan Bailor, Author of The Calorie Myth and SANESolution.com

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