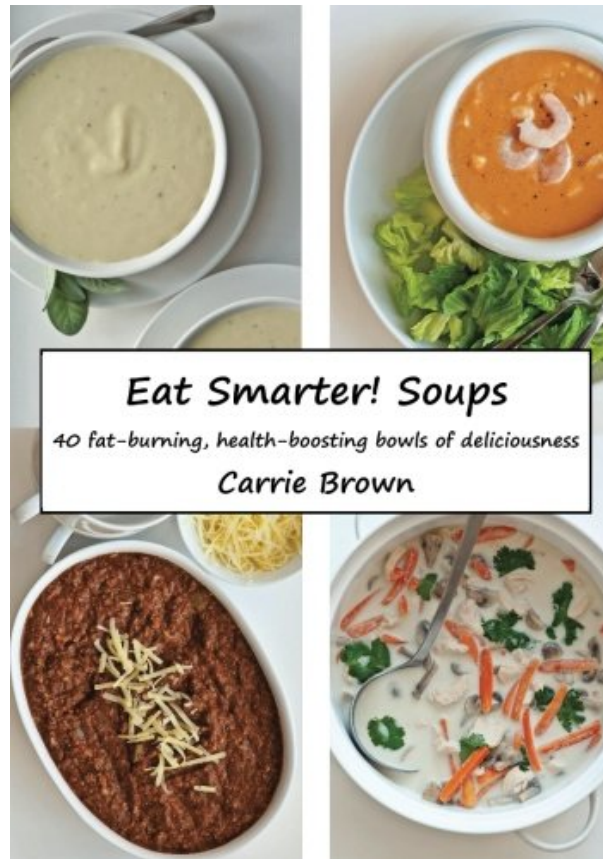
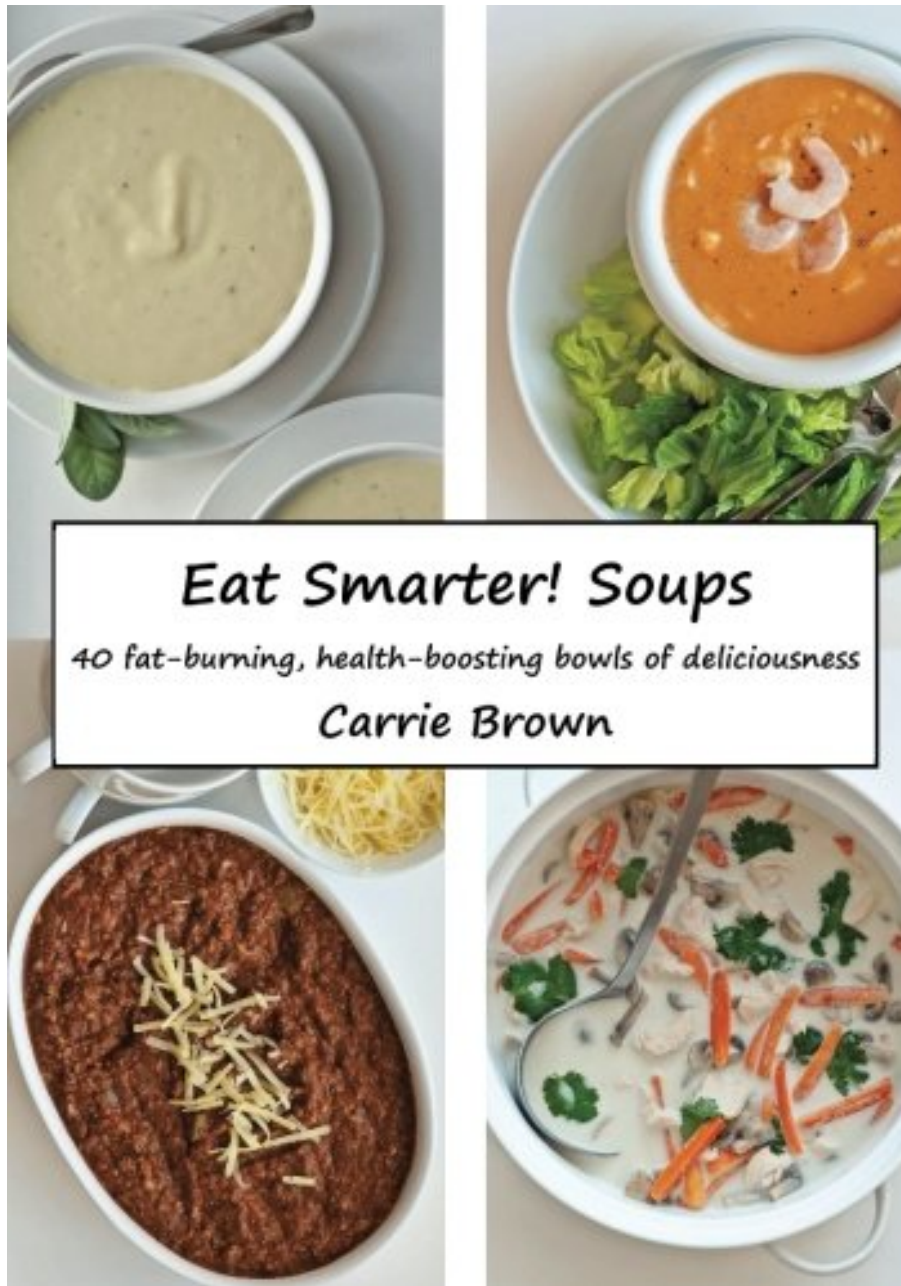


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Eat Smarter! Soups

40 fat-burning, health-boosting bowls of deliciousness

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EAT SMARTER! SOUPS BY CARRIE BROWN PDF

For anyone wanting to feel fantastic without giving up taste, improve their health dramatically, and lose body-fat, 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. Developed for people who are following any of the following lifestyles: SANE, KETO, LCHF, LowCarb, Paleo, Wheat Belly, Vegetarian, Vegan (with slight modification), Primal, Wild Diet, weight-loss, gluten-free, grain-free, sugar-free, diabetic, dairy-free (with slight modification), and egg-free. Includes an additional 3 recipes for gluten-, grain-, and sugar-free biscuits / scones. All recipes are free of sugar, grains, gluten, eggs, and soy. Many are free of dairy - or can be easily modified to accommodate. Safe for Diabetics. Recipes are simple, quick and easy. Foreword by Jonathan Bailor, Author The Calorie Myth

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- Dimensions: 10.00" h x .31" w x 7.00" l,
- Binding: Paperback
- 130 pages

Most helpful customer reviews

10 of 10 people found the following review helpful.

Now, I can eat vegetables and enjoy them

By Sherry Yancey

I have made just one soup, the one on the cover, and Oh My Gosh! This one easy and incredibly tasty soup was worth the purchase price. Carrie makes this so easy as she lays out the steps in a way that is easy to read and follow. She explains why you do the things she tells you and what can happen if you don't. Plus, she is funny as heck! Who'd thought, an entertaining cookbook.

My husband bought me this as a stocking stuffer, so I can't be a verified buyer. Additionally, these recipes are all about healthy and high fiber. You won't find cans or bags or boxes of ingredients to add. Also, to answer a question by another review, you will need basic kitchen appliances, copper, slicer, scale, etc. She uses a Vitamix (I do too). I have no idea how well a basic blender would perform.

12 of 13 people found the following review helpful.

A Must Have Cookbook for Everyone

By Amazon Customer

Carrie has put together the most amazing collection of soups that you will ever try. Vegetarian or not - there's definitely a soup here for everyone. Healthy and creamy soups - pages and pages of soups that will fill your tummy, satisfy your taste buds and maybe even trim your waistline at the same time. Without a doubt, my two favorites are the Chicken and Mushroom Soup and the creamy onion soup. The best thing about the

creamy soups is Carrie's use of coconut milk that it not only enhances the flavor of all the other ingredients, but is almost like taste of the tropics at the same time. Some of the recipes call for some unconventional ingredients, but Carrie does a great job of explaining what they are and how you use them. This book is a must have for everyone's cookbook collection - especially if you are a soup lover.

7 of 7 people found the following review helpful.

Best way to eat your veggies

By Anne CLS

Carrie Brown has delivered for us! I eat at least 10 servings of veggies a day and Carrie's soups are an awesome way to get more of them in here. This is a great cookbook for anyone who is eating to avoid starches and grains...you won't find a single flour, rice, or potato in here. Just delicious non-starchy vegetables in about 30 new recipes. None take a long time to prepare and cook...most are about 30 minutes total. And Carrie is super funny in her writing, so you get a chuckle as well.

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