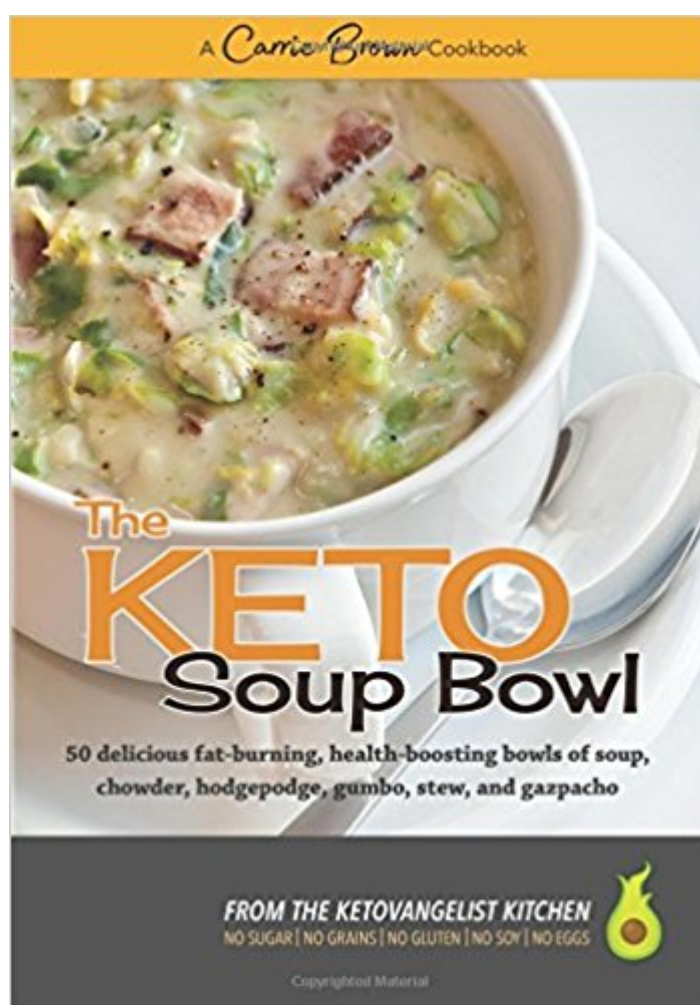


The book was found

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 Ham In A Pickle Hodgepodge Turkey Pot Pie Gumbo Wild
Chicken and Rice Soup ...and many more, including Biscuits!

Book Information

Paperback: 120 pages

Publisher: CreateSpace Independent Publishing Platform (August 25, 2017)

Language: English

ISBN-10: 1974503062

ISBN-13: 978-1974503063

Product Dimensions: 7 x 0.3 x 10 inches

Shipping Weight: 10.2 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #8,600 in Books (See Top 100 in Books) #43 in Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate

[Download to continue reading...](#)

The KETO Soup Bowl: 50 delicious fat-burning, health-boosting bowls of soup, chowder, hodgepodge, gumbo, stew, and gazpacho Great Bowls of Food: Grain Bowls, Buddha Bowls, Broth Bowls, and More Slow Cooker Soup Recipes: 50 Most Delicious & Healthy Slow Cooker Soup Recipes for Better Health and Easy Weight Loss (Soup Recipes, Chicken Soup, Soup Cookbook, Slow Cooker Soup Recipes) FAT BOMBS: 120 SWEET AND SAVORY KETO TREATS FOR KETOGENIC, LOW CARB, GLUTEN-FREE AND PALEO DIETS (keto, ketogenic diet, keto fat bombs, desserts, healthy recipes, fat bombs cookbook, paleo, low carb) VEGAN KETO: The 120 most delicious vegan ketogenic recipes for weight loss and healthy living (ketogenic diet, vegan, keto, keto diet, ketogenic, ketosis, keto cookbook, ketogenic cooking) The Chowder Trail Cookbook: A selection of the best recipes from Taste of Nova Scotia's Chowder Trail Keto Diet Guide: The Clear Guide to your Keto Path (Keto, Keto diet, Lose Weight, Recipes on Ketogenic and Paleo Diet Book 1) The All-Day Fat-Burning Cookbook: Turbocharge Your Metabolism with More Than 125 Fast and Delicious Fat-Burning Meals The Little Gumbo Book: Twenty-Seven Carefully Created Recipes That Will Enable Everyone to Enjoy the Special Experience of Gumbo BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women,

Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1)
101 KETO Beverages: Amazingly delicious, health-boosting, sugar-free lattes, teas, hot chocolates, frozen drinks, yogurt drinks, sodas, mocktails, and infused waters Vegetarian Keto: Start a Plant Based Low Carb High Fat Vegetarian Ketogenic Diet to Burn Fat Easily and Increase Insulin Sensitivity (Simple Keto Book 5) Knowledge Stew: The Guide to the Most Interesting Facts in the World, Volume 1 (Knowledge Stew Guides) Knowledge Stew: The Guide to the Most Interesting Facts in the World (Knowledge Stew Guides) (Volume 1) Knowledge Stew: The Guide to the Most Interesting Facts in the World, Volume 2 (Knowledge Stew Guides) Ketogenic Diet: 21 Days To Rapid Fat Loss, Unstoppable Energy And Upgrade Your Life - Lose Up To a Pound a day (Includes The Very BEST Fat Burning Recipes - FAT LOSS CRACKED) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Ketogenic Diet Fat Bombs: A Year of Keto Fat Bombs: 52 Sweet & Savory Low Carb Snack Recipes (Ketogenic Diet Fat Bomb Recipes for Rapid Weight Loss with Low Carb Desserts) The Everything Healthy Meal Prep Cookbook: Includes: Shrimp Taco Meal Prep Bowls * Zucchini Noodles with Shrimp * One Pan Honey-Lime Chicken * No-Bake ... * Jerk Chicken Bowls ... and hundreds more! The Keto Crock Pot Cookbook: Top 60 Easy To Prepare Keto Recipes For Your Crock Pot (Keto Crock Pot Series) (Volume 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)