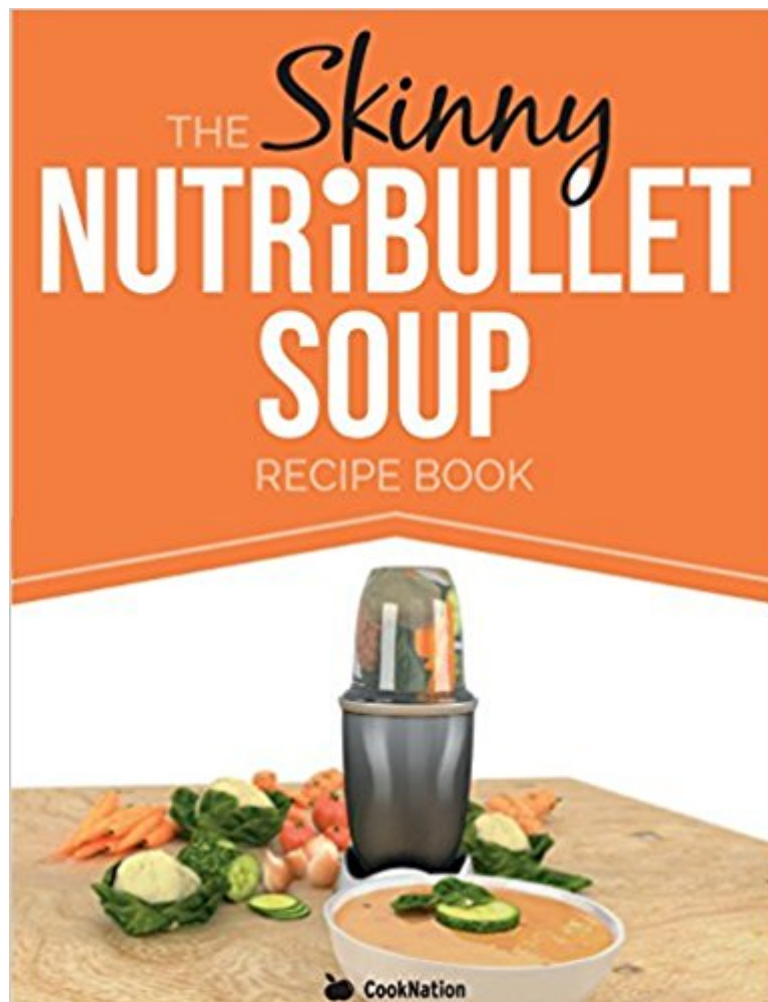


The book was found

The Skinny NUTRiBULLET Soup Recipe Book: Delicious, Quick & Easy, Single Serving Soups & Pasta Sauces For Your Nutribullet. All Under 100, 200, 300 & 400 Calories.





Synopsis

#1 Best Selling Author The Skinny NUTRiBULLET Soup Recipe Book Delicious, Quick & Easy, Single Serving Soups & Pasta Sauces For Your Nutribullet. All Under 100, 200, 300 & 400 Calories. Now your NUTRiBULLET can do even more! Most likely you bought your NUTRiBULLET to make awesome smoothies but its potential doesn't end there! The power of the NUTRiBULLET means that, as well as making amazing drinks, you could also be making quick & easy, nutritious soups and pasta sauces everyday. The Skinny NUTRiBULLET Soup Recipe Book is packed full of simple, tasty, low calorie soups and pasta sauces to make using your NUTRiBULLET. Each recipe serves 1 and all fall below 100, 200, 300 or 400 calories making it easy for you to control your overall daily calorie intake. If you are looking to lose or manage your weight as part of a calorie controlled diet then soup can be the perfect choice. Recipes Include: Parsnip & Sweet Potato Soup Macaroni & Bean Soup Chilli Carrot Soup Butternut Squash & Chive Soup Bean, Bacon & Garlic Soup Pea & Ham Soup Lentil & Bacon Soup Spicy Prawn Soup Thai Noodle Soup Mint & Melon Soup Indian Cucumber Soup Fresh Tomato & Basil Pasta Sauce Spicy Tuna Pasta Sauce Skinny Pesto Sauce Red Onion & Balsamic Vinegar Pasta Sauce You may also enjoy other CookNation titles including The Skinny NUTRiBULLET Recipe Book: 80+ Delicious & Nutritious Healthy Smoothie Recipes. Burn Fat, Lose Weight and Feel Great! Just search 'cooknation' on www.cooknationbooks.com www.bellmackenzie.com

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Customer Reviews

I got this because my son and his family have one and really enjoy making smoothies. So far I agree. It is so easy to throw fruit and some leafy greens (I have used spinach and kale) in and make great smoothies. My 21 month old grandson really loves smoothies. They are a really a healthy snack or a low cal meal.

Love it, wish I had got it sooner!

Such a wonderful book, full of Skinny soups. What a great way to expand my healthy food choices.

Soup never tasted so good as these recipes!

Very easy to follow and read. Lots of simple recipes in there that are simple to use. I highly recommend this book for anyone who wants to lose weight. Can't wait to start my journey weigh loss program!!

A very helpful guide for those who like soup the easy way.

Like any cookbook, it's most probable that you won't like all the recipes. Found several great recipes in this recipe book.

So so alot of unnecessary info and hard to find ingredients

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