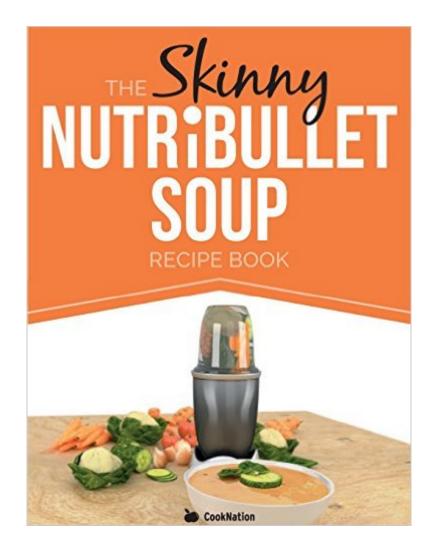
The book was found

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 AuthorThe Skinny NUTRiBULLET Soup Recipe BookDelicious, 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 smoothiesâ |.but its potential doesnâ ™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 SoupMacaroni & Bean SoupChilli Carrot SoupButternut Squash & Chive SoupBean, Bacon & Garlic SoupPea & Ham SoupLentil & Bacon SoupSpicy Prawn SoupThai Noodle SoupMint & Melon SoupIndian Cucumber SoupFresh Tomato & Basil Pasta SauceSpicy Tuna Pasta SauceSkinny Pesto SauceRed Onion & Balsamic Vinegar Pasta SauceYou may also enjoy other CookNation titles includinga [The Skinny NUTRiBULLET Recipe Book: 80+ Delicious & Nutritious Healthy Smoothie Recipes. Burn Fat, Lose Weight and Feel Great!Just search â ^cooknationâ ™ on .www.cooknationbooks.comwww.bellmackenzie.com

## **Book Information**

Paperback: 104 pages Publisher: Bell & Mackenzie Publishing Limited (August 22, 2014) Language: English ISBN-10: 1909855596 ISBN-13: 978-1909855595 Product Dimensions: 7.4 × 0.2 × 9.7 inches Shipping Weight: 9.4 ounces (View shipping rates and policies) Average Customer Review: 4.4 out of 5 stars Â See all reviews (56 customer reviews) Best Sellers Rank: #92,867 in Books (See Top 100 in Books) #65 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Soups & Stews #301 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #449 in Books > Cookbooks, Food & Wine > Kitchen Appliances

## **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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