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The Everyday Soup Cookbook: Delicious Low Fat Soup Recipes Inspired by the Mediterranean Diet (Free Bonus Gift) (Healthy Eating Made Easy Book 7)

Alissa Noel Grey

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INCREASE YOUR ENERGY, LOSE WEIGHT AND FEEL AMAZING!

From the author of several bestselling cookbooks, busy mom and fitness enthusiast **Alissa Noel Grey**, comes a great new collection of delicious, easy to make family soup recipes that will make you healthier, happier and more energetic than ever.
This time she offers us her comforting and enjoyable everyday soups inspired by the Mediterranean diet and full of your favorite vegetables, meats and legumes that are simple and easy to cook whether you need a quick weeknight supper or a delicious weekend dinner.
The Everyday Soup Cookbook: Delicious Low Fat Soup Recipes Inspired by the Mediterranean Diet is an invaluable and delicious collection of healthy soup recipes that will please everyone at the table and become all time favorites.
If you're looking for delicious everyday soup recipes that are not too complicated and are budget-friendly - this cookbook is for you.
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