



The Skinny Express Soup Recipe Book: Quick & Easy, Delicious, Low Calorie Soup Recipes. All Under 100, 200, 300 & 400 Calories

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**The Skinny Express Soup Recipe Book
Quick & Easy, Delicious, Low Calorie Soup Recipes. All Under 100, 200, 300 & 400 Calories**

Soup – what could be better? A bowl of warmth that attracts the senses, is full of nutrition, healthy, filling, quick & easy and low in calories.

The Skinny Express Soup Recipe Book creates wonderful *quick & easy express soups* using tasty fresh ingredients and low calorie alternatives to more traditional soups. Each recipe can be prepared and cooked in under 30 minutes using easily obtainable store cupboard and fresh ingredients.

Our EXPRESS soups help make losing weight simple, with a no fuss approach and delicious results. Every bowl falls between 100, 200, 300 or 400 calories: making it easy for you to stick to a calorie controlled plan.

The perfect partner for anyone who is looking to lose weight or maintain a healthy lifestyle.

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