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CARBS CALS SOUPS: 80 HEALTHY SOUP RECIPES 275 PHOTOS OF INGREDIENTS TO CREATE YOUR OWN! (PAPERBACK)



Chello Publishing, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. The brains behind the #1 bestselling Carbs Cals are back with the ideal soup book for the health-conscious. 80 delicious recipes, beautifully presented, showing detailed nutritional information for each soup. The perfect book for those on a low-calorie, high-fibre or high-protein diet, or just wanting to achieve their 5-a-day fruit and veg. FEATURES: 80 delicious soup recipes. Stunning photos of every soup. Meat, chicken, fish vegetarian...

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- Authored by Chris Cheyette, Yello Balolia
- Released at 2016



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