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Healthy Soup Recipes under 300 Calories - Delicious Low Calorie, Healthy and Simple Soup Recipes for your Diet

Mary B. Baker

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The delicious soups under 300 calories per bowl, will fill you up while you try to lose weight. Nothing says comfort like a warm bowl of soup, and you'll be comforted to know that these healthy soup recipes is perfect for an easy supper. All of the recipes are easy and fun to make. It also includes old favorites such as Creamy Chicken Mushroom Soup, Pea soup but also shares unique recipes such as Pho Bo (Vietnam Beef Soup) and Mediterranean Seafood Soup .. oh so tasty ..

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