



Soup for Every Body: Low-Carb, High-Protein, Vegetarian, And More

Joanna Pruess, Lauren Braun

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This collection takes a unique, flexible approach to soup making, with variations that make the recipes appropriate for low-carbohydrate, high-protein, lowfat, vegan, and vegetarian diets. Gorgeous full-color photographs and easy-to-follow techniques, make this a must-have.

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