

weight loss soup recipe ebook

weight loss soup recipe ebook is your comprehensive guide to delicious, nutritious soups that support healthy weight management. In this article, you'll discover the benefits of weight loss soup recipes, why they work, and how an expertly curated ebook can simplify your journey to a healthier lifestyle. We'll cover the best ingredients for fat-burning soups, tips for meal prep, and what to look for in a quality recipe ebook. Whether you're seeking plant-based options, protein-packed broths, or international flavors, this guide will help you make informed choices and maximize your results. Read on to explore the essentials of a weight loss soup recipe ebook, practical strategies for success, and expert recommendations tailored for your goals.

- Understanding Weight Loss Soup Recipe Ebook
- Why Weight Loss Soup Recipes Work
- Key Ingredients for Effective Weight Loss Soups
- Features of a High-Quality Weight Loss Soup Recipe Ebook
- Popular Soup Varieties for Weight Loss
- Meal Planning and Preparation Tips
- Expert Advice for Sustainable Results

Understanding Weight Loss Soup Recipe Ebook

A weight loss soup recipe ebook is a curated digital collection of soup recipes specifically formulated to support weight management. These ebooks typically feature low-calorie, nutrient-dense soups that are easy to prepare and incorporate into daily meal plans. By focusing on wholesome ingredients and balanced nutrition, weight loss soup recipe ebooks offer guidance for individuals seeking to shed pounds without sacrificing flavor or satisfaction. With clear instructions, nutritional information, and meal planning tips, these resources simplify the process of cooking healthy soups at home and empower readers with actionable strategies for success.

Why Weight Loss Soup Recipes Work

Low-Calorie Density and Satiety

Weight loss soup recipes are effective due to their low-calorie density, which means you can consume satisfying portions without exceeding your daily calorie goals. Soups made from vegetables, lean proteins, and broth are naturally filling, helping to curb hunger and prevent overeating. This approach supports a calorie deficit, which is essential for weight loss.

Hydration and Nutrient Absorption

Soups are inherently hydrating, providing fluids that aid digestion and promote metabolic health. Liquid-based meals can enhance nutrient absorption and keep you feeling energized throughout the day. Including a variety of vegetables and spices boosts the micronutrient content, supporting overall wellness during your weight loss journey.

Ease of Customization

One of the strengths of weight loss soup recipes is their versatility. You can adjust ingredients to match dietary preferences, allergies, or nutritional goals. Whether you follow a vegetarian, vegan, or high-protein diet, soup recipes can be easily tailored, making them a practical choice for diverse lifestyles.

Key Ingredients for Effective Weight Loss Soups

Vegetables for Fiber and Bulk

High-fiber vegetables such as spinach, kale, carrots, zucchini, and celery form the foundation of weight loss soups. These ingredients add bulk, volume, and essential vitamins while keeping calories low. Fiber promotes satiety, regulates blood sugar, and supports digestive health.

Lean Proteins for Muscle Maintenance

Including lean proteins such as chicken breast, turkey, tofu, or legumes ensures your soup recipes help maintain muscle mass during weight loss. Protein increases feelings of fullness and helps preserve metabolic rate, making it a crucial element in weight management soups.

Flavorful Herbs and Spices

Herbs and spices like garlic, ginger, turmeric, cumin, and fresh cilantro add depth of flavor without adding calories. These ingredients also offer anti-inflammatory and antioxidant benefits, enhancing the nutritional profile of each soup.

Smart Carbohydrate Choices

- Quinoa
- Brown rice
- Sweet potato
- Barley

Whole grains and starchy vegetables can be included in moderation for energy, fiber, and additional nutrients. These smart carbohydrate choices support balanced blood sugar and sustained energy levels.

Features of a High-Quality Weight Loss Soup Recipe Ebook

Clear Nutritional Information

A reputable weight loss soup recipe ebook provides transparent nutritional breakdowns for each recipe, including calories, protein, fiber, and fat content. This information helps users track their intake and make informed decisions for their dietary goals.

Variety and Meal Planning Support

Top-rated ebooks offer a diverse selection of recipes, from classic vegetable soups to global flavors and seasonal specialties. Many include suggested meal plans, shopping lists, and batch cooking tips to simplify preparation and maximize convenience.

Step-by-Step Instructions

Detailed, easy-to-follow instructions are essential for both beginners and experienced home cooks. A quality ebook will guide users through each step, ensuring successful outcomes and minimizing frustration.

Expert Tips and Adaptations

Professional guidance on ingredient swaps, portion control, and cooking techniques adds value to a weight loss soup recipe ebook. Look for resources that address dietary restrictions, allergy-friendly options, and ways to adapt recipes for different preferences.

Popular Soup Varieties for Weight Loss

Classic Vegetable Soups

Vegetable-based soups are the foundation of most weight loss plans. Options like tomato basil, carrot ginger, and minestrone offer abundant nutrients, fiber, and flavor with minimal calories.

Protein-Packed Broths

Soups featuring lean meats, poultry, seafood, or plant-based proteins provide satiety and support muscle maintenance. Chicken and vegetable soup, turkey chili, and lentil stew are popular choices for balanced weight loss meals.

International Flavors

Global-inspired soups such as miso soup, Thai coconut curry, and Mexican black bean soup keep meal plans exciting and prevent taste fatigue. These recipes often incorporate unique spices and healthy fats to enhance satisfaction without excess calories.

Plant-Based and Vegan Options

Vegan weight loss soups focus on nutrient-dense vegetables, legumes, and whole grains. Recipes like split pea soup, roasted red pepper bisque, and mushroom barley soup deliver robust flavor and essential nutrients.

Meal Planning and Preparation Tips

Batch Cooking for Convenience

Preparing soups in large batches allows for easy portioning and storage, streamlining meal prep for busy schedules. Soups can be refrigerated or frozen and reheated as needed, making them a practical choice for weight loss meal planning.

Portion Control Strategies

Using single-serving containers or measuring out portions helps prevent overeating and supports calorie goals. Many weight loss soup recipe ebooks provide guidance on portion sizes to ensure consistent progress.

Shopping and Ingredient Selection

- Choose fresh, seasonal produce for optimal flavor and nutrition.
- Opt for low-sodium broths to control salt intake.
- Incorporate a variety of colorful vegetables for diverse nutrients.
- Include lean proteins and whole grains for balanced meals.

Thoughtful ingredient selection enhances the quality of your soups and supports your weight loss objectives.

Expert Advice for Sustainable Results

Consistency and Motivation

Successful weight loss requires consistency and positive motivation. Incorporating soups from your weight loss soup recipe ebook into daily or weekly routines makes healthy eating enjoyable and sustainable.

Listening to Your Body

Pay attention to hunger cues and satiety signals. Soups are naturally filling, but mindful eating ensures you maintain a healthy relationship with food and avoid unnecessary snacking.

Tracking Progress and Adjustments

Regularly monitoring your weight, energy levels, and overall wellness helps you adjust recipes and meal plans as needed. Many weight loss soup recipe ebooks include tracking tools or advice to support ongoing success.

Seeking Professional Support

Consult registered dietitians or nutrition experts for personalized guidance, especially if you have medical conditions or unique dietary needs. Combining expert advice with your weight loss soup recipe ebook maximizes results and ensures safety.

Trending Questions and Answers About Weight Loss Soup Recipe Ebook

Q: What makes a weight loss soup recipe ebook effective for weight management?

A: An effective weight loss soup recipe ebook includes low-calorie, nutrient-rich recipes, clear nutritional information, and practical meal planning tips to help users consistently make healthy choices and achieve their goals.

Q: Are the soup recipes suitable for vegetarians or vegans?

A: Most weight loss soup recipe ebooks offer a wide variety of vegetarian and vegan options, focusing on plant-based ingredients like legumes, whole grains, and vegetables for balanced nutrition.

Q: How can I use a weight loss soup recipe ebook to

plan my weekly meals?

A: Use the ebook's meal planning guides, shopping lists, and batch cooking tips to prepare soups in advance, portion them for individual meals, and ensure a consistent supply of healthy options throughout the week.

Q: Do weight loss soup recipe ebooks provide calorie and macronutrient information?

A: Quality ebooks typically include detailed nutritional breakdowns for each recipe, making it easy to track calories, protein, fiber, and other key nutrients.

Q: Can I customize the soup recipes to fit my dietary needs?

A: Yes, most soup recipes are highly customizable. Adjust ingredients to suit allergies, dietary preferences, or specific nutritional goals as needed.

Q: Are weight loss soup recipes suitable for meal prep and freezing?

A: Absolutely. Most recipes are designed for batch cooking and freeze well, allowing for convenient meal prep and easy reheating.

Q: What are the best vegetables to include in weight loss soups?

A: High-fiber, low-calorie vegetables like spinach, kale, carrots, zucchini, and celery are ideal for weight loss soups due to their nutrient density and ability to promote satiety.

Q: How often should I eat weight loss soup to see results?

A: Integrating weight loss soup into daily or several weekly meals can help create a calorie deficit and support consistent weight management when combined with a balanced diet.

Q: Do these soup recipes help maintain muscle while losing weight?

A: Including lean proteins such as chicken, turkey, tofu, or legumes in soup

recipes helps preserve muscle mass during weight loss.

Q: Are international soup flavors included in most weight loss soup recipe ebooks?

A: Many ebooks feature global-inspired recipes, offering diverse flavors and ingredients to keep meal plans interesting and prevent taste fatigue.

Weight Loss Soup Recipe Ebook

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weight loss soup recipe ebook: 101 Vegetarian Weight Loss Recipes Gail Johnson, 2016-04-07 Our objective at NoPaperPress is to publish fitness, weight control and nutrition eBooks for sensible adults. 101 Vegetarian Weight Loss Recipes is a continuation of that mission. This eBook is a compilation of the best low-calorie recipes from four of our published vegetarian diet eBooks. Most of the 101 low-calorie vegetarian recipes are intended for the evening meal. And most, but not all, the recipes serve four. All the recipes specify the calorie value per serving. All the recipes are between 250 and 550 Calories - and all are delicious. The book uses U.S. units (cups, Calories, pounds, etc.) The recipes are grouped as follows: - Low-Calorie Vegetarian-based Recipes- Low-Calorie Tofu Recipes- Low-Calorie Soup Recipes- Low-Calorie Vegetarian Seafood Recipes- Low-Calorie Vegetarian Pasta & Pizza Recipes- Low-Calorie Salad Recipes Note that the recipes in this eBook are a popular vegetarian variant called Pesceterian, because the diet includes seafood, eggs and dairy products. Of course Pesceterians do not eat meat or poultry. The inclusion of seafood and eggs assures that your intake of protein will be more than adequate. People often adopt a Pescetarian diet for health reasons, or as a stepping stone to a fully vegetarian diet. CONTENTS Introduction Low-Calorie Vegetable-based Recipes 1 - Wild Rice & Quinoa Mix with Veggies 2 - Vegetable Chili 3 - Hearty Lentil Stew 4 - Black-eyed Peas over Rice 5 - Polenta-Stuffed Peppers 6 - Mexican Rice & Beans 7 - Spaghetti Squash & Cheese 8 - Vegetarian Hash 9 - Portobello Mushroom Burger 10 - Hearty Vegetable Soup 11 - Risotto Primavera 12 - Vegetables with Couscous 13 - Curried Eggplant & Tomato 14 - Indian Shahi Paneer 15 - Soba Noodles & Broccoli Rabe 16 - Tina's Frittata 17 - Middle East Koshari 18 - Veggie & Egg Fried Rice 19 - Sweet & Sour Lentils over Rice Low-Calorie Tofu Recipes 20 - Tofu Steak with Veggies 21 - Tofu, Bok Choy & Mushroom Stir Fry 22 - Tofu & Broccoli in Garlic Sauce 23 - Tofu Szechuan Style 24 - Asian Tofu with Veggies 25 - Cashew Tofu Stir Fry 26 - Tofu-Veggie Stir Fry 27 - Teriyaki Tofu & Veggies 28 - Crumbly-Tofu Scramble 29 - Tofu with Veggies & Peanuts 30 - Fried Tofu Salad 31 - Indian Crusted Tofu Salad 32 - Tofu & Coconut Milk Curry 33 - Tofu & Chinese Broccoli Stir Fry 34 - Tofu Scramble 235 - Tofu with Noodles & Veggies 36 - Tofu, Avocado & Spinach Salad 37 - Tofu Steak & Veggie Stir Fry Low-Calorie Soup Recipes 38 - White Beans & Kale Vegan Soup 39 - Low-Cal New England Clam Chowder 40 - Noodle Soup with Bok Choy & Egg Low-Calorie Seafood Recipes 41 - Asian Noodles & Shrimp Stir Fry 42 - Scallop & Noodle Stir Fry 43 - Swordfish with Veggies 44 - Tilapia Piccata 45 - Hoisin Shrimp Stir Fry 46 - Healthy Tuna Salad 47 - Salmon Patties 48 - Baked Herb-Crusted Cod 49 - Baked Salmon with Salsa 50 - Baked Red

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weight loss soup recipe ebook: Ketogenic Diet: Weight Loss Cookbook With Delicious Low Carb Keto Recipes and Meal Plan (Transform Your Health and Fitness and Romance Life) JH Kriss, 2019-10-13 Reveal the One Simple Hack that can Make You Hotter and Sexier.. Are you looking for someone who is right for you? But somehow you're unfit.. Do you want other to look at you and approach you... Well it can all be done with a simple and a planned diet. Are you put off by complicated diet plans and fussy recipes? Would you like to simplify your time in the kitchen and still get the results you seek? Most people never realize that they're in a daze, or that they could take actionable steps that would make them feel so much better and alive. No wonder recent research has made it known that Vegetarians tend to be slimmer as they seek only meals. An added advantage is that while you lose weight, you also gain beautiful attributes. Think about it, Keto diet gives a pathway to: Fit and Radiant Body More Romantic Episodes Loss in weight Increased strong bone formation Lowers Sugar blood levels and improve Kidney functions Reduces the risk of cardiovascular cancer Reduces pain from arthritis Increased athletic endurance Even if you have never tried a diet plan before, you will obtain and see results in 30 days. Even if you have never tried a cookbook before, Keto Diet for Beginners is the best way to start with because it combines a short detailed introductions to the Keto Principles with an amazing and detailed part of step by step preparation recipes. Even if you are scared to put on weight, the recipes in this book follow the Keto principles: you won't feel heavy and your lifestyle will improve. Why not get started right now?

weight loss soup recipe ebook: The Low Fat Cookbook: 25 Delicious Low Fat Or Fat Free Recipes For Easy Weight Loss Recipe This, 2017-05-18 The Low Fat Cookbook: 25 Delicious Low Fat Or Fat Free Recipes For Easy Weight Loss In this ebook the authors will be sharing with you their top 25 low fat recipes. These are all healthy recipes that are cooked from scratch and are 100% low fat (many with no fat at all) and are perfect for the average dieter. They were created with inspiration from the Slimming World diet and are also perfect for Weight Watchers and many other low fat traditional diets. Recipe highlights include: low fat chicken currylow fat chicken casserolelow fat cheese saucelow fat stuffed pepperslow fat whipped dessert Though there are another 20 to go at! Plus if you are on a diet and the rest of your family is not, then they are absolutely perfect for classic family cooking from home.

weight loss soup recipe ebook: The Soup Maker Recipe Book: How I Lost 7 Pounds In 7 Days With My Soup Maker Recipes Sam Milner, 2015-06-05 Want to lose weight? What to know what to make in your soup maker? Want to know how many calories are in soup? Want to eat healthy and make some soup? Then it is ALL covered in The Soup Maker Recipe Book: How I Lost 7 Pounds In 7 Days With My Soup Maker Recipes. This ebook is full to bursting with factual information (all recipes and diets have been personally tested by the author) and is fantastic if you want to lose weight or just enjoy soup. It includes: Chapter 1 - The introductionChapter 2 - Lose up to 5 pounds in 7 days with soup replacement mealsChapter 3 - Lose 7 pounds in 7 days with just soupChapter 4 -

The soups There are 10 soup recipes that I personally follow, some of which are family favourites that I will cook for years to come and many you taste them and you can't believe they are actually healthy! We also cover two different soup diets, depending on how easy or strict you would like your soup maker diet to be. The soup maker recipe book is your ultimate resource for using with your soup machine and can save time on trying to find good recipes yourself!

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weight loss soup recipe ebook: Ketogenic Diet: 101 Delicious and Easy Ketogenic Recipes for Weight Loss(Ketogenic Cooking Book) Chantel Williams, 2019-10-17 This book will give you the actionable tips and ways to get you started on the ketogenic diet. Providing you not only with the why but more importantly, the how to kick off this ketogenic diet program. Through this structured program, get yourself access to inches in reduction off body measurements, enjoy and maintain a better mood, as well as improve your overall health and wellness step by step. Take a close look at the keto food list in the book to see how rich and colorful the choice is when preparing keto dishes. Start preparing delicious low carb meals that will make you slimmer, healthier and filled with energy! If you are one of those, who want to have a perfect body, Ketogenic diet is for you. It is way more unconventional than our regular diets, but it is definitely effective. It makes losing weight so easy and that too without starving. You might be already aware of the benefits of this diet. But, despite making all the efforts with Ketogenic diet I believe that having a basic understanding of ketogenic diet is a vital part of succeeding in ketogenic lifestyle. Many people just follow a diet without really understanding it and end up failing because of it. If you are ready to take action and change your life for the better, this book will definitely guide you in the right direction!

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the best answer for you, and how it can help you gain many more health benefits! Whether you want to spend less time in the kitchen, lose weight, save money, or simply eat healthier, meal prep is a convenient and practical option and your family can savor nutritious, delicious, homemade food even on your busiest days. In this book: This book walks you through an effective and complete anti-inflammatory diet-no prior knowledge required. Learn how to shop for the right ingredients, plan your meals, batch-prepare ahead of time, and even use your leftovers for other recipes. and detailed nutritional information for every recipe, *Chicken Soup Recipes Cookbook* is an incredible resource of fulfilling, joy-inducing meals that every home cook will love. In addition, 2 weeks of meals-a 14-day schedule of meals, including step-by-step recipes and shopping lists for each, with tips on what you can prepare ahead of time to get dinner or meal on the table faster. Let this be an inspiration when preparing food in your kitchen with your love ones for the Holiday. It would be lovely to know your cooking story in the comments sections below. Again remember these recipes are unique so be ready to try some new things. Also remember that the style of cooking used in this cookbook is effortless. I really hope that each book in the series will be always your best friend in your little kitchen.

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weight loss soup recipe ebook: *25-Day Easy Diet - 1500 Calorie* Gail Johnson, This eBook has 25 daily menus covering breakfast, lunch, dinner and snacks including delicious fat-melting recipes for dinner. The author has done all the planning and calorie counting - and made sure the meals are nutritionally sound. The 25-Day Easy - 1500 Calorie contains no gimmicks and makes no outlandish claims. This is another easy-to-follow sensible diet from NoPaperPress you can trust. Most women lose 4 to 8 pounds. Smaller women, older women and less active women might lose a tad less, and larger women, younger women and more active women often lose much more. Most men lose 13 to 18 pounds. Smaller men, older men and less active men might lose a bit less, and larger men, younger men and more active men lose much more. TABLE OF CONTENTS - Expected Weight Loss - Medical Checkup - Healthy Eating Know How - Exchanging Foods - Two Nights Off - Frozen Dinner Rules - Eating Out Strategies - Easy Diet Info - Diet Notes 1200 Calorie Daily Meal Plans - Day 1 Meal Plan - Day 2 Meal Plan - Day 3 Meal Plan - Day 4 Meal Plan - Day 5 Meal Plan Days 6 to 20 not shown - Day 21 Meal Plan - Day 22 Meal Plan - Day 23 Meal Plan - Day 24 Meal Plan - Day 25 Meal Plan Recipes & Diet Tips - Day 1: Baked Salmon with Salsa - Day 2: French-Toasted English Muffin - Day 3: Chicken with Peppers & Onions - Day 4: Low-Cal Meat Loaf - Day 5: Frozen Dinner - Day 6: Grandma's Pizza - Day 7: Chicken Dinner - Out - Day 8: Grilled Scallops with Polenta - Day 9: Veggie Burger - Day 10: Wild Blueberry Pancakes - Day 11: Artichoke-Bean Salad (side) - Day 12: Fish Dinner - Out - Day 13: Pasta with Marinara Sauce - Day 14: Frozen Dinner - Day 15: London Broil - Day 16: Baked Red Snapper - Day 17: Cajun chicken salad - Day 18: Grilled swordfish - Day 19: Chinese food - out - Day 20: Spaghetti alla Puttanesca - Day 21: Frozen Dinner - Day 22: Shrimp & spinach salad - Day 23: Beans & greens salad - Day 24: Four bean plus salad (side) - Day 25: Hanger Steak APPENDIX A: Calories In Foods APPENDIX B: Frozen Food Safety APPENDIX C: Microwaveable Soup

weight loss soup recipe ebook: *Atkins Diet eBook Gift Set (2 for 1)* Taylor Trade Publishing, 2014-12-03 Dr. Atkins first published his revolutionary diet books in 1972. This two-volume eBook Collection includes the most-up-to-date version of Dr. Atkins New Diet Revolution

in addition to his New Diet Cookbook, which is overflowing with no-carb recipes designed to help you live healthier and are ideal for weight-loss plans. This bundle is a must-have for those who want to eat healthier in the new year.

weight loss soup recipe ebook: Eat Like a Girl Matt Kingsley, 2024-11-10 Tired of diet books that feel like punishment? Ready to ditch the deprivation and embrace a way of eating that actually FEELS GOOD? Then grab your copy of Eat Like a Girl! This isn't about shrinking yourself; it's about nourishing yourself. It's about rediscovering the joy of food, fueling your body with deliciousness, and unleashing your inner powerhouse. Eat Like a Girl is your guide to: Breaking free from diet culture: Say goodbye to guilt and hello to food freedom! Embracing intuitive eating: Learn to listen to your body's cues and honor its wisdom. Finding joy in movement: Ditch the forced workouts and discover activities you genuinely love. Cultivating body confidence: Embrace your unique beauty and rock your own kind of gorgeous. This book is packed with practical tips, inspiring stories, and delicious recipes to help you transform your relationship with food and your body. Ready to reclaim your power and live a life of vibrant health and happiness? Grab your copy of Eat Like a Girl today!

weight loss soup recipe ebook: Complete Guide to the Soup & Shake Diet Ella Jameson, 2024-11-09 The rise of Type 2 diabetes has become a significant concern in our health landscape. With increasing rates of obesity and sedentary lifestyles, managing this condition has never been more critical. One of the promising approaches that have garnered attention is the Soup and Shake Diet. This diet combines the nutritional benefits of soups and shakes, offering a flexible and enjoyable way to manage blood sugar levels while promoting overall health. The essence of the Soup and Shake Diet lies in its simplicity and versatility. By incorporating nutrient-dense soups and shakes into daily meals, individuals can reduce their caloric intake while ensuring they receive essential vitamins and minerals. The diet focuses on whole, unprocessed ingredients, making it easier to maintain and adopt for long-term success. Soups are typically rich in fiber and can be low in calories, providing a satisfying option for those looking to feel full without overeating. Shakes, on the other hand, can be tailored to provide a variety of nutrients, including proteins, healthy fats, and vitamins, depending on the ingredients used. The blend of these two meal types allows for a wide range of flavors and textures, which can help combat diet fatigue. The following chapters will delve into the various aspects of the Soup and Shake Diet, offering insights into meal planning, recipes, and tips for maintaining this lifestyle. Whether you're newly diagnosed with Type 2 diabetes or looking to enhance your current diet, this guide aims to provide practical advice and inspiration to help you thrive. With commitment and a positive mindset, the Soup and Shake Diet can be a transformative journey toward better health and well-being. We invite you to explore the chapters ahead, filled with valuable information that can lead to significant improvements in managing Type 2 diabetes.

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Note: At publication, off-the-shelf foods used in this book were widely available in most supermarkets. But food products come and go. So if there is a frozen entrée or soup selection in this diet that is out of stock, or that's been discontinued, or perhaps you don't like, or that you forgot to pick up while shopping, please substitute another food that has approximately the same caloric value and nutritional content. In addition, frozen entrée and soup ingredients sometimes are changed by the manufacturer without notice and without changing the product's name but the calorie count may have been increased or decreased. So make sure you check the calories noted on the food or soup container, and if the calorie value is different than shown in this book make an allowance for the calorie difference or substitute another frozen entrée or soup. In this regard, many dieters have found the many frozen foods and soups listed in the Appendices at the end of this book to be helpful.

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