

# Carbs & Cals

# SOUPS

80 healthy soup recipes  
plus 275 ingredient photos to create your own!



3  
5-a-day

315  
Cals



by Chris Cheyette & Yello Balolia  
Authors of the #1 bestselling **Carbs & Cals**

# Carbs & Cals SOUPS

80 healthy soup recipes plus 275 ingredient photos to create your own!

## 1ST EDITION

First published in Great Britain in 2016

by Chello Publishing Limited

Registered Company Number 7237986

[www.chellopublishing.co.uk](http://www.chellopublishing.co.uk) | [info@chellopublishing.co.uk](mailto:info@chellopublishing.co.uk)

Copyright © Chello Publishing Limited 2016

With special thanks to: Fran Turner, George Malache, Gian Mizzi, Justine Rose, Maxine Gregory, Simon Callaghan, Victoria Francis, Warren Thorpe, and Yoshi Balolia

All rights reserved. No part of this work may be reproduced or utilised in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without the prior written permission of the publishers and authors.

The information contained in this book is not a substitute for medical or other professional guidance. Please consult your GP before making any alterations to medications or changing medical treatment. Although all reasonable care has been taken in the writing of this book, the authors and publisher are not responsible for any specific health needs; they do not accept any legal responsibility or liability for any personal injury or other consequences, damage or loss arising from any use of information and advice contained within this book.

The authors have asserted their moral rights.

ISBN: 978-1-908261-21-2 Printed in Malta 1116

**Authors** Chris Cheyette BSc (Hons) MSc RD

Yello Balolia BA (Hons)

**Recipes by** Chris Cheyette BSc (Hons) MSc RD

Victoria Francis BSc (Hons) RD

**Photography** Simon Callaghan & Francesca Turner

**Design Concept** George F Malache

**Graphic Design** Maxine Gregory BA (Hons)

**Additional Layout** Yello Balolia BA (Hons)

**Introduction Text** Victoria Francis BSc (Hons) RD

For more information, please visit:

[www.carbsandcals.com](http://www.carbsandcals.com)

# Contents

## Introduction ..... 4

Health benefits of soups .....	6
Ingredient health benefits .....	12
Soups as part of your diet plan .....	14
How to use this book .....	19

## Soup Recipes ..... 28

Low-Carb Soups .....	28
Low-Calorie Soups .....	38
General Soups .....	48
5-a-day Soups .....	78
High-Fibre Soups .....	88
High-Protein Soups .....	98

## Soup Ingredients ..... 108

Bread .....	108
Cheese .....	109
Chicken & Meat .....	112
Eggs & Vegetarian .....	114
Fish .....	115
Fruit .....	117
Herbs .....	118
Juice .....	119
Nuts & Seeds .....	120
Rice, Pasta & Grains .....	124
Vegetables .....	128
Other Ingredients .....	147

## Index ..... 156

Soup Index .....	156
Ingredient Index .....	157

## About the Authors / Awards ..... 160

# Introduction

Did your grandma ever make you a bowl of chicken soup to feed your cold, soothe your cough and stifle your sniffles? A steaming bowl of soup can be nourishing and comforting. It makes you feel a little less sorry for yourself when under the weather, or when you've trudged home in the bitter wind and rain. So, as the days get colder, the nights draw in and when a bowl of crunchy salad just isn't tempting, it can only mean one thing... it's soup season!

Soups can be a quick and simple light meal option, a meal addition, a great starter choice when eating out or a quick, warming snack – a cup of soup and away you go!

Of course, not all soups are for the autumn and winter months. Let's not forget the lovely chilled soups such as gazpacho that can be cooling and refreshing on a warm summer's day.

This is just the beginning of the versatility of soups; the great thing about them is that you can freestyle your methods and not go too far wrong. As long as you have a few of the essential recipe components, you can experiment with new flavours and ingredients. Soups are a great vehicle for veggies - ones that you don't know what to do with, have an abundance of, or are looking a little tired and coming to the end of their days. They're also a covert way to get extra vegetables into your loved ones!



For example, if you are struggling to think how you can add more pulses and legumes to your diet, throw a handful of lentils into your soup to thicken and add extra goodness. This simple addition will boost your intake of fibre, protein and iron.

As well as the variety of nutrients that can be packed into a serving, soups are often low in calories so a great meal choice when trying to watch your intake. The bulk from the liquid, vegetables and fibre will keep you feeling full and satisfied.

If you want to improve your diet, boost your fibre intake or lose weight, then soups are a must. This book will show you how soups can be incorporated into all healthy eating plans. Using evidence-based nutrition facts and a wide variety of recipes, you will be helped to achieve your dietary goals and tickle your taste buds at the same time.

Still need convincing? They are "souper" easy to make, often using only one pan. You can even put everything in the slow cooker before you start work in the morning, to be ready for your evening meal. Made too much? Simply freeze for a day when the cupboards are empty and your energy levels are low.



## Health benefits of soups

Homemade soups are preferable to pre-made ones, as you control what (and how much) is put in! Many pre-made soups contain large amounts of salt and tend to be low in protein but high in carbs, due to their potato base.

### Reach your 5-a-day... soups are a vehicle for veggies!

There is an abundance of scientific evidence supporting the role of fruit and vegetables in our diet to protect against ill health and diseases such as cancer.

The current advice is to consume 400g (5 portions) of fruit and vegetables per day. It is important to note that this amount is only the minimum. Research shows that a third of adults do not meet these recommendations, so slurp up your soup to help reach your 5-a-day!



1/2  
5-a-day



Sweetcorn  
40g

Cherry  
Tomatoes  
80g



Page  
82

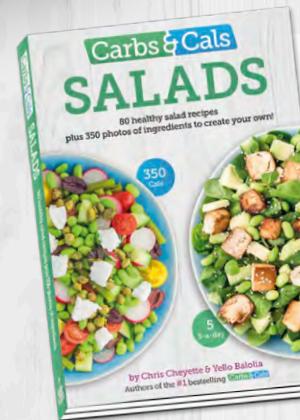
5  
5-a-day

Almond & Greens  
Soup

Page  
83

5  
5-a-day

Sweet Gingered  
Vegetable  
Soup



Looking for  
another way to  
get your 5-a-day?

Check out our salads  
book for more ideas  
on tasty and inventive  
ways to reach your  
5-a-day in one hit!

6  
5-a-day



Each of the following counts  
as 1 portion of your 5-a-day:

- ★ 80g fresh, frozen or tinned fruit or vegetables
- ★ 30g dried fruit
- ★ 150ml pure, unsweetened fruit or vegetable juice
- ★ 80g beans and pulses

Using a rainbow of vegetables (and even fruit) in your soups will provide you with a wide variety of nutrients (including vitamins A and C), fibre, phytonutrients and antioxidants, all of which will nourish your body and reduce the risk of health problems.

Ten of the soup recipes in this book contain all 5 of your 5-a-day.

## Reduce your calories with little effort

Soups can be a great tool when trying to lose weight. Vegetables pack a punch in that they are low in calories but a great source of fibre, vitamins and minerals. The combination of liquid and veg adds bulk and keeps you feeling full with fewer calories. Adding protein further keeps you feeling satisfied and less likely to nibble on the "naughties". In one study, a group of volunteers reduced their total lunch calories by an average of 20 percent when they began the meal with low-calorie vegetable soup before eating pasta.



## Increase your fibre intake

Vegetables are the predominant base ingredients for a soup and are a great source of fibre. The link between total fibre intake and lowered risk of heart disease, bowel cancer and type 2 diabetes has led the Scientific Advisory Committee on Nutrition to revise and update fibre recommendations to 30g per day for adults (the current average intake is 18g per day). Adding pulses and grains to your soup will further boost the soluble fibre content, which is known to help control blood glucose levels, lower cholesterol levels, slow down digestion and keep you feeling full.



## Pump up your plant-based proteins

When people think of protein, chicken, meat and fish often most quickly spring to mind. However, due to the link between processed meat and an increased risk of bowel cancer, the Department of Health has advised people to limit the amount of red and processed meat to 70g per day (or 500g per week). For health and environmental reasons, there is a big move towards using more plant-based proteins like beans, pulses, nuts, tofu and grains such as quinoa. Soups are a great way to introduce these foods into your diet, e.g. quinoa can be added to soup to thicken it or toasted nuts can be a simple, nutritious garnish.

Page  
103

21g  
Protein

Moroccan  
Harira  
Chickpea  
Soup



11g  
Protein

Tofu  
80g

19g  
Protein

Soya Beans  
80g

## Curb your cooking costs

As already mentioned, soups are a great way to minimise waste, as you can throw in any leftovers lurking at the back of your fridge. Even if it has been a while since your last shop, by using a few basic store cupboard ingredients such as stock, herbs & spices, vegetables and tinned pulses, you can quickly cook-up a bowl of soup. It can also be a cheap option if you are feeding the masses – chopped carrots, dried lentils, stock, spices and a few other ingredients are all you need for a pot of Spicy Carrot & Lentil soup. Cheap, simple and nutritious!

Spicy Carrot  
& Lentil  
Soup

Page  
53



Basil  
6 leaves



Butter  
Beans  
80g



# Ingredient Health Benefits

## Apple

Rich in cancer-fighting antioxidants



## Beetroot

Source of folic acid, key nutrient if planning a pregnancy



## Cabbage

High in both fibre and water, cabbage can help prevent constipation



## Pak Choi

Low in calories and fat, so great if you are trying to lose weight



## Spinach

Rich in magnesium, which helps to calm the body and relax muscles



## Tomato

Contains lycopene, an antioxidant known to protect against heart disease



## Avocado

Contains vitamin E, to help keep your skin healthy



## Butternut Squash

Protects your immune system, due to its vitamin A content



## Ginger

Known to alleviate discomfort and pain in the stomach



## Parsnip

Source of iron, important for preventing anaemia



## Sweet Potato

Fibre-rich and a source of slow releasing energy



## Yellow Pepper

High in beta-carotene (which makes vitamin A) to avoid an itchy scalp and dry hair



## Chickpeas

Low in fat and high in fibre, ideal for weight loss plans



## Lentils

Rich in iron, needed to carry oxygen around to your cells and prevent anaemia



## Pearl Barley

High in fibre and a source of slow releasing energy



## Quinoa

Excellent source of B vitamins, for a healthy nervous system



## Egg

Rich in vitamin D, important for healthy bones



## Mussels

Good source of zinc, an essential nutrient for optimum fertility



## Tofu

Contains all 8 essential amino acids, used by the body to build proteins



## Salmon

Protective against heart disease due to its high content of omega-3 fatty acids



## Almonds

High in heart-healthy unsaturated fats



## Hazelnuts

Fibre-rich, for a healthy digestive system



## Pumpkin Seeds

An excellent source of magnesium, for strong bones and muscle relaxation



## Walnuts

Anti-inflammatory, so great for those suffering with joint pain and arthritis

# Soups as part of your diet plan

## What is a healthy, balanced diet and how can soups be included?

The health benefits of a balanced diet include a better ability to manage weight, as well as a reduced risk of long term conditions such as cancer and heart disease. But what constitutes a healthy diet? It should contain appropriate proportions of a variety of nutrient-rich foods, such as:

- ★ Vegetables and fruit for antioxidants, vitamins and minerals
- ★ Dairy foods, such as milk and yogurt, for calcium
- ★ Wholegrain carbohydrates, such as oats, brown rice and puy lentils, for B vitamins and fibre
- ★ Meat, fish, nuts, eggs and quinoa for good quality protein
- ★ Oily fish and nuts for omega-3 oils

Soups definitely have their place on a healthy, balanced dietary plan thanks to the nutrient-rich foods they commonly contain. Whatever your health goal, the key to achieving success is finding a sustainable approach that works for you and your lifestyle. Soups can be incorporated into a variety of meal plans.



## 5:2 diet

The 5:2 approach involves eating a healthy, balanced diet for 5 days and fasting on the remaining 2 days each week (500 calories for women and 600 calories for men), achieving an overall 25% reduction in calories. For many, this may feel unachievable without feeling constantly hungry. Fibre and protein are known to keep us feeling full, so to get through the day your dishes need to be rich in these nutrients to help you feel satisfied. Soups are a great way to keep the calories down, but your protein and fibre intake high.

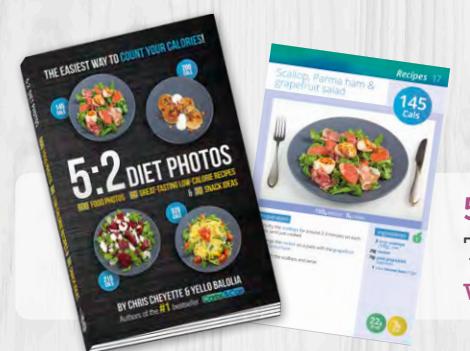
Our creamy Broccoli & Fennel soup contains 8g protein but only 145 calories, making it a perfect lunchtime choice. Or choose the White Bean & Kale soup for dinner, which contains 225 calories, 14g fibre (nearly half of your daily target) and 4 of your 5-a-day, even on a fast day! Please see page 23 about how to incorporate soups into your 5:2 diet plan.



Broccoli & Fennel Soup

Page 30

145 Cals



## 5:2 Diet Photos

To buy your copy, visit: [www.carbsandcals.com/5-2](http://www.carbsandcals.com/5-2)

## Very low-calorie diet

Recent evidence has shown that a very low-calorie diet of under 800 calories per day for two months causes significant weight loss, and can reverse the insulin resistance that is common in type 2 diabetes or those diagnosed with pre-diabetes. Each mouthful has to pack a nutritious punch and fill you up, so turning to low-calorie vegetables and plant-based proteins seems the obvious choice.

See our Low-Calorie Soups chapter (pages 38 - 47) for 10 recipes with 120 calories or less!

95  
Cals

Page  
39

Carrot &  
Orange  
Soup

Leek  
& Pea  
Soup

115  
Cals

Page  
44



## Low-carb diets

Low-carbohydrate diets are popular among people with abnormally high blood glucose levels, as carbohydrate is the key nutrient that affects the rise in blood glucose. Vegetables are naturally low in carbs, so make the ideal choice when trying to keep carb intake low.

There are 30 soups in this book containing under 20g carbs.

8g  
Carbs

Page  
35

Creamy Brie &  
Mushroom Soup

Spring  
Chicken  
Soup

44g  
Protein

Page  
98

Bean &  
Barley  
Soup

15g  
Fibre

Page  
94



## High-protein diets

Foods high in protein help you feel fuller for longer, so increasing the proportion of protein in the diet can help to satisfy your hunger with minimal impact on blood glucose levels.

Spring Chicken soup has 44g protein in only 295 calories, making it a great lunch choice.

## High-fibre diets

The average UK adult currently consumes 18g fibre per day, so for many it may seem a tall order to reach the new recommendation of 30g per day.

Choosing our Bean & Barley soup will provide a whopping 15g of fibre (50% of your daily target) for only 305 calories!

## Soups for people with diabetes

Diabetes is a condition in which glucose levels in the blood are too high because the body cannot process the glucose properly. The two main types of diabetes are type 1 and type 2.

**Type 1 diabetes** develops because the immune system attacks and destroys the cells that produce insulin, which regulates glucose in the blood. This leads to high blood glucose levels. It is treated through the administration of insulin via injection or pump. For people with type 1 diabetes who adjust their insulin dose according to their carbohydrate intake, soups can be included in their diet as long as the carbohydrate content is calculated and matched with quick acting insulin.

**PLEASE NOTE:** The carbs displayed with each soup are the total carbs from all ingredients, including vegetables, pulses and grains. When calculating an insulin dose, some will need to make a note of the source of carbohydrate and subtract the carb content of certain foods (such as vegetables and pulses). For further guidance on how to count the carbs in a soup and match with quick acting insulin, speak with your diabetes dietitian or nurse specialist.

**Type 2 diabetes** develops when the pancreas does not produce enough insulin, or the body is unable to use the insulin effectively (known as insulin resistance). Type 2 diabetes can primarily be treated with a healthy diet and lifestyle change, such as increased physical activity. However, it is a progressive condition and many people may need to commence medication at some point, in order to control their blood glucose levels.

For most people with type 2 diabetes, weight loss is the primary goal to reduce insulin resistance and improve insulin sensitivity. Emerging evidence supports the short-term use of a very low-calorie diet (800 calories per day) to reverse insulin resistance and type 2 diabetes in some people. Because of their high fibre content and low energy density, soups play a pivotal role in such weight loss diets.

If you have diabetes and are taking medication (including insulin), speak with your healthcare professional for guidance on losing weight and how to include soups in your daily diet.

# How to use this book

This book includes 80 carefully created soup recipes, divided into the following sections:

**Low-Carb** Pages 28 - 37

8g Carbs

**Low-Calorie**

Pages 38 - 47

110 Cals

**General Recipes**

Pages 48 - 77

275 Cals



5 5-a-day

5-a-day  
Pages 78 - 87

High-Fibre  
Pages 88 - 97

43g Protein

13g Fibre

High-Protein Pages 98 - 107

Within each section, the soups are listed in calorie order, starting with the lowest calorie recipe. For each soup, the nutritional information for the following nutrients are clearly displayed in colour-coded circles:



Simply browse the variety of recipes and select ones that meet your dietary goal.

## A few things to note:

- ★ All recipes in this book will make 1 portion. If you wish to make a dish for 2 people, simply double the recipe.
- ★ The recipes use average/medium sizes of vegetables and fruit, and weights shown are for the edible part (after being peeled or stoned), unless otherwise stated.
- ★ Some recipes use a handy measure (e.g. handful of kale) instead of a specific weight. Should you wish to know the exact weights, simply find that portion in the ingredients section. For example, the Kale & Greens soup on page 41 uses 2 handfuls of kale. Looking at kale on page 137, you will see that 2 handfuls weigh 40g.



- ★ The recipes use a mix of uncooked and cooked weights for rice, pasta, couscous, quinoa and pearl barley. The table below outlines the simple conversion for uncooked and cooked weights, although please bear in mind that the longer you cook your pasta and rice, the more water it absorbs, which will affect the final weight of the cooked product.

	Uncooked Weight	Cooked Weight
Couscous	35g	80g
Dried Pasta	45g	100g
Pearl Barley	25g	80g
Quinoa	30g	80g
Rice	35g	100g



Minestrone with  
Basil Pesto Soup



325  
Cals  
Page 80



Pearl Barley  
80g



## Creating your own recipes

The potential soup combinations are endless, so why not get creative? Try making up your own using the list of ingredients at the back of this book (pages 108 to 155). The nutritional content of each individual ingredient is shown, giving you the flexibility to create soup recipes to meet your own personal dietary goal. It's worth writing down the details of your creations so you have a record of nutritional information and can make the recipe again in future.



## Making a 5:2 diet meal plan

The 5:2 diet works by fasting on 2 days of the week and eating a healthy, balanced diet on the remaining 5 days. This 25% reduction in calories has proven to be an effective weight loss method for many people.

Here is an example of how to include soup into your fasting day:

1. Decide how you would like to split your calorie allowance for the day. For example, your 500 calories could be made up of two or three meals spread throughout the day:
  - ★ 100 cals for breakfast
  - ★ 100 cals for lunch
  - ★ 300 cals for dinner
2. Browse this book and decide which soup meets your dietary needs. If you normally get hungry mid afternoon, you may wish to choose a high-protein soup for lunch, to keep you feeling full for the rest of the afternoon. Alternatively, you may wish to choose a light soup at lunch to allow for a larger evening meal.
3. Use this book alongside our Smoothies, Salads or 5:2 Diet Photos book, to make your fasting days feel like a feast, not a famine!



**Daily meal plan:**  
**Breakfast:**

100 Cals  
3 5-a-day

Orangetastic Smoothie



**Lunch:**

95 Cals  
2 1/2 5-a-day

Herbed Triple Tomato Salad



**Dinner:**

315 Cals  
1 1/2 5-a-day

Page 65  
Chicken Pho Soup



**Total:** 510 Cals  
7 5-a-day

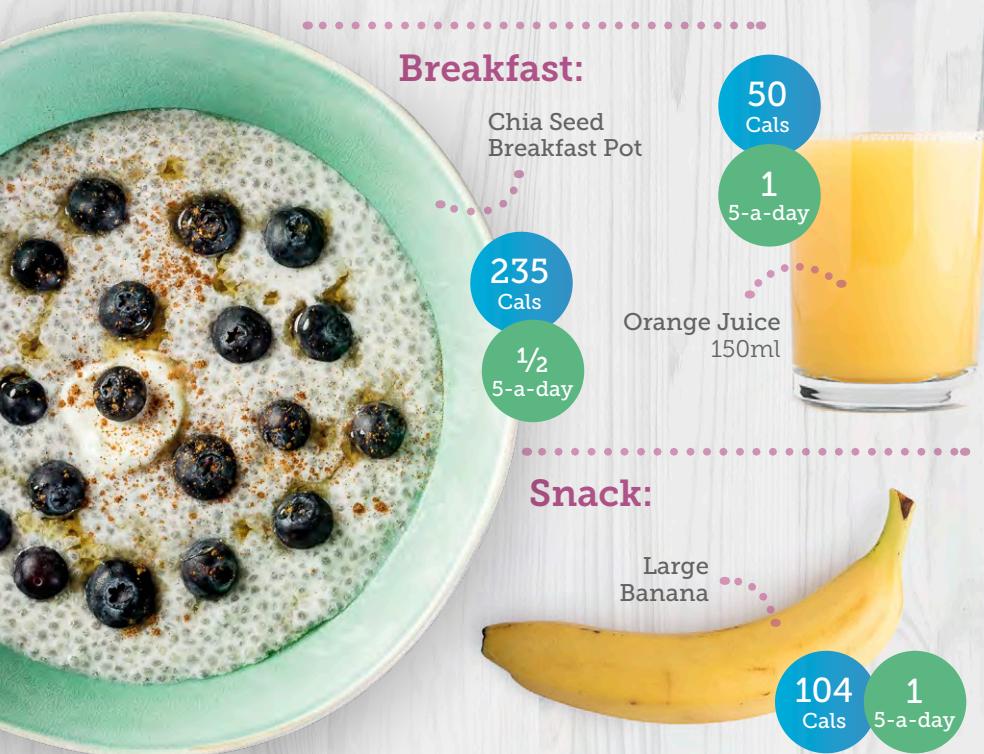
## Producing a meal plan for a 1500 calorie diet

Low-calorie diets, defined as 800-1600 calories per day, can be achieved through careful selection of foods and control of portion sizes. Following a 1500 calorie diet plan can help you lose around  $\frac{1}{2}$ kg (1lb) a week (more if you have lots to lose), without feeling you are depriving yourself of everything.

Soups are a great way to ensure you meet your nutrient needs whilst limiting your calorie intake.

### Daily meal plan:

#### Breakfast:



#### Lunch:



Parsnip & Hazelnuts Soup

360 Cals

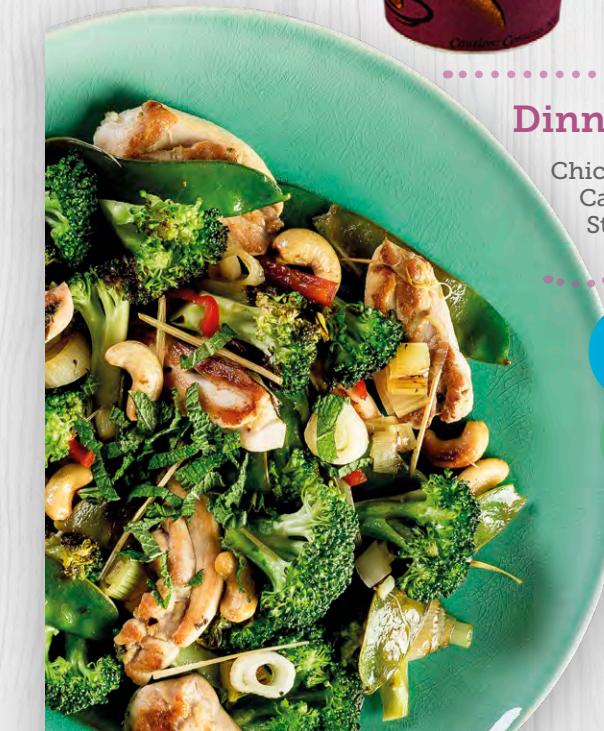
2 5-a-day

Page 69



Cappuccino Medium

#### Snack:



Chicken & Cashew Stir-fry

3 5-a-day



Total: 1489 Cals  
7 1/2 5-a-day

For information on weight loss and working out your calorie target, visit:  
[www.carbsandcals.com/BMI](http://www.carbsandcals.com/BMI)

## Buying ingredients

- ★ Where possible, use wholegrain pasta and rice to boost fibre content.
- ★ Always use fresh, ripe fruit and vegetables.
- ★ Try to use organic produce where possible.
- ★ To keep the cost down, choose vegetables and fruit that are in season. Alternatively, you can replace one vegetable with another that is in season, but be mindful that this may change the nutritional content.
- ★ Use olive oil for cooking.
- ★ The thickness of shop-bought tahini paste can vary, so you may wish to add more water to achieve the desired consistency.
- ★ A great way to add variety to your diet and ensure you always have your soup ingredients to hand is to order a fruit and vegetable box. Each delivery is different, so you never know what soup recipe will be on the menu!



## Cooking Glossary

**Drizzle:** Pour a small amount of liquid on or into soup.

**Flake:** Use a fork, or hand, to break cooked fish into smaller pieces and to check if the fish is cooked. If cooked, the fish flesh should fall away easily.

**Matchstick:** Cut into thin strips.

**Mince:** Chop very finely.

**Ribbons:** Vegetables shaved into ribbons using a peeler. If you have a spiralizer, this would work just as well.

**Sauté:** From the French verb *sauter*, meaning 'to jump'. Sautéed food is cooked in a small amount of fat, in an open pan on a high heat.

**Thinly sliced:** A sharp knife or a spiralizer is used to achieve thin slices.

**Toasted nuts:** Nuts heated in a medium-hot frying pan (without the addition of oil) to bring out the richness and flavour. Toast for a couple of minutes until fragrant, or light brown in colour.



To see our recommended veg box companies, please visit:  
[www.carbsandcals.com/vegbox](http://www.carbsandcals.com/vegbox)

# Broccoli & Fennel

The distinctive flavour of fennel gives this soup a pleasing lift

## Ingredients

- 1/4 Onion (sliced)
- 80g Fennel (chopped)
- 1 tsp Olive Oil
- 1 clove Garlic (minced)
- 300ml Vegetable Stock (1/2 cube)
- 120g Broccoli (florets)
- 6 Basil leaves
- 1 sprig Parsley (large)
- 1 tbsp Soured Cream
- 1/4 Lemon (juice only)

## Preparation

1. Sauté the **onion** and **fennel** in 1 tsp **oil** for 10 mins. Add the **garlic** and cook for a further minute.
2. Pour in the **stock**, **broccoli**, and **herbs**. Cover and simmer for 8 mins or until the broccoli is tender.
3. Blitz in a blender until smooth.
4. Serve topped with extra basil leaves, **soured cream** and **lemon juice**.

145  
Cals

2 1/2  
5-a-day

9g  
Fibre

3g  
SatFat

8g  
Fat

8g  
Protein

10g  
Carbs

## Size

Medium  
435g



## Recipe Tip

If you are dairy free, swap the soured cream for some chopped nuts

# Creamy Garlic & Courgette

Velvety and light, this bowl of garlicky yumminess is sure to please

## Ingredients

- 2/3 Courgette (chopped)
- 4 cloves Garlic (in skin)
- 1 tsp Olive Oil
- 1 tbsp Pine Nuts
- 300ml Vegetable Stock (1/2 cube)
- 1 sprig Parsley (chopped)
- 1 tbsp Crème Fraîche (half fat)

## Preparation

1. Coat the **courgette** and **garlic** with 1 tsp **oil**, salt & pepper and roast at 180°C for 20 mins.
2. Gently dry fry the **pine nuts** until aromatic and starting to colour.
3. Heat the **stock** and add the roasted garlic (squeezed from its skin), courgette and **parsley** and simmer for a couple of minutes.
4. Remove from the heat, stir in the **crème fraîche**, then blend until smooth.
5. Serve topped with extra parsley and pine nuts.

6g  
Carbs

6g  
Protein

14g  
Fat

3g  
SatFat

3g  
Fibre

1  
5-a-day

180  
Cals



## Nutrition Fact

At only 18 cals per 100g, courgette is a very low-calorie vegetable

## Size

Small  
395g

# Mushroom Ginger Broth

A light soup, packed with flavour...  
and only 70 calories!

## Ingredients

500ml	Vegetable Stock (½ cube)
120g	Mixed Exotic Mushrooms (sliced)
1 tbsp	Light Soy Sauce
2 inches	Ginger (grated)
½	Spring Onion (thinly sliced)
1 tsp	Sesame Oil

## Preparation

1. Boil the **stock** with the **mushrooms**, **soy sauce** and **ginger**.
2. Lower the heat and simmer for 8 mins.
3. Serve topped with **spring onion** and drizzled with 1 tsp **sesame oil**.



70  
Cals

1  
5-a-day

1g  
Fibre

1g  
SatFat

5g  
Fat

2g  
Protein

4g  
Carbs

## Size

Medium  
455g



## Nutrition Fact

Ginger is anti-inflammatory,  
so great for joint pain and arthritis

# Carrot & Orange

This vibrant soup will brighten up  
even the dullest mealtime

## Ingredients

300ml	Water
1½	Carrots (sliced)
1/8	Onion (chopped)
40g	Sweet Potato (chopped)
½	Orange (zest only)
5	Sage leaves
30ml	Orange Juice (fresh)

## Preparation

1. Boil the **water** and add the **carrot**, **onion**, **sweet potato** and **orange zest**.
2. Lower the heat, add the **sage** leaves, cover and simmer for 15 mins, or until the vegetables are cooked.
3. Pour in the **orange juice**, remove the sage leaves, then blend to a smooth consistency.
4. Serve garnished with a few extra sage leaves.



22g  
Carbs

1g  
Protein

1g  
Fat

0g  
SatFat

6g  
Fibre

1½  
5-a-day

95  
Cals

## Size

Medium  
440g



## Recipe Tip

Make sure you zest the orange before cutting it for juicing

# Chicken & Sweetcorn

Sometimes, nothing else but this simple dish will do - it's a classic for a reason!

## Ingredients

- 1/2 inch **Ginger** (grated)
- 1 clove **Garlic** (minced)
- 1 **Spring Onion** (sliced)
- 1 tsp **Sesame Oil**
- 1/2 tsp **Cornflour**
- 300ml **Chicken Stock** (1/2 cube)
- 80g **Sweetcorn** (tinned)
- 100g **cooked Chicken Breast** (shredded)
- 1 **Egg** (whisked)
- 1 tsp **Light Soy Sauce**

## Preparation

1. Gently fry the **ginger**, **garlic** and half the **spring onion** in 1 tsp **oil** for 3 mins.
2. Make a **cornflour** paste with 1 tbsp **stock**. Add the paste to the pan along with the stock, stirring constantly until fully dissolved.
3. Add the **sweetcorn** and **chicken**. Cook for 2 mins then drizzle the **egg** into the soup while stirring, to form strands.
4. Serve with the remaining spring onions and a splash of **soy sauce**.

360  
Cals

1  
5-a-day

3g  
Fibre

3g  
SatFat

14g  
Fat

43g  
Protein

18g  
Carbs

Size  
Small  
420g



## Nutrition Fact

Sweetcorn is rich in lutein and zeaxanthin, both beneficial for eye health

# Sweet Potato & Coconut

This luscious ensemble of sweet potato, coconut and spices is a total taste explosion

## Ingredients

- 1/4 **Onion** (chopped)
- 1 clove **Garlic** (minced)
- 1 inch **Ginger** (grated)
- 1/2 **Celery** stalk (finely sliced)
- 1 tsp **Olive Oil**
- 120g **Sweet Potato** (cubed)
- pinch **Cayenne Pepper**
- pinch **Turmeric** (ground)
- 300ml **Vegetable Stock** (1/2 cube)
- 100ml **Coconut Milk** (tinned)
- 1 tbsp **Flaked Almonds**
- 1 sprig **Coriander** (chopped)

## Preparation

1. Soften the **onion**, **garlic**, **ginger** and **celery** in a pan with 1 tsp **oil** for a few mins.
2. Mix in the **sweet potato**, **cayenne** and **turmeric**. Cook for 5 mins.
3. Pour in the **stock** and **coconut milk**, and bring to a gentle simmer for 12 mins, or until the potato is cooked.
4. Blend, then serve sprinkled with **flaked almonds** and **coriander**.

34g  
Carbs

6g  
Protein

28g  
Fat

16g  
SatFat

7g  
Fibre

1  
5-a-day

400  
Cals



Size  
Medium  
485g

## Nutrition Fact

Sweet potato is a good source of vitamin D, for healthy bones, teeth and nerves

# Almond & Greens

You'll go nuts for this healthful bowl of green goodness



## Ingredients

- 1/4 Onion (diced)
- 1 Celery stalk (sliced)
- 1 tsp Olive Oil
- 50g Potato (cubed)
- 400ml Chicken Stock (1/2 cube)
- 80g Broccoli (florets)
- 80g Peas
- 2 handfuls Spinach
- 4 large handfuls Watercress
- 1 tbsp Crème Fraîche
- 1 tbsp Flaked Almonds

## Preparation

1. Fry the **onion** and **celery** in 1 tsp **oil** for 5 mins. Add the **potato** and cook for a few mins more.
2. Pour in the **stock** and add the **broccoli**. Bring to the boil and simmer for 10 mins.
3. Stir in the **peas**, **spinach** and **watercress**, and cook for 2 mins.
4. Meanwhile, dry fry the **almonds** until fragrant.
5. Blend the soup and serve topped with **crème fraîche** and crunchy **almonds**.

340  
Cals

5  
5-a-day

14g  
Fibre

6g  
SatFat

19g  
Fat

17g  
Protein

27g  
Carbs

Size  
Medium  
570g



## Nutrition Fact

Watercress has been shown to be protective against osteoporosis

# Sweet Gingered Vegetable

Pear and pistachio are a curious combo in this vegtastic delight

## Ingredients

- 120g Butternut Squash (cubed)
- 80g Celeriac (cubed)
- 1 Carrot (cubed)
- 3 tsp Olive Oil
- 1/2 Onion (chopped)
- 1 inch Ginger (grated)
- 1/2 Pear (chopped)
- 300ml Vegetable Stock (1/2 cube)
- 1 tbsp Crème Fraîche (half fat)
- pinch Nutmeg
- 1 tbsp Pistachios (shelled)

## Preparation

1. Toss the **squash**, **celeriac** and **carrot** with 2 tsp **oil** and 2 tbsp water. Roast for 40 mins at 160°C.
2. Gently sauté the **onion** and **ginger** in 1 tsp oil, until starting to soften. Stir to avoid browning.
3. Mix in the **pear** and roasted veg. Cook for 5 mins, then add the **stock**.
4. Bring to the boil, then simmer for 5 mins, or until the pear is tender.
5. Blitz in a blender, then serve with a swirl of **crème fraîche**, a pinch of **nutmeg** and sprinkled with **pistachios**.

36g  
Carbs

6g  
Protein

22g  
Fat

4g  
SatFat

15g  
Fibre

5  
5-a-day

355  
Cals



Size  
Medium  
505g

## Recipe Tip

Celeriac can be used as a delicious, low-calorie alternative to potato

# Black Eye Avocado

This nutritious dish has nearly half your daily fibre and 4 of your 5-a-day... not bad for under 250 cals!



## Ingredients

- 1/2 tsp Cumin Seeds
- 1 tsp Olive Oil
- 1/4 Onion (finely chopped)
- 1/2 Green Chilli (sliced)
- 1 clove Garlic (minced)
- pinch Cayenne Pepper
- 1/2 tsp Chilli Powder
- 300ml Vegetable Stock (1/2 cube)
- 80g Black Eye Beans (tinned)
- 1/2 Carrot (finely chopped)
- 1/6 Courgette (diced)
- 1/4 Green Pepper (chopped)
- 40g Sweetcorn (tinned)
- 1 sprig Coriander (chopped)
- 1/4 Avocado (cubed)

## Preparation

1. Fry the **cumin seeds** in 1 tsp **oil** until aromatic.
2. Add the **onion**, **chilli**, **garlic** and remaining **spices** for 5 mins.
3. Pour in the **stock**, **beans** and **vegetables** (except the avocado).
4. Boil, then simmer for 15 mins, or until the vegetables are tender.
5. Top with **coriander** and **avocado**.

245  
Cals

4  
5-a-day

13g  
Fibre

2g  
SatFat

13g  
Fat

8g  
Protein

22g  
Carbs

## Size

Medium  
460g



## Nutrition Fact

Black beans have been shown to help prevent heart disease

# Spicy Sweetcorn Pancetta

Set alight your appetite with this vibrant dish

## Ingredients

- 1/4 Onion (diced)
- 1 Red Chilli (sliced)
- 1 clove Garlic (sliced)
- 1 Celery stalk (sliced)
- 1/2 tsp Coriander (ground)
- 1 tsp Olive Oil
- 300ml Chicken Stock (1/2 cube)
- 160g Butternut Squash (cubed)
- 160g Sweetcorn (tinned)
- 2 Pancetta slices (torn)

## Preparation

1. Fry the **onion**, **chilli**, **garlic**, **celery** and **coriander** in 1 tsp **oil** for 5 mins.
2. Pour in the **stock** with the **squash**. Cover and cook for 15 mins.
3. Mix through the **sweetcorn**, lower the heat and simmer for 3 mins, or until the squash is soft.
4. Meanwhile, dry fry the **pancetta** until crispy.
5. Blend to the desired consistency, then serve topped with pancetta.

41g  
Carbs

9g  
Protein

10g  
Fat

2g  
SatFat

11g  
Fibre

3 1/2  
5-a-day

275  
Cals



## Size

Medium  
555g

## Nutrition Fact

200g butternut squash contains 437% of your daily vitamin A requirements!

# Peanut Butter Thyme

## Ingredients

- 2 tsp Groundnut or Olive Oil
- 1/2 tsp Chilli Powder
- pinch Thyme (dried)
- 1 inch Ginger (grated)
- 1 clove Garlic (minced)
- 150g Chicken Breast (raw, skinless, diced)
- 1/4 Onion (diced)
- 1/4 Red Pepper (chopped)
- 300ml Chicken Stock (1/2 cube)
- 4 tsp Peanut Butter
- 40g Tomato (chopped)
- 1 handful Baby Spinach

## Preparation

1. Use the **oil, chilli powder, thyme, ginger, garlic**, salt and pepper to thoroughly coat the **chicken**.
2. Allow to marinade for at least 15 mins.
3. Fry the chicken mixture until the chicken starts to brown.
4. Add the **onion** and **peppers** for a further 5 mins. Then pour in the **stock, peanut butter** and **tomato**.
5. Bring to the boil, cover and simmer for 15 mins. Remove the lid and simmer uncovered for 5 mins more.
6. Stir in the **spinach** and serve.

400  
Cals

2  
5-a-day

4g  
Fibre

3g  
SatFat

20g  
Fat

43g  
Protein

11g  
Carbs

## Size

Small  
380g



## Nutrition Fact

It has been shown that those who eat nuts often are less likely to die of any disease

# Pesto Chicken Pasta

We've made a dinnertime favourite into a scrumptious soup!

## Ingredients

- 500ml **Chicken Stock** (1/2 cube)
- 45g uncooked **Wholemeal Pasta**
- 1/6 **Courgette** (cubed)
- 40g **Green Beans** (halved)
- 40g **Peas**
- 1 tbsp **Pesto**
- 100g cooked **Chicken Breast** (shredded)
- 6 **Basil leaves** (torn)
- 1/4 **Lemon** (juice only)

## Preparation

1. Boil the **stock** and add the **pasta**. Cover and simmer for 5 mins.
2. Add the **veg** with the **pesto** and cook for a further 7 minutes.
3. Stir in the **chicken** for 2 mins, warming through.
4. Serve with **basil** leaves and drizzled with **lemon juice**.

37g  
Carbs

43g  
Protein

11g  
Fat

2g  
SatFat

9g  
Fibre

1 1/2  
5-a-day

405  
Cals

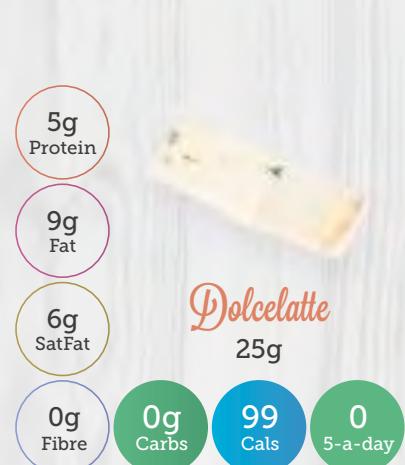
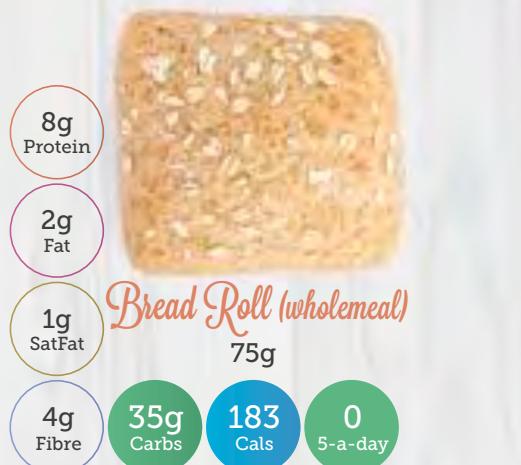
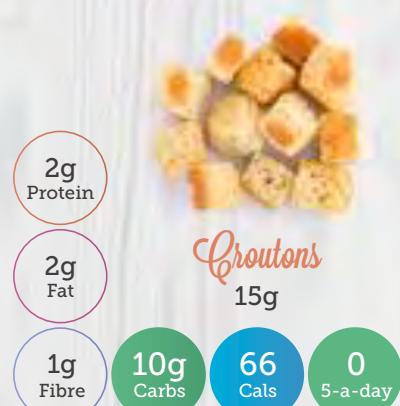


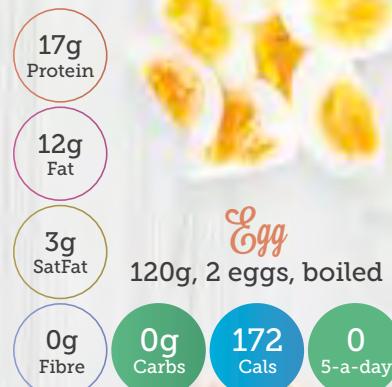
## Nutrition Fact

Wholewheat pasta contains twice as much fibre and B vitamins as white pasta

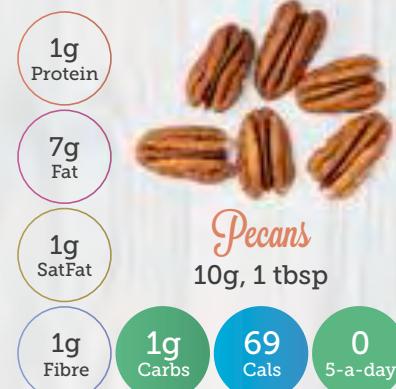
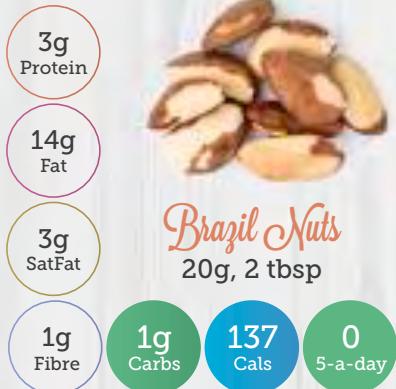
## Size

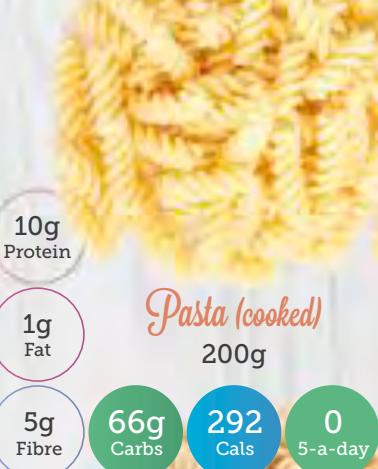
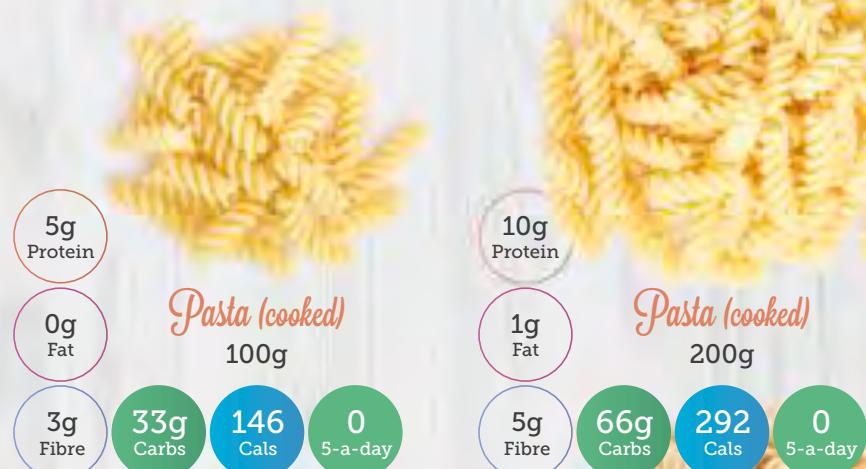
Large  
605g















# Soup Index

Almond & Greens 82  
 Aubergine & Chickpea 84  
 Aubergine & Lemongrass 33  
 Bean & Barley 94  
 Beetroot & Goat's Cheese 59  
 Beetroot & Horseradish 58  
 Beetroot & Orange 61  
 Black Eye Avocado 90  
 Broccoli & Fennel 30  
 Broccoli & Stilton 99  
 Butternut & Apple 51  
 Butternut Squash & Bacon 66  
 Carrot & Ginger 43  
 Carrot & Orange 39  
 Cauliflower & Caraway 60  
 Cheesy Roasted Veg 81  
 Chicken, Lime & Avocado 37  
 Chicken Pho 65  
 Chicken & Sweetcorn 72  
 Chicken & Wild Rice 74  
 Chilled Avocado Cucumber 36  
 Chilli Roasted Red Pepper 49  
 Chorizo, Rice & Bean 97  
 Chunky Chicken & Chorizo 75  
 Creamy Brie & Mushroom 35  
 Creamy Chicken 106  
 Creamy Garlic & Courgette 31  
 Creamy Green Leafy 28  
 Earthy Mushroom 50  
 Fragrant Crab 32  
 Gazpacho 40  
 Goulash 71  
 Green Lemon Lentil 89  
 Hot & Sour Pork & Tofu 64  
 Kale & Greens 41  
 Lamb & Pearl Barley 102  
 Leek, Parsnip & Bacon 68  
 Leek & Pea 44  
 Leek & Potato 52  
 Lentil, Cabbage & Chorizo 87

Mediterranean Lentil 105  
 Minestrone with Basil Pesto 80  
 Moroccan Harira Chickpea 103  
 Mushroom & Chestnut 54  
 Mushroom Ginger Broth 38  
 Nutty Kale & Asparagus 34  
 Palm Nut 77  
 Parsnip & Hazelnuts 69  
 Pea & Ham 67  
 Peanut Butter Thyme 100  
 Pesto Chicken Pasta 101  
 Potato, Cabbage & Bacon 63  
 Quick Noodle 56  
 Quinoa Chickpea Spinach 93  
 Red Cauliflower Cheese 57  
 Roasted Cauliflower 55  
 Roasted Cauliflower Kale 45  
 Roasted Garlic & Asparagus 29  
 Roasted Roots & Lentils 85  
 Rustic Lentil & Potato 95  
 Sausage Bean Broth 96  
 Seafood Chowder 107  
 Spiced Tahini Cauliflower 62  
 Spicy Beef Noodles 70  
 Spicy Carrot & Lentil 53  
 Spicy Mussel & Saffron 104  
 Spicy Sweetcorn Pancetta 91  
 Spicy Tomato & Lentil 86  
 Spring Chicken 98  
 Sweet Celeriac 92  
 Sweet Gingered Vegetable 83  
 Sweet Potato Blue Cheese 76  
 Sweet Potato & Coconut 73  
 Tomato & Basil 46  
 Tomato & Bean 79  
 Tomato & Red Pepper 42  
 Tom Yum 48  
 Turmeric Tomato 47  
 White Bean & Kale 88  
 Winter Root Vegetable 78

# Ingredients

## A

Almonds 34, 73, 82, 120  
 Apple 41, 51, 68, 92, 117  
 Artichokes 128  
 Asparagus 28, 29, 34, 80, 128  
 Aubergine 33, 84, 128  
 Avocado 36, 37, 90, 129

## B

Bacon 63, 66, 68, 107, 112  
 Balsamic Vinegar 46, 64, 147  
 Bamboo Shoots 64, 129  
 Basil 29, 30, 40, 42, 46, 47, 80, 94, 101, 118  
 Basmati Rice 124  
 Bay Leaf 67, 94, 96

## Beans

Black Eye 90, 94, 130  
 Broad 130  
 Butter 61, 79, 96, 131  
 Cannellini 79, 88, 94, 132  
 Green 80, 101, 137  
 Kidney 97, 138  
 Mixed 139  
 Soya 143

Beansprouts 56, 65, 129  
 Beef 70, 71, 77, 112  
 Beetroot 58, 59, 61, 130  
 Black Eye Beans 90, 94, 130  
 Brazil Nuts 120  
 Bread Roll 108  
 Brie 35, 109  
 Broad Beans 130  
 Broccoli 28, 30, 82, 89, 98, 99, 131  
 Bulgur Wheat 126  
 Butter 35, 52, 68, 92, 104, 106, 147  
 Beans 61, 79, 96, 131  
 Butternut Squash 51, 66, 78, 81, 83, 84, 85, 91, 93, 105, 131

## C

Cabbage 32, 63, 87, 89, 95, 96, 98, 132  
 Cannellini Beans 79, 88, 94, 132

## Capers 133

Caraway Seeds 60  
 Carrot 39, 43, 46, 48, 49, 50, 53, 59, 61, 66, 69, 70, 71, 74, 75, 78, 79, 81, 83, 85, 86, 87, 88, 90, 93, 94, 95, 96, 98, 102, 103, 105, 133

## Cashews 120

Cauliflower 45, 55, 57, 60, 62, 85, 133

Cayenne Pepper 73, 90, 104, 107

Celeriac 78, 83, 92

Celery 35, 43, 45, 49, 50, 53, 63, 67, 73, 74, 76, 79, 82, 87, 88, 91, 96, 97, 98, 99, 102, 103, 104, 105, 106, 134

Cheese 35, 57, 59, 76, 81, 99, 109–111

Cherry Tomatoes 46, 47, 146

Chestnuts 54, 134

Chicken Breast 37, 65, 72, 74, 75, 98, 100, 101, 106, 112

Chickpeas 84, 93, 103, 134

Chicory 135

Chilli 33, 37, 41, 48, 49, 53, 65, 70, 90, 91, 135

Oil 32, 147

Powder 90, 100

Chives 29, 52, 104

Chorizo 75, 87, 97, 113

Ciabatta 108

Cinnamon 51, 86, 103

Coconut Milk 32, 33, 73, 84, 86, 148

Cod 107

Coriander 32, 33, 37, 41, 53, 64, 65, 70, 73, 84, 86, 90, 91, 103, 118

Cornflour 72, 148

Courgette 28, 31, 41, 80, 81, 89, 90, 101, 135

Couscous 127

Crab 32, 115

Cream 30, 52, 58, 71, 106, 107, 155

Crème Fraîche 28, 29, 31, 35, 51, 54, 55, 60, 61, 69, 78, 82, 83, 104, 155

Croutons 108

Cucumber 36, 40, 136

Cumin 51, 84, 103

Seeds 53, 55, 62, 86, 90

## D

Dill 36

Dolcelatte 76, 109

**E**

Egg 64, 72, 114  
Noodles 125

**F**

Fennel 30, 80, 94, 136  
Feta 110  
Fish 32, 48, 104, 107, 115–116  
Sauce 33, 65, 70, 148  
Flour 35, 106, 107, 149

**G**

Galangal 48  
Gammon 67  
Garlic 29, 31, 136  
Ginger 32, 33, 38, 43, 48, 51, 56, 64, 65, 70, 72, 73, 83, 84, 100, 103, 137  
Goat's Cheese 57, 59, 81, 110  
Greek Yogurt 53, 105  
Green Beans 80, 101, 137  
Groundnut Oil 100  
Gruyère 110

**H**

Haloumi 111  
Ham 113  
Hazelnuts 69, 121  
Honey 69, 103, 149  
Horseradish 58, 149

**K**

Kaffir Lime Leaves 32, 48  
Kale 34, 41, 45, 78, 79, 85, 88, 137  
Kidney Beans 97, 138

**L**

Lamb 102, 113  
Leek 44, 52, 59, 68, 79, 80, 89, 138  
Lemon Juice 30, 34, 36, 40, 62, 89, 101, 104, 106, 119  
Lemon Peel 89, 117  
Lemongrass 33, 48, 70  
Lentils 50, 85, 89, 95, 103, 139  
Split 53, 86, 87, 105, 138  
Lime Juice 32, 37, 48, 65, 84, 97, 119

**M**

Macaroni 80  
Mackerel 115  
Mangetout 139  
Maple Syrup 66, 76, 150  
Milk 107  
Coconut 32, 33, 73, 84, 86, 148  
Mint 37, 44, 45, 67, 80, 89, 118  
Mirin 150  
Mixed Beans 139  
Mushrooms 35, 38, 50, 54, 56, 64, 95, 102, 140  
Mussels 104, 107, 116  
Mustard 68, 150–151

**N**

Natural Yogurt 36, 155  
New Potatoes 140  
Noodles 56, 65, 70, 125–126  
Nutmeg 43, 66, 83, 103

**O**

Oil 147, 151, 153  
Okra 140  
Olive Oil 151  
Olives 141  
Onion 141  
Spring 32, 36, 37, 38, 56, 64, 65, 70, 72, 144  
Orange 39, 61  
Juice 39, 61, 119  
Oregano 74, 87, 88, 93, 105  
Orzo Pasta 126  
Oyster Sauce 56

**P**

Pak Choi 32, 56, 65, 70, 141  
Palm Fruit 77  
Pancetta 91  
Paprika 71, 75, 77, 79, 87, 103  
Parmesan 111  
Parsley 30, 31, 35, 41, 45, 49, 60, 63, 67, 71, 74, 75, 87, 95, 97, 98, 103, 104, 105, 107, 118  
Parsnip 68, 69, 78, 81, 85, 92, 142  
Pasta 80, 101, 125–126  
Peanut 100, 121  
Pear 76, 83, 117

**S**

Pearl Barley 71, 75, 94, 102, 127  
Peas 44, 74, 82, 94, 98, 101, 142  
Split 67, 142  
Sugar Snap 70, 144  
Pecans 121  
Pepper 32, 40, 42, 49, 57, 71, 81, 84, 86, 90, 97, 100, 143  
Pesto 80, 101, 152  
Petit Pois 67, 80  
Pine Nuts 31, 54, 55, 122  
Pistachios 83, 122  
Pork 64, 96  
Potato 52, 58, 59, 60, 62, 63, 82, 95, 99, 106, 107, 140  
Sweet 39, 69, 73, 76, 145  
Prawns 48, 115  
Pumpkin Seeds 61, 123  
Puy Lentils 50

**Q**

Quinoa 93, 127  
Quorn 114

**R**

Red Wine Vinegar 152  
Rice 74, 97, 124  
Noodles 65, 126  
Wine Vinegar 152  
Rocket 143  
Rosemary 50, 79, 85, 88, 93, 96, 102, 118

**S**

Saffron 103, 104  
Sage 39, 81  
Salmon 107, 116  
Satay Sauce 153  
Sausage 96  
Scallops 116  
Sesame Oil 33, 38, 56, 64, 72, 153  
Sesame Seeds 123  
Shrimp 77  
Sirloin Steak 77, 112  
Soured Cream 30, 52, 58, 71, 155  
Soya Beans 143  
Soy Sauce 38, 56, 64, 70, 72, 95, 153  
Spinach 28, 41, 77, 82, 86, 93, 100, 105, 144

**Split**

Lentils 53, 86, 87, 105, 138  
Peas 67, 142  
Spring Onion 32, 36, 37, 38, 56, 64, 65, 70, 72, 144  
Squash 51, 66, 78, 81, 83, 84, 85, 91, 93, 105, 131  
Star Anise 65, 70  
Stilton 99, 111  
Sugar Snap Peas 70, 144  
Sun-dried Tomato 146  
Sunflower Seeds 123  
Sweetcorn 72, 90, 91, 107, 145  
Sweet Potato 39, 69, 73, 76, 145  
Syrup 66, 76, 150

**T**

Tabasco 40  
Tahini 62, 154  
Tarragon 28, 34, 50, 106  
Thyme 34, 35, 52, 54, 55, 57, 59, 61, 66, 74, 78, 85, 87, 88, 92, 93, 94, 95, 96, 97, 98, 99, 100, 118  
Tofu 64, 114  
Tomato 37, 40, 42, 75, 77, 84, 86, 100, 103, 104, 145  
Cherry 46, 47, 146  
Purée 42, 46, 50, 71, 85, 102, 103, 154  
Sun-dried 146  
Tinned 47, 49, 50, 71, 79, 85, 86, 87, 88, 93, 94, 97, 105  
Turmeric 33, 47, 62, 73, 84, 86

**V**

Vinegar 46, 47, 64, 147, 152, 154

**W**

Walnuts 76, 92, 122  
Watercress 82, 146  
White Wine 104  
White Wine Vinegar 47, 154  
Wholegrain Mustard 68, 151  
Wild Rice 74, 97, 124

**Y**

Yogurt 36, 53, 105, 155

# How many carbs and calories are in *your* favourite soup?

The brains behind the #1 bestselling Carbs & Cals are back! This time with the perfect soup book for the health-conscious. Featuring 80 delicious single-portion recipes, the book is beautifully presented showing detailed nutritional information for every soup.

Whether you're on a low-calorie, low-carb, high-fibre or high-protein diet, or just want to achieve your 5-a-day fruit & veg, this is the ideal soup book for you.

## Features

- 80 delicious soup recipes
- Stunning photos of every soup
- Meat, chicken, fish and vegetarian options
- Values for carbs, calories, protein, fat, saturated fat, fibre and 5-a-day fruit & veg
- 275 photos of ingredients to inspire you to create your own soup recipes
- An introduction section explaining the health benefits of soups

## Soup Chapters

Includes soups under 120 calories, low-carb, high-protein & high-fibre recipes, lots of general recipes and 10 mega soups containing all 5 of your 5-a-day!



# Carbs & Cals

ISBN 978-1-9082612-1-2



9 781908 261212

£9.99

Chello Publishing  
Limited

For more information about our bestselling and multi-award-winning book & app, visit our website: [www.carbsandcals.com](http://www.carbsandcals.com)

