



The Skinny Sirt Soup Recipe Book: Delicious & Simple Sirtfood Diet Soups For Health & Weight Loss

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**The Skinny Sirtfood Soup Recipe Book
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Packed full of Sirtuin-rich ingredients, our Sirt soups are the perfect companion to your Sirt diet efforts.

All our recipes are easy to prepare, economical and low in calories. This comprehensive collection of over 70 soups includes hearty broths, light fillers, summer soups, vegetarian, seafood and meat options.

Soup's versatility is what makes it so perfect if you are following the Sirtfood diet. Ingredients can be tailored to make the most of the turbo charging sirtuin-rich foods which can help you lose weight. The healthy, fresh and seasonal ingredients can deliver a protein packed hit, a comforting winter warmer or a light and refreshing consomme.

Perfect for speedy lunches and weeknight suppers.

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Amy Rodriguez:

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