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Soup Cleanse Cookbook: Embrace A Better Body And A Healthier You With The Weekly Soup Plan



Synopsis

Discover a healthier you with the ultimate cure-all: soup. Throw out everything you think you know about wellness. There's a new way to cleanse, and it doesn't involve deprivation or strict rules. A soup cleanse is the modern alternative to quick-fix diets and juice cleanses: It's nutrient-dense, satisfying, and convenient for any lifestyle. Souping employs the simple philosophy that truly connecting with your food helps establish lasting habits so you can reveal your best self. In the Soup Cleanse Cookbook, you'll discover how small tweaks to your weekly meals and mealtime rituals make a big difference in your health. Seventy-five plant-based and gluten-free recipes can be mixed and matched for a customizable weekly plan that includes a dedicated souping day, 5 days of soup for lunch, and an "anything goes" day. Or, follow one of the soup categories, each designed to address different health needs, like boosting immunity, revving up energy, and encouraging weight loss. Creative suggestions and actionable tips simplify the concept of cleansing and help incorporate more veggies into your daily diet. The Soup Cleanse Cookbook makes mindful eating truly splendid.

Book Information

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Customer Reviews

I've been trying to eat a lot more plant-based meals because of all the research on its health and environmental benefits. I also came across Splendid Spoon and wanted to try making some soups on my own. There are so many recipes in here that are way more filling than I thought vegan/gluten-free could be. Some of the recipes are tough to make because of the variety of ingredients required, but generally I think soup is easier to prepare than a lot of other foods in terms

of time and effort. And you can always make a bunch for later!

This is a very well written, easy to understand book with awesome recipes that I plan to start this weekend. It makes so much sense and I can't wait to feel the difference in my food cravings.

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