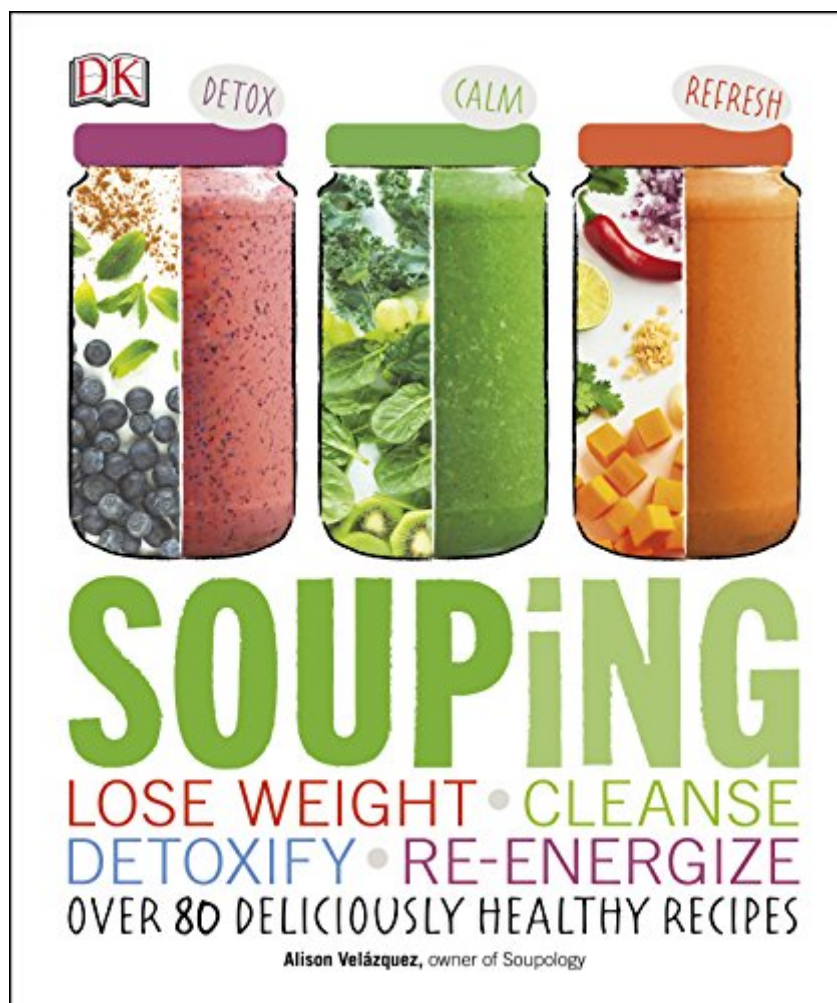


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# Souping: Lose Weight - Cleanse - Detoxify - Re-Energize; Over 80 Deliciously Healthy Recipes



## Synopsis

Souping is a new way to cleanse and detoxify the body. Compared to juicing and juice cleansing, which are both high in sugar and less satisfying than soup, souping combines the health benefits of whole foods and a wide array of soups (hot and cold) for a more satisfying and healthier way to cleanse and detoxify the body, lose weight, boost energy, and much more. Souping is a new cookbook that is packed with over 100 delicious and incredibly healthy soup recipes that can be eaten on the go, along with unique cleansing programs for losing weight, detoxifying the body, improving hair and skin, boosting immunity, boosting energy, and improving overall health. You will learn to make satisfying soups that use whole ingredients, and to follow programs that range from one to seven days, while never offering the same menu twice. The recipes include hot and cold soups, as well as soups that are savory, sweet, filling, energizing, refreshing, and calming. Each recipe is simple to make and includes step-by-step instructions for making and storing each soup, the nutritional breakdown, and an explanation of the health benefits of the key ingredients of each soup. Cleansing plans include day-by-day menus using a breakfast, lunch, and dinner format.

## Book Information

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## Customer Reviews

Souping is an amazingly attractive cookbook chock-full of great soup recipes to help you improve

your health, re-energize and hopefully lose weight if you need to. There are over 80 recipes and almost every recipe is accompanied by a beautiful photograph along with clear instructions and handy tips. I got this book yesterday and made my first soup today, the Spiced Chickpea soup. Oh, wow it is absolutely wonderful. Just perfect for a snowy day like today. The soups are grouped by season so you can take advantage of seasonal produce. I am so excited to have this book. The recipes sound so good. I like that most of them are blended because I really hate vegetables but the author has added some fruits to the vegetables so I think I will really like a lot of them. I am planning to try the Peaches and Greens soup and the Papaya and Spinach soup. There is a wide variety of vegetables and fruits represented here and I am anxious to try them all. There are ten cleanses in the book, ranging from two to five days duration and with complete detailed instructions on how to prepare and complete them. I would definitely recommend getting this book it is such an easy way to improve your health.

LOVE this book! The soups are easy to make. The fasts are broken down into details that are easy to follow and easy to plan for. I prefer print books when I buy cookbooks, and this one is BEAUTIFUL on glossy paper with colorful photos. I bought two other soup fast books when I purchased this one and this one is my hands down favorite.

This book has introduced me to many new ideas for healthy eating. Where I would struggle to find ideas which combined ingredients into healthy and tasty recipes, which I could prepare fairly easily; Alison Velazquez has removed my blinders. Everything I need is here, both as a template for wonderful recipes (and most importantly HOW to most effectively put them to use for my benefit.) and a guide for future experimentation. A must read for anyone who is serious about living at their peak of health.

I have owned this book for a few months now. I have been "souping" and losing weight!! I am not even hungry. I find that having soup is helping me to eat slower and to feel more full/satisfied. There are many soup recipes in this book to use or get ideas from. I highly recommend reading this book and then USE the info to get and feel better. I can't say that it has fixed my back pain to lose weight. However, it sure has helped my psyche and got people off my back about my back pain.....everyone always says lose weight it will help your back, but I hurt my back when I was thin and THEN gained the weight. Losing weight through SOUPing has, however, helped my knees. good luck

I have a huge cookbook collection. It is hard to impress me. I'm speechless. This might be the most gorgeous cookbook I've ever seen. I cannot wait to start making the inventive and unique recipes contained in this treasure trove for soup and juice lovers. The recipes contain tons of flavors like cacao or basil or ginger, often combined with unexpected fruits or veggies. Additionally, every recipe has options, e.g., how to make a creamy or spicy version. I had never heard of the author and bought this cookbook on a whim. What luck!

This is a beautiful book! The recipes are delicious and clean. I really appreciate the author putting together 3 and 5 day cleanses and giving a clear shopping list of all items needed. When you have a bunch of recipes and need to make your own list it can get overwhelming and I always seem to forget something! This book makes the whole process easy from shopping to cooking!

Really enjoyed the concept of soup cleanses. Have so many soup books and love soup but this book really motivated me to kick start getting ready for Spring and past the post holiday doldrums. I like juicing but the time and cost is difficult. So this is a good alternative. Works well for 5/2 diets too.

I love that it has BIG pictures of the recipes and instructions for several kinds of detox 's. Recipes are easy to follow -the only downside is a few of them have ingredients I've NEVER heard of and would be hard for me to source locally (Appalachians).

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