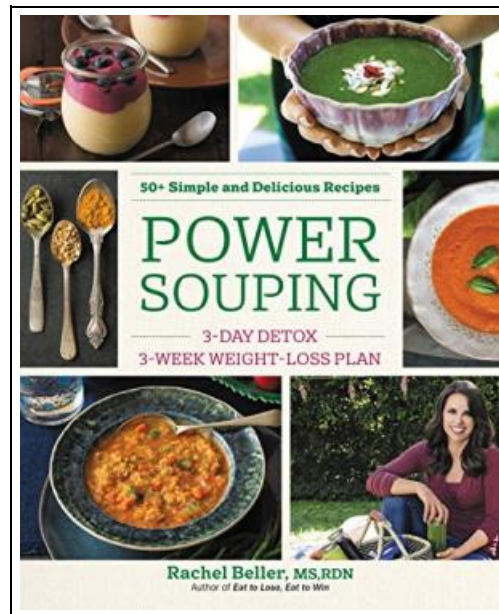


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POWER SOUPING: 3-DAY DETOX, 3-WEEK WEIGHT-LOSS PLAN (PAPERBACK)



HarperCollins Publishers Inc, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. Step aside, juicing-souping is the newest way to build a better body and power your health, all while enjoying big bowls of soup filled with real, satisfying ingredients. Unlike high-sugar, low-fiber juice cleanses, souping is just the opposite-low sugar, high fiber, and filling! Known as America's get-real nutritionist Rachel Beller has created a transformative, science-based plan to help you detox and drop pounds without deprivation. You'll find more than 50 delicious soup recipes and an easy 3-step action plan: * 3-Day Detox: pure, clean souping to jump-start your weight loss * 3-Week Transformation: shed up to 15 pounds with tasty soups and other healthy meals * Maintenance Method: tips to keep you on this simple and sustainable plan The best part: Power Souping will revolutionize the way you think about what you put in your body-for now and for life. You will get all the nutrients that you need-no crashing, no falling back into bad habits when the diet is done. With dozens of flavorful soups to choose from-hot and cold, sweet and savory, and numerous vegan and gluten-free options-Power Souping is not only a practical weight-loss method, but also a guide to feeling your amazing best. So grab your spoon and get ready to transform your body-and your life.



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