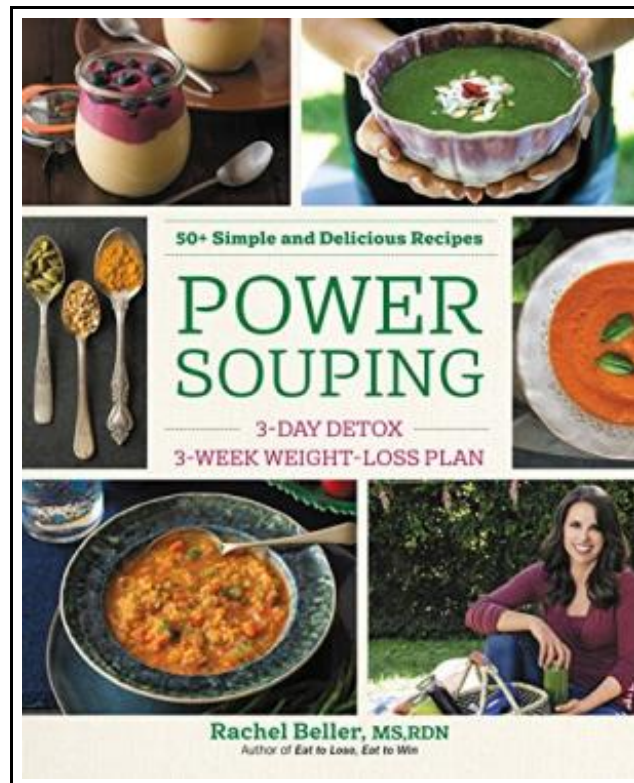


## Power Souping



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### ***Reviews***

*Definitely among the best book I have possibly read. I have study and i am sure that i will going to go through once more once more later on. Your lifestyle span is going to be convert when you full looking at this publication.*

***(Prof. Damon Kautzer III)***

## POWER SOUPING



HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, Power Souping, Rachel Beller, From the author of Eat to Win, Eat to Lose, the first book to reveal the powerful health benefits of the latest diet trend known as souping-with a 3-day detox, a 3-week diet plan and more than 50 delicious recipes. Step aside, juicing-the next big diet sensation is souping, as in big, steaming bowls filled with real, satisfying ingredients. Unlike the high sugar, low-fiber juice cleanses that have been so popular, souping is just the opposite-low-sugar, high fiber, and filling! In Power Souping, nutritionist-to-the-stars Rachel Beller shares what makes a soup diet effective, which recipes to try and what soups to avoid, and how to fit soups into an action plan for life. In her upbeat, conversational style, Rachel first outlines a rapid, 3-day weight-loss plan and shares her invaluable "Wholesome Threesome" rule: centering every meal around: (1) two handfuls of vegetables; (2) protein; (3) healthy fats. Along the way she offers tips to make shopping and cooking quick and easy, as well as secrets to perking up soups to make them even more nutritious and delicious. After 3 days (and 3 fewer pounds), Rachel dives into 21 days of soup-powered meals. This 3-week weight-loss strategy follows hard and fast rules of eating real foods, three square meals plus snacks, no fasting, and no overly processed junk food. Power Souping features 50 delicious, easy-to-make recipes for the entire 3 weeks, plus a handy list of approved convenience foods for those on the go. And since commitment doesn't mean eating just soup for the rest of your life, Rachel provides key methods to integrate flavorful favorites into everyday eating for the next 3 months and beyond. More effective and sustainable than juice-based diets, Power Souping is not only...



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