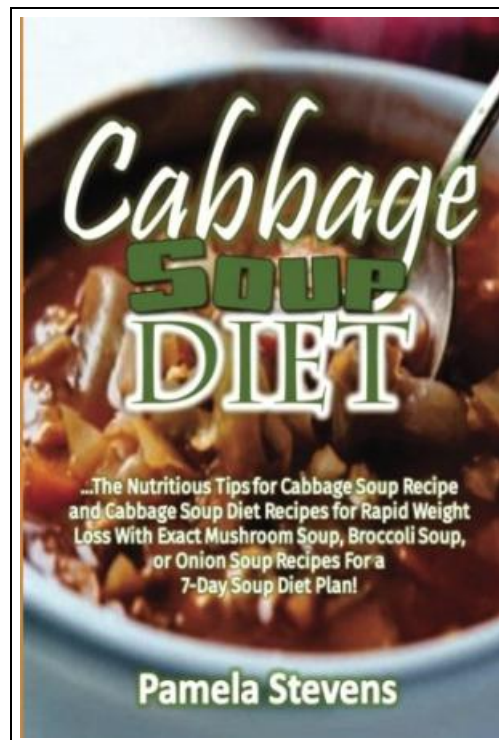


## Cabbage Soup Diet: The Nutritious Tips for Cabbage Soup Recipe and Cabbage Soup (Paperback)



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### **Reviews**

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(Hallie Stanton)

## CABBAGE SOUP DIET: THE NUTRITIOUS TIPS FOR CABBAGE SOUP RECIPE AND CABBAGE SOUP (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Large Print. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Cabbage soup diet is probably one of the best-known diets in the world without any controversy! In fact, I believe that everybody who has ever needed to shed a few or a lot of pounds must have tried it or thought about trying it at some point. But to be honest with you, cabbage soups tastes awful, but again let s face it, if it would really help and if it would be healthy, heck why not? We can make some sacrifices, can t we? Unfortunately, apart from being a fad diet on one hand, it can also be dangerous for your health! Yes, I mean, cabbage soup for fast weight loss is a very, very bad idea and here is why. The truth is that as of today, there isn t an official version of this diet and as a matter of fact, it seems like no one wants to step forward and say they invented this diet notwithstanding, you can find various cabbage diet plans based around eating huge amounts of cabbage soup, and very few (or nothing) else. However, the claims made for the cabbage soup diet ranges from the cabbage soup itself has fat burning properties to the you can lose 10lbs in a week. Besides that, the diet is often described as a quick way to drop pounds for a special event and most proponents will advise that it s only safe to be followed for a week! Anyway, I want to say that by the way, there is some truth in that and I dare say that the way of cooking cabbage soup to make it very effective for weight loss is...



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