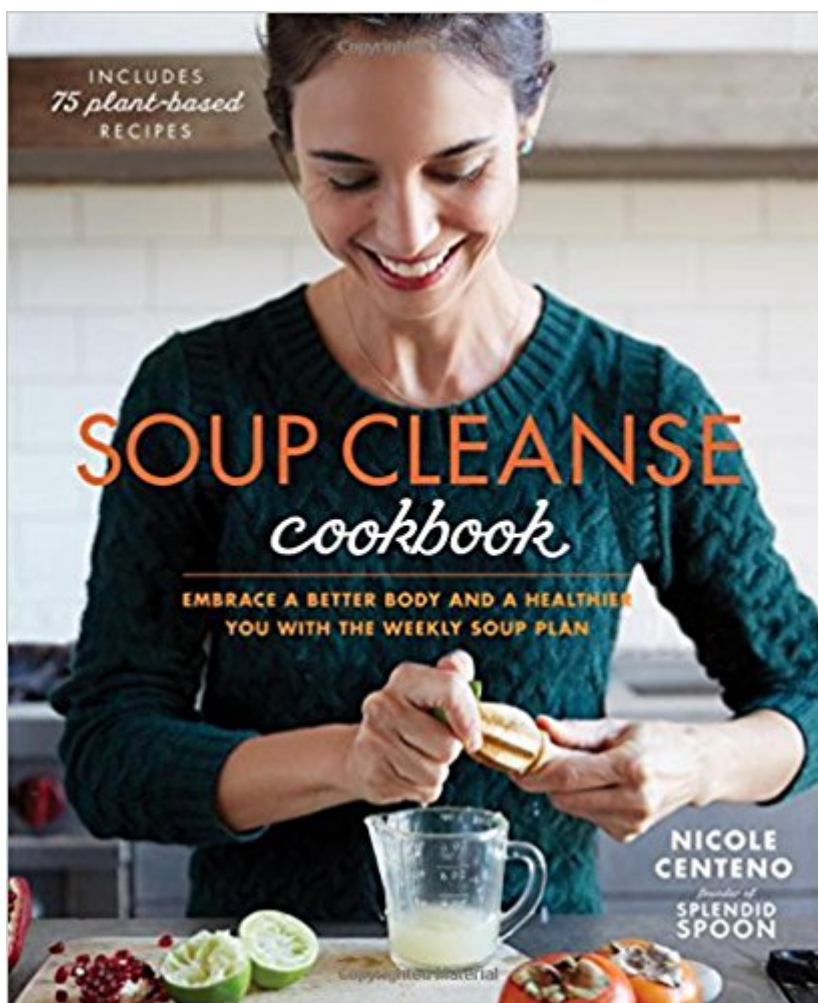


The book was found

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

Paperback: 224 pages

Publisher: Rodale Books (August 30, 2016)

Language: English

ISBN-10: 162336731X

ISBN-13: 978-1623367312

Product Dimensions: 7.5 x 0.6 x 9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 41 customer reviews

Best Sellers Rank: #49,766 in Books (See Top 100 in Books) #23 in Books > Cookbooks,

Food & Wine > Main Courses & Side Dishes > Soups & Stews #77 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses

Customer Reviews

Nicole Centeno is a French Culinary Institute-trained chef and the founder and CEO of Splendid Spoon. She has worked for several major publications including Wired magazine, The New Yorker, and Saveur. In college, she studied diet therapies as treatment for illness and has taught cooking and nutrition courses at Columbia University. Centeno has cooked in esteemed New York City restaurants such as EAT Greenpoint and Fatty Cue. She lives in Brooklyn, NY, with her two sons.

I haven't read the whole introduction yet, but I have made 4 of the soups and they are not only very easy to make with limited prep and very healthy ingredients, but they taste amazing too! Since I only cook for myself right now, I eat very basic meals, and don't spend a lot of time in the kitchen, so the recipes and the easy of cooking are a huge plus for me. What I made so far, tastes amazing!

I've made 4 of these recipes already and they have exceeded my expectations. Most (all?) recipes are gluten free & vegetarian.

Is there a healthier food than healthy soup? This is the direction our society should go. Obviously the fast food nation is wrecking havoc on our minds and bodies. Look around. Thanks for writing this book.

Good idea on how to get a bit healthier especially when you have limited time. Still working on cooking some of the recipes but ones so far are pretty good. Think I am going to use this book quite a bit. Worth the money

Fantastic book! Delicious recipes, easy to make and follow. My only regret is that I did not order the hardback copy as it would be easier to go through.

An amazing book filled with delicious recipes that are easy to prepare and leave you feeling satisfied and healthy. There's something for everyone here and you can adjust certain ingredients to your liking and they still taste great (more or less spices, or swapping spinach for kale). I've already purchased this book a few times and have given them to my family and friends who love it. I highly recommend this book for those who would like to eat more plant based nutritious foods.

Excellent book. I tried the sweet potato cumin soup, and the Beet Balsamic soup and several more. Each was relatively easy to prepare. The directions are clear and concise. I was surprised each time by how good the soup was. I need to eat many more vegetables and there are only so many salads I can eat. Nicole Centeno opens this new path for me beautifully.

good recipes met my expectations

[Download to continue reading...](#)

Soup Cleanse Cookbook: Embrace a Better Body and a Healthier You with the Weekly Soup Plan
Slow Cooker Soup Recipes: 50 Most Delicious & Healthy Slow Cooker Soup Recipes for Better Health and Easy Weight Loss (Soup Recipes, Chicken Soup, Soup Cookbook, Slow Cooker Soup Recipes)
Tea Cleanse: 7 Day Tea Cleanse Diet Plan: How To Choose Your Detox Tea's, Shed Up To 10 Pounds a Week, Boost Your Metabolism and Improve Health (Tea Detox, ... Body Cleanse, Detox Tea, Flat Belly Tea)
Soup Diet: Souping: The New Juicing - Clean Soups and Bone Broth for Rapid Weight Loss (Soup Cleanse Cookbook, Clean Soups, Bone Broth, Bone Broth Cookbook, Soup Recipes Book 1)
BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies)
Fatty Liver: The Ultimate Step-by-Step Guide To Understanding and Reversing Fatty Liver Disease (Liver Cleanse, Nutrition, Liver Cleanse, Healthy Living, Revitalise Health, Detox Body, Weight)
My Weekly Planner - (Black Marble) Daily Planner / Appointment Book: (6x9) To Do Notebook, Weekly To-Do Lists, Weekly and Daily Planner, Durable Matte Cover
The Multi-Orgasmic Diet: Embrace Your Sexual Energy and Awaken Your Senses for a Healthier, Happier, Sexier You
Superfood Cookbook: Fast and Easy Soup, Salad, Casserole, Slow Cooker and Skillet Recipes to Help You Lose Weight Without Dieting: Healthy Cooking for Weight Loss (Cleanse and Detox Book 1)
Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1)
The Liver Cleanse and Detox Diet: Ultimate Liver Cleansing Guide to stay Healthy and Lose Weight! (fatty liver, healthy diet detox, liver disease, cleanse ... fat loss, detox diets, healthy cooking,) 36 Recipes For Pureed Soups – The Easy Pureed Soup Recipe Collection (The Amazing Recipes for Soup and Ultimate Soup Recipes Collection)
Fruit Infused Water - 80 Vitamin Water Recipes for Weight Loss, Health and Detox Cleanse (Vitamin Water, Fruit Infused Water, Natural Herbal Remedies, Detox Diet, Liver Cleanse)
Detox Cleanse & Juice Cleanse Recipes Made Easy: Smoothies and Juicing Recipes
Souping: The New Juicing - Detox, Cleanse & Weight Loss (Detox, Cleanse, Weight Loss, Juicing, Gluten Free, Gut Health, Souping)
Ketogenic Diet: The Essential Ketogenic Diet Cookbook For Beginners – Delicious Ketogenic Recipes To Help You Lose Weight, Regain Confidence, and Heal Your Body (Ketogenic Cleanse)
Boost Your Brain Power in 60 Seconds: The 4-Week Plan for a Sharper Mind, Better Memory, and Healthier Brain
The '90s Healthy Body Book: How to Overcome the Effects of Pollution and Cleanse the Toxins from Your Body
Best Body Cookbook & Menu Plan: You're 52 days away from Your Best Body
Quit Smoking Now and Forever: Methods to Quit Smoking And Live A Healthier Life (Quit Smoking, Stop Smoking Forever, Stop Smoking Addiction, Quit Smoking ...

Methods to Quit Smoking, Healthier Life)

Contact Us

DMCA

Privacy

FAQ & Help