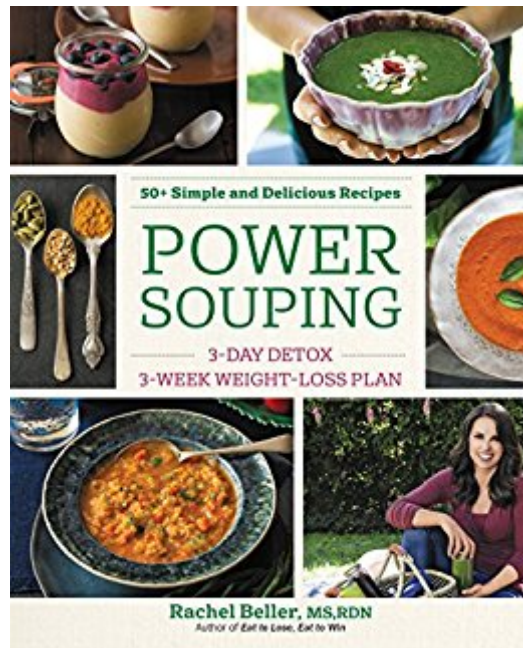




The book was found

Power Souping: 3-Day Detox, 3-Week Weight-Loss Plan



Synopsis

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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Customer Reviews

Green Pea, Asparagus, and Parsley Soup Makes 6 servings (serving size: 2 cups) A Hollywood favorite during award season among my celebrity clients, this tummy debLOATer is my delicious red-carpet-ready trick of the trade. The secret in this soup is the parsley, which helps flush out excess water from the body and keeps tummy bloat at bay. Plus, asparagus is rich in vitamins A, E, C, and K, and the green peas are high in protein and loaded with all types of B vitamins that may help energize you. I think of this trio of powergreens as a tasty multi-vitamin in a bowl! Method: 1. Heat the oil in a large pot over medium heat. 2. Add the leeks and sautÃ© for 4 minutes, until softened. 3. Add the broth and bring to a simmer. 4. Stir in the peas and asparagus and simmer, covered, for 3 minutes longer. 5. Carefully place half of the soup in a high-powered blender and puree until smooth, then return it to the pot. 6. Add the parsley (and thyme, if desired) and stir well to combine. 7. Season with salt and pepper to taste and serve. Nutrition Information: - Calories: 210 - Fat: 3g - Sodium: 200mg - Carbs: 36g - Fiber: 12g - Sugar: 13g - Protein: 13g Here's What You Need: 1 tablespoon coconut oil 1 1/2 cups chopped leeks 8 cups low-sodium vegetable broth 6 cups frozen green peas 2 bunches of asparagus (30 to 40 stalks), tough ends removed and cut into 1-inch pieces 1/2 cup chopped fresh parsley Himalayan salt or sea salt Freshly ground black pepper Optional: 2 teaspoons minced fresh thyme (stir in with the parsley)

I ordered this as a birthday gift for my wife. As soon as it arrived I went through the book and found quite a few recipes I wanted to try. My wife and I set aside time to make 3 recipes on Sunday which took us less than an hour to prepare. The soups were delicious and we froze or chilled what we didn't eat and they are as good reheated as they were fresh. We love the soups, the recipes are simple, incredibly inexpensive and tast great! Wish I had this book a year ago. Eating the soup over three days and I am down 5 pounds already. I don't need to lose much but I had plateaued and now am back on track to my target healthy weight within the month.

After having read about the "Cabbage Soup" diet 35 years ago, my wife and I have made a huge pot of soup every other week or so and eaten it exclusively for two to three days in a row for many-many years. It works! It has helped us to remain healthy and at a stable weight right up to now in our retirement. This book has taken the Cabbage Soup concept to a whole new level! It is a treasure. In fairness, the Cabbage Soup diet's one major weakness is in its boredom and repetition. This book provides so many fresh new recipe's for different and unusual soups, that you may be

overwhelmed. They each share this common denominator - they are ALL easy to make, have great variety and remain nutritionally healthy. Thank you Rachel Beller !!!!

This is a wonderful cookbook! There is a great selection of recipes that I want to try--including breakfast smoothie bowls and vegetable dishes along with all of the soups. There are so many cookbooks out there that only have a handful of recipes that you want to try but as I was flipping through this book, I realized I wanted to try almost all of them! I also love the idea of the detox and weight loss plans using real whole foods and not some pre-packaged shake or "weight-loss" tea. The book is visually pleasing too-very nice photographs and charts. Love it!

I'm not a fad dieter. I'm trying this diet because it uses unprocessed food and a lot of veggies, which I'm trying to incorporate more of into my everyday diet. The only other diet that I've tried that was similar was the Sonoma Diet. It worked very well for me and I lost a total of 10 pounds by the "end". My biggest complaint with it (Sonoma) was the amount of prep and it was very expensive. This diet is much easier to prepare and much less expensive since there is no expensive meat, aside from some fish recipes and you reuse the same ingredients multiple times (which isn't all good). My biggest complaint is that most of the lunch and dinner recipes are exceptionally bland. We usually end up doctoring them up with herbs and spices which I doubt add any calories. I've been on it for two weeks and I'm already down six pounds; three of those pounds were lost during the three day detox, which I think is essential. I've actually altered it a little this past week by making the breakfast, lunch and snack, but occasionally substituting dinner with recipes from Eating Well, Vegetarian Times or Sonoma. It's the only way that I could keep my husband on it with me.

I love it!! This book is so practical and filled with delicious recipes, both souping and non-souping, that are ideal for a busy working mom. The 3 day detox and 3 week weight loss plan are doable and I am so excited to have started my transformation. I LOVE the gorgeous photographs and so appreciate all the nutrition tips throughout the book. This is a must have and I've already ordered copies for my friends!

As a student working toward an RD, I appreciate this book and its philosophy on what a detox diet should be. Every recipe is plant based and packed full of nutrients, antioxidants, and FIBER, which is what moves everything through your digestive tract. The recipes are great, and pretty easy to throw together, plus they all freeze well, so you can make big batches, freeze them in individual

portions, and pull them out to reheat whenever you need a quick, healthy meal. I haven't had any trouble finding any of the ingredients, which I find is the case with some of the more trendy recipes you see on blogs, pinterest, or elsewhere. The photography is great too, and makes all of the recipes look really fantastic (I have tried about 1/2 of the soup recipes by now, and they are all very good!). There is also a two page spread that I LOVE which has a photo of what any suggested snack would look like (nuts, berries, fruits etc...) It's just a great reminder on healthy portion control, and again, beautiful photography. I have a couple of minor critiques: All the recipes say to add in salt or seasonings at the end of cooking, as a way of limiting sodium intake. As someone with a culinary background, I would definitely suggest adding them throughout the cooking process. Watch the total amount of salt, if you're someone in the hypertensive category, maybe measure out total seasonings before you start cooking, but add them throughout. That allows them more time to simmer and actually flavor the whole dish, rather than just surface level seasonings. I would also say her catchphrase "rule of 3" could use some work. It is basically the principles that each recipe is built off of, and supposedly a way to branch out from just the recipes in this book and apply it to all food for the rest of your life of healthy eating. It just doesn't quick click for me. Also, it seems there are different 3 rules for each meal, so really, it's like a rule of 9... and that's a lot more things to think about! Overall, I do think it is a great book full of delicious, healthy, low calorie recipes. Most of them are free of gluten, dairy, and other animal products (vegan) and are really satisfying. They are built off of sound dietetic principles, and are bursting with good nutrition. Whether you buy it to try the 3-day-detox, the 3 week weight loss plan, both of those, or just want another cookbook with healthy meal ideas, I would definitely recommend it.

Love the book! I ate soup every day for lunch before I got this book and having it definitely expands my menu. I have made 5 or 6 soups already and they are delicious and give me more energy than I've had in months. My husband used to laugh at me at my lunches but now he has joined me and said as long as we can have soups like this he will eat soup also. We have expanded from lunch to more meals per day and attribute that to the recipes in the book. In addition the book is beautiful to look at and recipes are easy to follow.

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