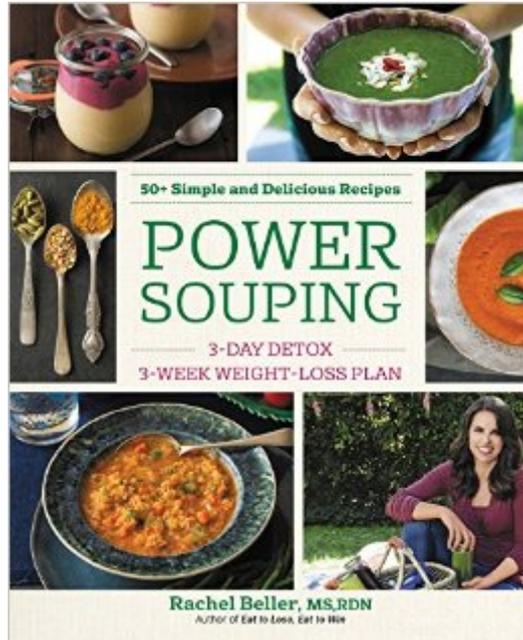


The book was found

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.

Book Information

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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)

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 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!

I became a client of Rachel's about 2 months ago after reading her first book. After battling chronic illness for years I was at a desperation point. I had tried to "eat healthy" before but always gave up because, although I lost weight, I never felt better physically. I knew eating "right" could and would make a difference if I just had the right information that was based on science and not "fad." After reading Rachel's first book I knew she was the real deal! I immediately called her office, made an appointment, and flew to Beverly Hills to meet with her. We both knew I wouldn't gain a "cure," but our goal was an improved quality of life. Frankly, I really was at a point of expecting very little but willing to try anything. She has blown my expectations out of the water. She has tailored a program specifically for me and my health issues and has weekly tweaked and shored up my eating habits. I am a retired physician, and there are a hand full of people that I truly admire as KNOWING their specialty. Rachel is at the top of the list. She is indeed the real deal. She has years of research under her belt and keeps abreast of the latest scientific breakthroughs and discoveries in nutrition. She knows how to tailor a program to a client's needs. There is a REASON she is sought after and featured in magazines, on TV and by celebrities—she knows her stuff!!! In two short months she has accomplished a radical change in not only my diet, but in my own knowledge about nutrition and my thought process about what I eat. Not only have I lost weight, I have also decreased my dosage of several medications. This is a "diet" I won't be quitting, because I can tell it is helping. I cannot recommend Rachel highly enough because 5 stars just doesn't adequately represent what she knows and is willing to give her clients. And now you can get in on some of her extensive knowledge through her new book! Devour it!

I would be the least likely person to purchase this book. I never diet and I don't like soup. My Mom purchased it after seeing Rachel on TV. The recipes contained some ingredients that she wouldn't eat so she gave the book to me to see if I liked it. Like??? I LOVE it. My son doesn't drink cow's milk so I made her plant-based milk and it was SO GOOD! Next, I tried the granola. It was gone within minutes. My husband, 3 year old as well as myself devoured it. I was convinced so I decided to try the 3 day detox. I figured it was 3 days. I made the 3 soups and snacks. I honestly can't believe how delicious and filling all the recipes are. Even if you are not interested in "dieting" the idea of clean eating is a good one! (IMHO)

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 taste 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.

It has a lot of recipes, but watch out, some of the directions of cooking aren't complete. If you are not a cook, you might end up eating some vegetables raw in the soup, because it doesn't tell you to cook them. But I have been cooking for years, and discovered the error and just cooked my soup 10 minutes longer after starting simmering again after adding vegetables. Also, didn't get enough protein in a day on the 3 day detox, so be careful. I started having a headache, 3/4 way thru the first day, all night and 3/4 way thru the 2nd day, when I discovered the protein was too low, and I added a scoop of the protein powder to my afternoon boost, and it went away. Who would of thought.

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