



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

Rachel Beller

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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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Power Souping: 3-Day Detox, 3-Week Weight-Loss Plan can be one of your beginning books that are good idea. All of us recommend that straight away because this reserve has good vocabulary that may increase your knowledge in vocab, easy to understand, bit entertaining but still delivering the information. The writer giving his/her effort to put every word into joy arrangement in writing Power Souping: 3-Day Detox, 3-Week Weight-Loss Plan although doesn't forget the main point, giving the reader the hottest as well as based confirm resource details that maybe you can be one of it. This great information can easily drawn you into brand new stage of crucial considering.

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