

## Soup Cleanse Cookbook: Embrace a Better Body and a Healthier You with the Weekly Soup Plan



Nicole Centeno, founder of the Brooklyn based souper, Splendid Spoon, is on the cusp of a powerful new health trend: souping. Souping pumps your body full of vitamins and nutrients to help you lose weight and feel amazing. Unlike the wildly popular juice cleanses that are overloaded with sugar and skimp on fiber, a soup cleanse provides a nutrient-dense, fiber-rich alternative: slow cooked chewable soup. Juice is just a beverage; soup is a meal! Now you too can enjoy Nicole's easy souping tips and popular recipes in Soup Cleanse Cookbook. Containing over 75 delicious, plant-based soup recipes, the book features plans that focus on different health benefits like immunity, detoxification, and weight loss, as well as customizable cleanses to perfectly fit your lifestyle. As an entrepreneur and busy mother of two young boys, Nicole understands that diets fail, cleanses can be intimidating, and getting more veggies into your daily diet can be difficult. Whether you choose the once-a-week plan or a multi-day cleanse, or just a delicious soup to enjoy for lunch or dinner, Soup Cleanse Cookbook makes healthy eating and living truly splendid.

**Soup Cleanse Cookbook: Embrace a Better Body and a Healthier You with the Weekly Soup Plan** There's a new way to cleanse, and it doesn't involve deprivation or strict rules. **Soup Cleanse Cookbook: Embrace a Better Body and a Healthier You with the Weekly Soup Plan** - Google Books Soup Cleanse Cookbook: Embrace a Better Body and a Healthier You with the Weekly Soup Plan: Nicole Centeno: 9781623367312: Books - . **Soup Cleanse Cookbook Splendid Spoon** Editorial Reviews. Review. Finally, a healthier way to detox! The nourishing recipes in **THE Power Souping: 3-Day Detox, 3-Week Weight-Loss Plan** Soup Cleanse Cookbook: Embrace a Better Body and a Healthier You with the Weekly **THE SOUP CLEANSE: A Revolutionary Detox of** - Soup Cleanse Cookbook : Embrace a Better Body and a Healthier You with the Weekly Soup Plan (Nicole Centeno) at . Discover a healthier **Soup Cleanse Cookbook: Embrace a Better Body and a Healthier You** The Soup Cleanse Cookbook has 23 ratings and 6 reviews. Souping pumps your body full of vitamins and nutrients to help you lose weight So this seemed like an interesting way to get healthier while enjoying good food. I like the premise of this approach, so we started last week, with 4 delicious and different soups. **Soup Cleanse Cookbook: Embrace a Better Body and a Healthier You** Soup Cleanse Cookbook: Embrace a Better Body and a Healthier You with the Weekly Soup Plan [Nicole Centeno] on . \*FREE\* shipping on **Soup Cleanse Cookbook : Embrace a Better Body and a Healthier You** The Paperback of the Soup Cleanse Cookbook: Embrace a Better Body and

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