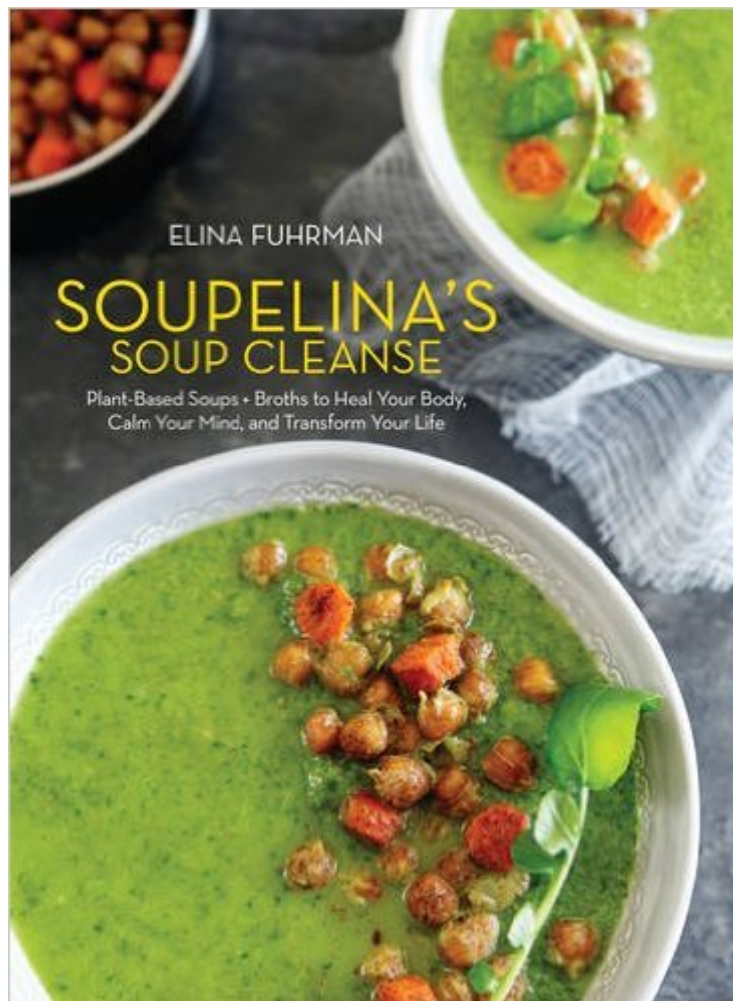


The book was found

Soupelina's Soup Cleanse: Plant-Based Soups And Broths To Heal Your Body, Calm Your Mind, And Transform Your Life



Synopsis

At last, a cleanse that helps you heal and revitalize while eating well! The founder and innovative chef of Soupelina shares her customizable three- and five-day cleanses (with a one-day reset option as well) that will supercharge your health, help reduce inflammation, sharpen your mind, make your skin glow; and help you lose a few pounds in the process. Don't want to cleanse but want to get more whole veggies into your day? These soups are easy, nourishing, and satisfying. Make a batch to sip on all week (or freeze for later); these soups are perfect for a healthy, filling dinner, lunch; and even breakfast. A celebration of great-tasting plant-based soups, Soupelina's Soup Cleanse will change the way you think about healthy food.

Book Information

Hardcover: 288 pages

Publisher: Da Capo Lifelong Books; 1st Edition edition (February 2, 2016)

Language: English

ISBN-10: 073821888X

ISBN-13: 978-0738218885

Product Dimensions: 7 x 0.9 x 9.1 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars See all reviews (58 customer reviews)

Best Sellers Rank: #18,562 in Books (See Top 100 in Books) #17 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Soups & Stews #43 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian #57 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

Customer Reviews

I have really been looking forward to getting my copy of this cookbook. Mine showed up yesterday and I spent part of the evening reading through it and marking the recipes I wanted to try. The first 90 pages of the book are the educational part. The author covers everything from her personal journey, her food and lifestyle recommendations, details on cleansing in general and how to do a soup cleanse, to lists (with description) of all the ingredients used in her recipes and the equipment she feels is important to make good soups. The ingredients range from stuff you can find anywhere, to things I will pick up for not too much money on (like black lava salt), to things I have never been able to find. Most of the recipes I feel will be doable for me based on my budget and my shopping habits. First let me mention I will not be following an actual cleanse. I have recently (using proper

nutrition) managed to mostly solve more than a year of completely awful IBS. I feel pretty cleansed already ;) That being said I wholeheartedly believe in the healing properties of broths and soups, especially ones like these with lots of herbs and spices. This morning I stopped by the local healthy food store and picked up everything I needed to make my first two Soupelina soups; Easy Peas-y and the Magic Tumeric Broth. My favorite was the easy peasy, the flavors of coconut oil, peas and mint were amazing together. I ate two bowls and I wasn't even very hungry. The turmeric broth was good too. I either used too much coconut oil (I'm not much of an exact measurements kind of girl) or the recipe calls for more than is really needed. Next time I will start with one tablespoon and then add more if needed.

I have to say, I'm really frustrated with this book. The story the author tells is beautiful. I absolutely LOVE the idea of a soup cleanse and was so excited to get my hands on the book that I bought the Kindle copy instead of waiting for the print book. That was my first mistake. It's very hard to flip between the recipes and the different cleanse menus. Each soup has a unique and cute name, but I had to write them all down, because not only are they not listed alphabetically, they aren't listed with their separate cleanse menus. Then to make matters worse, the author says it's not good to freeze the soups because they won't be as good for you. She says you can, but then she asks why would you want to? Well, I have to feed a family of five who is not doing the soup cleanse with me. I don't have time to make 5-6 different soups a day from scratch. I can't imagine that most people can do this. I'm not even sure I want to make 6 separate batches of soup at once. Six different soups a day. That sounds like a full day of cooking, and I'm supposed to do it fresh every day? Don't get me wrong, I'd love to indulge my time doing such a wholesome activity, but I have a job, kids, school, laundry, etc. To follow the directions in this cleanse, one needs a personal chef. But still, I vowed to give it a try and kept reading. Then I got to the section on kitchen tools. I have a well stocked kitchen so I didn't think I'd have any issues, until the author says you must have a Vitamixer to make these soups. THAT'S A \$400-\$500 BLENDER! She says you could use a regular blender, but the consistency will NOT come out right. Well I guess I'm out of luck. I'm sure it's a fabulous blender, but I can't spend that much on a blender no matter how great a blender it is.

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

Soupelina's Soup Cleanse: Plant-Based Soups and Broths to Heal Your Body, Calm Your Mind, and Transform Your Life
Tea Cleanse: 7 Day Tea Cleanse Diet: How to Choose Your Detox Teas, Boost Your Metabolism, Lose 10 Pounds a Week and Flush Out Toxins (Tea Cleanse, ... Belly, Tea Cleanse Diet, Weight Loss, Detox)
THE SOUP CLEANSE: A Revolutionary Detox of Nourishing

Soups and Healing Broths from the Founders of Soupure Soup Cleanse Cookbook: Embrace a Better Body and a Healthier You with the Weekly Soup Plan The 22-Day Revolution: The Plant-Based Program That Will Transform Your Body, Reset Your Habits, and Change Your Life Spartan Fit!: 30 Days. Transform Your Mind. Transform Your Body. Commit to Grit. Alkaline Diet Cookbook: Lunch Recipes: Insanely Delicious Alkaline Plant-Based Recipes for Weight Loss & Healing (Alkaline Recipes, Plant Based Cookbook , Nutrition) (Volume 2) Our Savior Jesus Christ: His Life and Mission to Cleanse and Heal Superfood Soups: 100 Delicious, Energizing & Plant-based Recipes American Horticultural Society Plant Propagation: The Fully Illustrated Plant-by-Plant Manual of Practical Techniques NutriBullet Recipe Book: Savory Soups!: 71 Delicious, Healthy & Exquisite Soups and Sauces for your NutriBullet Chakra Foods for Optimum Health: A Guide to the Foods That Can Improve Your Energy, Inspire Creative Changes, Open Your Heart, and Heal Body, Mind, and Spirit Smash Chronic Fatigue: A Concise, Science-Based Guide to Help Your Body Heal, and Banish Fatigue Forever Splendid Soups: Recipes and Master Techniques for Making the World's Best Soups Book of Soups: More than 100 Recipes for Perfect Soups A Plant-Based Life: Your Complete Guide to Great Food, Radiant Health, Boundless Energy, and a Better Body The Mind-Body Code: How the Mind Wounds and Heals the Body How to Heal Yourself When No One Else Can: A Total Self-Healing Approach for Mind, Body, and Spirit Angel Medicine: How to Heal the Body and Mind with the Help of the Angels The Skinny NUTRiBULLET Soup Recipe Book: Delicious, Quick & Easy, Single Serving Soups & Pasta Sauces For Your Nutribullet. All Under 100, 200, 300 & 400 Calories.

[Dmca](#)