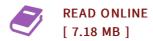




## **Power Souping**

By Rachel Beller

HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, Power Souping, Rachel Beller, From the author of Eat to Win, Eat to Lose, the first book to reveal the powerful health benefits of the latest diet trend known as souping-with a 3-day detox, a 3-week diet plan and more than 50 delicious recipes. Step aside, juicing-the next big diet sensation is souping, as in big, steaming bowls filled with real, satisfying ingredients. Unlike the high sugar, low-fiber juice cleanses that have been so popular, souping is just the opposite-low-sugar, high fiber, and filling! In Power Souping, nutritionist-to-thestars Rachel Beller shares what makes a soup diet effective, which recipes to try and what soups to avoid, and how to fit soups into an action plan for life. In her upbeat, conversational style, Rachel first outlines a rapid, 3-day weight-loss plan and shares her invaluable "Wholesome Threesome" rule: centering every meal around: (1) two handfuls of vegetables; (2) protein; (3) healthy fats. Along the way she offers tips to make shopping and cooking quick and easy, as well as secrets to perking up soups to make them even more nutritious and delicious. After 3 days (and 3 fewer pounds), Rachel dives into...



#### Reviews

A new e book with a brand new standpoint. I am quite late in start reading this one, but better then never. I discovered this ebook from my i and dad advised this publication to understand.

-- Jada Franecki II

Here is the very best book i have got read through until now. I could possibly comprehended everything using this composed e publication. You will not sense monotony at whenever you want of your time (that's what catalogues are for concerning should you ask me).

-- Izaiah Schowalter

### Other Books



# You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the fact that her mother winced a little...



#### It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em, Greg Behrendt, Amiira Ruotola-Behrendt, A fabulous new guide to dating co-authored by Greg Behrendt, former writer on...



#### Good Tempered Food: Recipes to love, leave and linger over

Clearview. Paperback. Book Condition: new. BRAND NEW, Good Tempered Food: Recipes to love, leave and linger over, Tamasin Day-Lewis, Slow-cooked food and what the author likes to call 'good tempered food', is what proper cooking is all about. In fact, it's the...



#### THE Key to My Children Series: Evan s Eyebrows Say Yes

AUTHORHOUSE, United States, 2006. Paperback. Book Condition: New. 274 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.THE KEY TO MY CHILDREN SERIES: EVAN S EYEBROWS SAY YES is about a three year old little boy who...



#### Becoming a Spacewalker: My Journey to the Stars (Hardback)

Purdue University Press, United States, 2014. Hardback. Book Condition: New. 284 x 216 mm. Language: English. Brand New Book. This nonfiction picture book is a children s version of NASA astronaut Jerry L. Ross s autobiography, Spacewalker: My Journey in Space...



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Createspace, United States, 2012. Paperback. Book Condition: New. 276 x 214 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Save children's lives learn the discovery of God Can we discover God? What does science prove? Why we were never...