



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

By Rachel Beller

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

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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Editorial Review

From the Back Cover

WANT A STRONGER, SEXIER, SLIMMER YOU?

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About the Author

Rachel S. Beller is a registered dietitian nutritionist with a master's degree in nutritional science. She founded the Beller Nutritional Institute in Beverly Hills, where her clients include Hollywood stars, executives, and people from all walks of life. Rachel is a spokesperson for the American Cancer Society and is actively involved in community outreach. She also serves as a nutrition expert for *Glamour* magazine and was the nutritionist for NBC's hit series *The Biggest Loser*. She appears frequently on *Good Morning America*, *The Dr. Oz Show*, CNN, and *ABC World News Tonight*, and is the author of the bestselling book *Eat to Lose, Eat to Win*.

Users Review

From reader reviews:

Andre Roberts:

The book *Power Souping: 3-Day Detox, 3-Week Weight-Loss Plan* give you a sense of feeling enjoy for your spare time. You can use to make your capable a lot more increase. Book can for being your best friend when you getting tension or having big problem together with your subject. If you can make reading through

a book Power Souping: 3-Day Detox, 3-Week Weight-Loss Plan being your habit, you can get much more advantages, like add your own capable, increase your knowledge about many or all subjects. It is possible to know everything if you like wide open and read a book Power Souping: 3-Day Detox, 3-Week Weight-Loss Plan. Kinds of book are a lot of. It means that, science e-book or encyclopedia or other folks. So , how do you think about this e-book?

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Typically the book Power Souping: 3-Day Detox, 3-Week Weight-Loss Plan will bring you to the new experience of reading any book. The author style to elucidate the idea is very unique. In case you try to find new book to read, this book very suitable to you. The book Power Souping: 3-Day Detox, 3-Week Weight-Loss Plan is much recommended to you to see. You can also get the e-book from your official web site, so you can more easily to read the book.

Ralph McClure:

People live in this new day time of lifestyle always attempt to and must have the spare time or they will get wide range of stress from both everyday life and work. So , once we ask do people have free time, we will say absolutely indeed. People is human not a robot. Then we request again, what kind of activity do you have when the spare time coming to you of course your answer will probably unlimited right. Then do you try this one, reading textbooks. It can be your alternative in spending your spare time, the particular book you have read is definitely Power Souping: 3-Day Detox, 3-Week Weight-Loss Plan.

Cinthia Jacobsen:

This Power Souping: 3-Day Detox, 3-Week Weight-Loss Plan is great publication for you because the content which can be full of information for you who all always deal with world and get to make decision every minute. This specific book reveal it details accurately using great organize word or we can declare no rambling sentences inside. So if you are read it hurriedly you can have whole info in it. Doesn't mean it only will give you straight forward sentences but challenging core information with wonderful delivering sentences. Having Power Souping: 3-Day Detox, 3-Week Weight-Loss Plan in your hand like obtaining the world in your arm, data in it is not ridiculous a single. We can say that no reserve that offer you world inside ten or fifteen tiny right but this publication already do that. So , it is good reading book. Hello Mr. and Mrs. hectic do you still doubt in which?

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