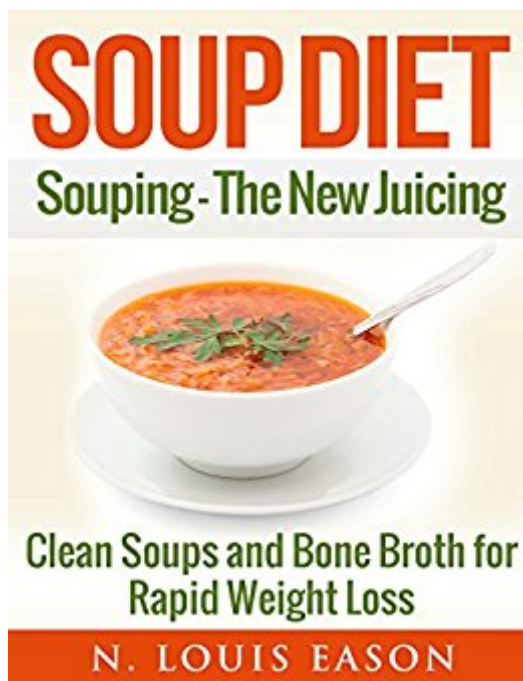


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# **Soup Diet: Souping: The New Juicing - Clean Soups And Bone Broth For Rapid Weight Loss (Soup Cleanse Cookbook, Clean Soups, Bone Broth, Bone Broth Cookbook, Soup Recipes Book 1)**



## Synopsis

Learn the simple and effective way to lose weight and detox the body! Read this book for FREE on Kindle Unlimited!! The Soup Diet is on the cutting edge of a new detox movement that is taking the fitness industry by storm. Many fitness and nutritional experts are calling "Souping" the new Juicing. Souping is a much more effective detox method than juicing, and The Soup Diet explains exactly why! The Soup Diet is not just another one of those "fad diet" books that promise you can lose 30 pounds in 2 weeks. The soup cleanse is a proven method to lose weight at a healthy pace and keep all the weight off for good! In this book, you will learn: What souping is and why it is so effective at weight loss and detox Why souping works way better than juicing The lasting benefits of souping The benefits of vegetables and ingredients used in souping Over 10 BONUS delicious recipes to help you get going! And much, much, more.... GET YOUR COPY FOR ONLY 2.99! Regular Price is \$4.99 The Soup Diet makes weight loss easy and fun! The Soup Diet does not make you feel hungry all the time!! ORDER YOUR \$2.99 COPY ON KINDLE FOR A LIMITED TIME! Offer expires: 2/30/2017 Don't have a Kindle? No problem!! Read on any electronic device including your tablet, computer, or smart phone! Finally lose that stubborn weight that you've been trying to get rid of! Stop waiting and go click the orange button at the top of the screen right now! Tags: Soup diet, souping, juicing, soup cleanse, soup, soup cleanse cookbook, soups, clean soups, bone broth, bone broth diet, bone broth recipes, bone broth cookbook, stew, stew diet, stew cookbook, souping, soup cleanse, weight loss, diet, lose weight, fitness, healthy, healthy living, low carb, detox, detoxification, immunity, homeopathic remedies, soup recipes, soup cookbook

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## Customer Reviews

I liked how the introduction told readers what a soup diet is and how it is beneficial to the body. The author describes the difference between souping and juicing and it was really interesting as well as informative. I like how the author also lets the readers know about the lasting benefits of a soup diet. The author goes into the benefits of each ingredient that is usually in soups which I thought was very interesting as well. The recipes taste good and are also really easy and simple to make. I really liked this book and will continue to use it for the recipes.

This book is very health oriented which I love. The information provided in this book is highly valuable, primarily because it is written in a way everybody can understand. It talks about detoxing, boosting the immune system, and even goes into detail on the specific vegetables and in what ways they benefit us. I love the fact that we have entered a more health oriented era, because this way I can get more access to books like this and also learn as much as possible on how to live healthy. I can't wait to read more books from N. Louis Eason.

Going into a diet is not always easy, especially since you have to remove a lot of delicious foods from your list and ends up with a list of bitter and bland foods. However, this book opens me to a new version of diet that I can actually enjoy. Souping is a new word for me, and I really enjoy reading about it. I never knew that souping can be the best alternative for people like me. People who do not want to eat pure vegetables or fruits alone. Soup diet helps you to enjoy eating healthy foods for weight loss without worrying about the nutrients we get from our food.

A short but informative read on souping. The author described the basic benefits of souping. Some delicious soup recipes blows my mind. I liked most the spicy green soup and Detox soup. Recommended for soup lovers. Thanks to the author.

The Author introduces souping as an alternative form of detox and quickly moves on to distinguish it from juicing. Furthermore, the author does a great job highlighting the benefits of different vegetables and their individual benefits, which helps give you the knowledge on how to customize your meals. Finally, the book provides the reader with multiple recipes to try, and provides tips and advice on alternative ingredients. This book is an easy read yet very rich and informative. Great Souping book.

Securely packaged. Very pleased. Thank You!

I purchased this book for a Bone Broth recipe--(since it says that in the title). I read cover to cover, not a bone broth recipe in the entire book.

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Juicing: 365 Days of Juicing Recipes (Juicing, Juicing for Weight Loss, Juicing Recipes, Juicing Books, Juicing for Health, Juicing Recipes for Weight Loss, Juicing Detox, Juicing for Beginners)  
Bone Broth : Bone Broth Diet Plan: Lose 15 Pounds, Firm Up Your Skin, Improve Health and Reverse Grey Hair with the Bone Broth Diet (Bone Broth, Bone Broth Diet, Bone Broth Recipes)  
Bone Broth: Bone Broth Diet Cookbook: Bone Broth Recipes and Guide to Lose Up 15 Pounds, Firm up Your Skin, Reverse Grey Hair and Improve Health in 21 ... Broth, Bone Broth Diet, Bone Broth Recipes)  
JUICING RECIPES: The Juicing for Health Complete Guide (120 RECIPES): juicing, juicing detox, juicing for weight loss, juicing for beginners, juicing diet, juice diet, juice recipes, juicing books  
Souping: The New Juicing - Detox, Cleanse & Weight Loss (Detox, Cleanse, Weight Loss, Juicing, Gluten Free, Gut Health, Souping)  
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Juicing Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Juice Cleanse, Juice Diet, ... Juicing Books, Juicing Recipes) (Volume 1)  
ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss  
Juicing: Juicing for Weight Loss: Refreshing Juicing Recipes for Weight Loss, Health and Vitality (Over 30 Delicious Juicing Recipes for Beginners)  
Clean Eating:

Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Slow Cooker Soup Recipes: 50 Most Delicious & Healthy Slow Cooker Soup Recipes for Better Health and Easy Weight Loss (Soup Recipes,Chicken Soup ,Soup Cookbook ,Slow Cooker Soup Recipes) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Keto Clarity: Rapid Weight Loss with Ketogenic Diet: The Simple Ketogenic Diet Cookbook Recipes for Beginners(ketogenic diet for weight loss, diabetes, diabetes diet, paleo, paleo diet, low carb)

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