



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

Nicole Centeno

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Nicole Centeno, founder of the Brooklyn based soupery, 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.

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