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Soup Cleanse Cookbook: Embrace A Better Body And A Healthier You With The Weekly Soup Plan



Synopsis

Discover a healthier you with the ultimate cure-all: soup. Throw out everything you think you know about wellness. There's a new way to cleanse, and it doesn't involve deprivation or strict rules. A soup cleanse is the modern alternative to quick-fix diets and juice cleanses: It's nutrient-dense, satisfying, and convenient for any lifestyle. Souping employs the simple philosophy that truly connecting with your food helps establish lasting habits so you can reveal your best self. In the Soup Cleanse Cookbook, you'll discover how small tweaks to your weekly meals and mealtime rituals make a big difference in your health. Seventy-five plant-based and gluten-free recipes can be mixed and matched for a customizable weekly plan that includes a dedicated souping day, 5 days of soup for lunch, and an "anything goes" day. Or, follow one of the soup categories, each designed to address different health needs, like boosting immunity, revving up energy, and encouraging weight loss. Creative suggestions and actionable tips simplify the concept of cleansing and help incorporate more veggies into your daily diet. The Soup Cleanse Cookbook makes mindful eating truly splendid.

Book Information

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Customer Reviews

Nicole Centeno is a French Culinary Institute-trained chef and the founder and CEO of Splendid Spoon. She has worked for several major publications including Wired magazine, The New Yorker, and Saveur. In college, she studied diet therapies as treatment for illness and has taught cooking and nutrition courses at Columbia University. Centeno has cooked in esteemed New York City restaurants such as EAT Greenpoint and Fatty Cue. She lives in Brooklyn, NY, with her two sons.

I haven't read the whole introduction yet, but I have made 4 of the soups and they are not only very easy to make with limited prep and very healthy ingredients, but they taste amazing too! Since I only cook for myself right now, I eat very basic meals, and don't spend a lot of time in the kitchen, so the recipes and the easy of cooking are a huge plus for me. What I made so far, tastes amazing!

I've made 4 of these recipes already and they have exceeded my expectations. Most (all?) recipes are gluten free & vegetarian.

Is there a healthier food than healthy soup? This is the direction our society should go. Obviously the fast food nation is wrecking havoc on our minds and bodies. Look around. Thanks for writing this book.

Good idea on how to get a bit healthier especially when you have limited time. Still working on cooking some of the recipes but ones so far are pretty good. Think I am going to use this book quite a bit. Worth the money

Fantastic book! Delicious recipes, easy to make and follow. My only regret is that I did not order the hardback copy as it would be easier to go through.

An amazing book filled with delicious recipes that are easy to prepare and leave you feeling satisfied and healthy. There's something for everyone here and you can adjust certain ingredients to your liking and they still taste great (more or less spices, or swapping spinach for kale). I've already purchased this book a few times and have given them to my family and friends who love it. I highly recommend this book for those who would like to eat more plant based nutritious foods.

Excellent book. I tried the sweet potato cumin soup, and the Beet Balsamic soup and several more. Each was relatively easy to prepare. The directions are clear and concise. I was surprised each time by how good the soup was. I need to eat many more vegetables and there are only so many salads I can eat. Nicole Centeno opens this new path for me beautifully.

good recipes met my expectations

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