



# **The Soup Cleanse Cookbook: A Guide to Improving Your Health with Nourishing Plant-Based Soups**

*Nicole Centeno*

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Nicole Chaszar, 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 *The 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, *The Soup Cleanse Cookbook* makes healthy eating and living truly splendid.

## The Soup Cleanse Cookbook: A Guide to Improving Your Health with Nourishing Plant-Based Soups Details

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# **From Reader Review The Soup Cleanse Cookbook: A Guide to Improving Your Health with Nourishing Plant-Based Soups for online ebook**

## **Michael Yoder says**

I gave this book to my mother. She loves it, the recipes are great and she wants to try them all. Thank you for giving me the chance to win this book.

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## **Cosima says**

Thanks to the publishers for my free ARC copy.

I've been meaning to review this one for a while. I don't normally "do" cookbooks but this one looked interesting. The author is in the business of soups, and the business has good reviews, so the recipes had to be great, right?

I found a lot of the ingredients to be unusual. There's a wide variety of soups (some basically smoothies) and ingredients (some of which won't be easy to find depending on the season or your location). The directions are easy to follow and the recipes I've tried have ranged from interesting to delicious.

I wish that the book was in color because the black and white pictures aren't very easy to make out. The finished, non-ARC version should be in color.

Overall, recommended.

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## **Jess says**

The whole diet portion seems worrisome to me, but the recipes I've tried have been really delicious. Especially the eggplant tahini and Avacado and kimchi stew

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## **Ivy says**

I intended to read this only for the recipes, but ended up reading the whole thing. It had much more reading than I anticipated. It was interesting, but I am not going to do a soup cleanse. She has some very interesting recipes and she has clear instructions and good photos for her recipies. Not my favorite cookbook ever, but not worst.

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### **Alex DK says**

Read my review for this cookbook with the recipes I tested on my blog post:

<https://lifeonacanadianisland.blogspot...>

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### **Chris says**

I love cookbooks. Also soup. So this seemed like an interesting way to get healthier while enjoying good food. I like the premise of this approach, so we started last week, with 4 delicious and different soups. Today we're at it again, with new recipes. I don't know whether we're really detoxing, but the soups are good and nutritious and I think a big part of this system is that it forces you to consider what you'll be eating in advance and also to cook good food from scratch. Thanks to Goodreads for the chance to try this out!

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### **Rosemary says**

The whole concept of cleansing the body with soup appeals to me because I have always been a soup lover. This book has some great ideas and recipes.

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### **Janet says**

Even though I highly doubt I'll be doing a soup cleanse, or "souping," as the author calls it, I did find a few good recipes here.

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### **Monique Pearson says**

I was so excited about this book and went through every single recipe's ingredients to see what I could and couldn't eat and what I would like. Between food allergies of Cayenne, Ginger, and any kind of peppers and just absolute dislike of things like tumeric, cumin, and mushrooms there was only a small handful of things I could or would eat in this cookbook (even most of those I'd have to leave out something like black pepper). I was highly disappointed. First I don't believe any dish needs 5 or more seasonings to be good. Secondly there's far too many repetitions in the choices of ingredients.

I will pass this along to someone else with less allergies and who enjoys more middle eastern flavors. I myself have little use for this book. Very sad since I love soups throughout the winter.

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### **Melitta Cross says**

Made a number of recipes. Very good.

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