



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

By Rachel Beller

Download now

Read Online 

## 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.

 [Download Power Souping: 3-Day Detox, 3-Week Weight-Loss Plan.pdf](#)

 [Read Online Power Souping: 3-Day Detox, 3-Week Weight-Loss Plan.pdf](#)



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

By Rachel Beller

## 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.

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

- Sales Rank: #75290 in Books
- Brand: imusti
- Published on: 2016-03-22
- Released on: 2016-03-22
- Original language: English
- Number of items: 1
- Dimensions: 9.13" h x .66" w x 7.38" l, .0 pounds
- Binding: Paperback
- 272 pages



[Download Power Souping: 3-Day Detox, 3-Week Weight-Loss Pla ...pdf](#)



[Read Online Power Souping: 3-Day Detox, 3-Week Weight-Loss P ...pdf](#)



## Download and Read Free Online Power Souping: 3-Day Detox, 3-Week Weight-Loss Plan By Rachel Beller

---

### Editorial Review

From the Back Cover

#### WANT A STRONGER, SEXIER, SLIMMER YOU?

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.

### 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:

##### William Jimenes:

Book is to be different for each and every grade. Book for children until adult are different content. As it is known to us that book is very important normally. The book Power Souping: 3-Day Detox, 3-Week Weight-Loss Plan seemed to be making you to know about other understanding and of course you can take more

information. It doesn't matter what advantages for you. The book Power Souping: 3-Day Detox, 3-Week Weight-Loss Plan is not only giving you a lot more new information but also for being your friend when you really feel bored. You can spend your own time to read your book. Try to make relationship together with the book Power Souping: 3-Day Detox, 3-Week Weight-Loss Plan. You never sense lose out for everything if you read some books.

**Donald Diaz:**

Now a day those who Living in the era where everything reachable by connect with the internet and the resources inside can be true or not demand people to be aware of each information they get. How individuals to be smart in receiving any information nowadays? Of course the solution is reading a book. Reading through a book can help men and women out of this uncertainty Information especially this Power Souping: 3-Day Detox, 3-Week Weight-Loss Plan book because this book offers you rich information and knowledge. Of course the details in this book hundred pct guarantees there is no doubt in it as you know.

**Pamela Acuna:**

Are you kind of stressful person, only have 10 or perhaps 15 minute in your moment to upgrading your mind ability or thinking skill actually analytical thinking? Then you are having problem with the book than can satisfy your short space of time to read it because all of this time you only find publication that need more time to be learn. Power Souping: 3-Day Detox, 3-Week Weight-Loss Plan can be your answer given it can be read by anyone who have those short free time problems.

**Gary Roth:**

Reading a publication make you to get more knowledge as a result. You can take knowledge and information from your book. Book is written or printed or descriptive from each source this filled update of news. In this particular modern era like at this point, many ways to get information are available for anyone. From media social similar to newspaper, magazines, science book, encyclopedia, reference book, fresh and comic. You can add your knowledge by that book. Isn't it time to spend your spare time to open your book? Or just seeking the Power Souping: 3-Day Detox, 3-Week Weight-Loss Plan when you essential it?

**Download and Read Online Power Souping: 3-Day Detox, 3-Week Weight-Loss Plan By Rachel Beller #EXTIUPGBV6O**

# **Read Power Souping: 3-Day Detox, 3-Week Weight-Loss Plan By Rachel Beller for online ebook**

Power Souping: 3-Day Detox, 3-Week Weight-Loss Plan By Rachel Beller Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Power Souping: 3-Day Detox, 3-Week Weight-Loss Plan By Rachel Beller books to read online.

## **Online Power Souping: 3-Day Detox, 3-Week Weight-Loss Plan By Rachel Beller ebook PDF download**

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

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

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