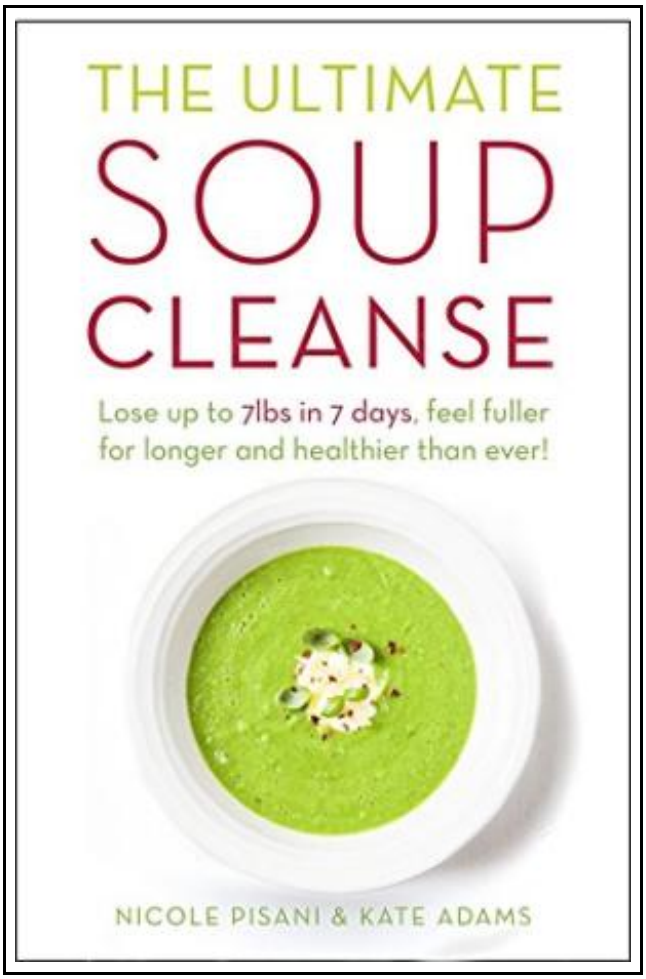
The Ultimate Soup Cleanse: The Delicious and Filling Detox Cleanse from the Authors of Magic Soup



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Reviews

It becomes an remarkable publication that we have possibly go through. It is among the most remarkable book i actually have read through. Your lifestyle period will likely be transform when you total reading this publication.

(Dominique Bergstrom)

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Orion Publishing Co. Paperback. Book Condition: new. BRAND NEW, The Ultimate Soup Cleanse: The Delicious and Filling Detox Cleanse from the Authors of Magic Soup, Nicole Pisani, Kate Adams, MAGIC SOUP put paid to the myth that soup cannot be a hearty meal in itself, with innovative recipes to help you feel fuller and become healthier. Kate and Nicole are back to show us how souping is the ultimate healthy alternative to high-sugar juice diets, with a soup cleanse programme that will see the weight drop off without the deprivation. Complete with easy-to-follow meal plans, THE ULTIMATE SOUP CLEANSE is packed with satisfying soup and broth recipes that are rich in fibre and nutrients, providing nourishment whilst helping you lose weight. Kate Adams herself lost two and a half stone - and kept it off - through this balanced diet of soup, and now you can do the same.

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