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Nourishing Soups and Healing Broths by Angela
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1 bowl of soup (no potatoes, no cream sauces, no meat) -good examples: vegetable, lentil, chickpea, split pea, black bean, tomato bisque, etc. Be careful of sodium content! 1 piece of fruit or 1 serving of veggies.
Beverage Choices. Choose one of the following. 1 12-oz can of diet soda. 1 cup of lemonade (freshly squeezed preferred)

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2017 | EPUB | 240 pages | 17 MB Souping is the new juicing! When Angela Blatteis and Vivienne Vella set out to create Soupure, the LA-based soup company at the forefront of the souping movement, they wanted to share the power of healing soups with the world.

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Diet Features. When performing a soup
cleanse, eat a bowl of soup each time you
feel hungry or thirsty. Chicken soup,
vegetable soup, tomato soup and cabbage soup
are common varieties used in cleanses. Make a
large batch of homemade soup to avoid the
high sodium and fat content in canned soup. A
typical soup diet lasts at least seven days.

Cleansing Soup Diet | Live Well - Jillian
Michaels

Praise For THE SOUP CLEANSE: A Revolutionary

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Angela Blatteis and Vivienne Vella set out to
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