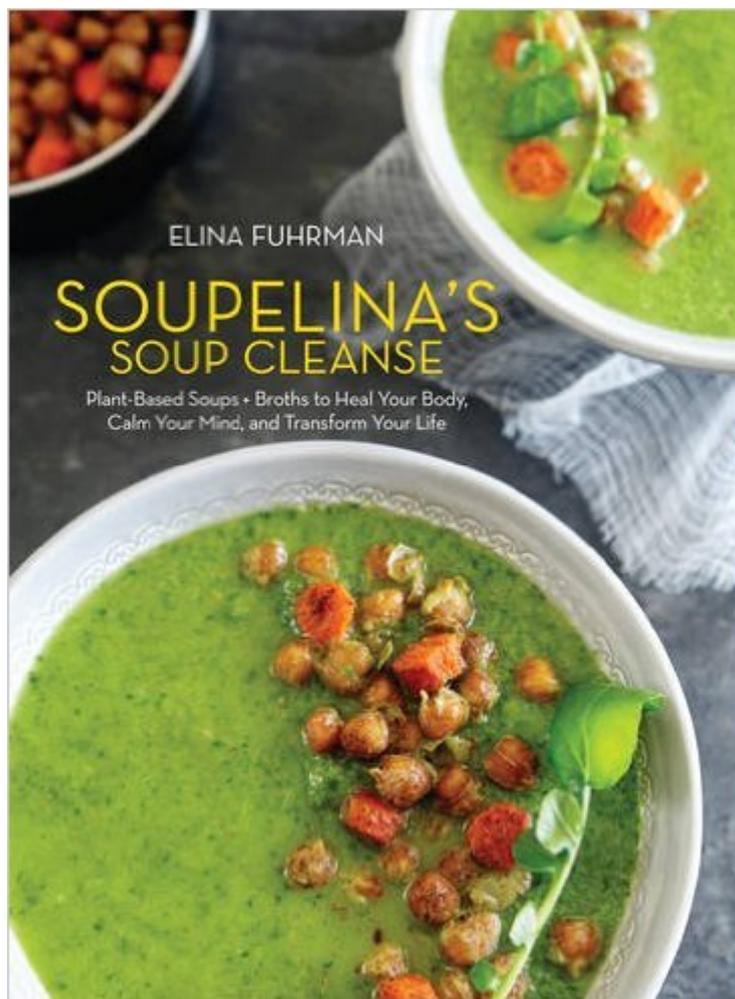


The book was found

Soupelina's Soup Cleanse: Plant-Based Soups And Broths To Heal Your Body, Calm Your Mind, And Transform Your Life



Synopsis

At last, a cleanse that helps you heal and revitalize while eating well! The founder and innovative chef of Soupelina shares her customizable three- and five-day cleanses (with a one-day reset option as well) that will supercharge your health, help reduce inflammation, sharpen your mind, make your skin glow; and help you lose a few pounds in the process. Don't want to cleanse but want to get more whole veggies into your day? These soups are easy, nourishing, and satisfying. Make a batch to sip on all week (or freeze for later); these soups are perfect for a healthy, filling dinner, lunch; and even breakfast. A celebration of great-tasting plant-based soups, Soupelina's Soup Cleanse will change the way you think about healthy food.

Book Information

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Customer Reviews

I have really been looking forward to getting my copy of this cookbook. Mine showed up yesterday and I spent part of the evening reading through it and marking the recipes I wanted to try. The first 90 pages of the book are the educational part. The author covers everything from her personal journey, her food and lifestyle recommendations, details on cleansing in general and how to do a soup cleanse, to lists (with description) of all the ingredients used in her recipes and the equipment she feels is important to make good soups. The ingredients range from stuff you can find anywhere, to things I will pick up for not too much money on (like black lava salt), to things I have never been able to find. Most of the recipes I feel will be doable for me based on my budget and my shopping habits. First let me mention I will not be following an actual cleanse. I have recently (using proper

nutrition) managed to mostly solve more than a year of completely awful IBS. I feel pretty cleansed already ;) That being said I wholeheartedly believe in the healing properties of broths and soups, especially ones like these with lots of herbs and spices. This morning I stopped by the local healthy food store and picked up everything I needed to make my first two Soupelina soups; Easy Peas-y and the Magic Turmeric Broth. My favorite was the easy peasy, the flavors of coconut oil, peas and mint were amazing together. I ate two bowls and I wasn't even very hungry. The turmeric broth was good too. I either used too much coconut oil (I'm not much of an exact measurements kind of girl) or the recipe calls for more than is really needed. Next time I will start with one tablespoon and then add more if needed.

I have to say, I'm really frustrated with this book. The story the author tells is beautiful. I absolutely LOVE the idea of a soup cleanse and was so excited to get my hands on the book that I bought the Kindle copy instead of waiting for the print book. That was my first mistake. It's very hard to flip between the recipes and the different cleanse menus. Each soup has a unique and cute name, but I had to write them all down, because not only are they not listed alphabetically, they aren't listed with their separate cleanse menus. Then to make matters worse, the author says it's not good to freeze the soups because they won't be as good for you. She says you can, but then she asks why would you want to? Well, I have to feed a family of five who is not doing the soup cleanse with me. I don't have time to make 5-6 different soups a day from scratch. I can't imagine that most people can do this. I'm not even sure I want to make 6 separate batches of soup at once. Six different soups a day. That sounds like a full day of cooking, and I'm supposed to do it fresh every day? Don't get me wrong, I'd love to indulge my time doing such a wholesome activity, but I have a job, kids, school, laundry, etc. To follow the directions in this cleanse, one needs a personal chef. But still, I vowed to give it a try and kept reading. Then I got to the section on kitchen tools. I have a well stocked kitchen so I didn't think I'd have any issues, until the author says you must have a Vitamixer to make these soups. THAT'S A \$400-\$500 BLENDER! She says you could use a regular blender, but the consistency will NOT come out right. Well I guess I'm out of luck. I'm sure it's a fabulous blender, but I can't spend that much on a blender no matter how great a blender it is.

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