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by Nicole Centeno : **Soup Cleanse Cookbook: Embrace a Better Body and a Healthier You with the Weekly Soup Plan**

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Description :

PDF-1da62 | Discover a healthier you with the ultimate cure-all: soup. Throw out everything you think you know about wellness. There's a new way to cleanse, and it doesn't involve deprivation or strict rules. A soup cleanse is the modern alternative to quick-fix diets and juice cleanses: It's nutrient-dense, satisfying, and convenient for any lifestyle. Souping employs the simple philosophy that truly co... *Soup Cleanse Cookbook: Embrace a Better Body and a Healthier You with the Weekly Soup Plan*

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