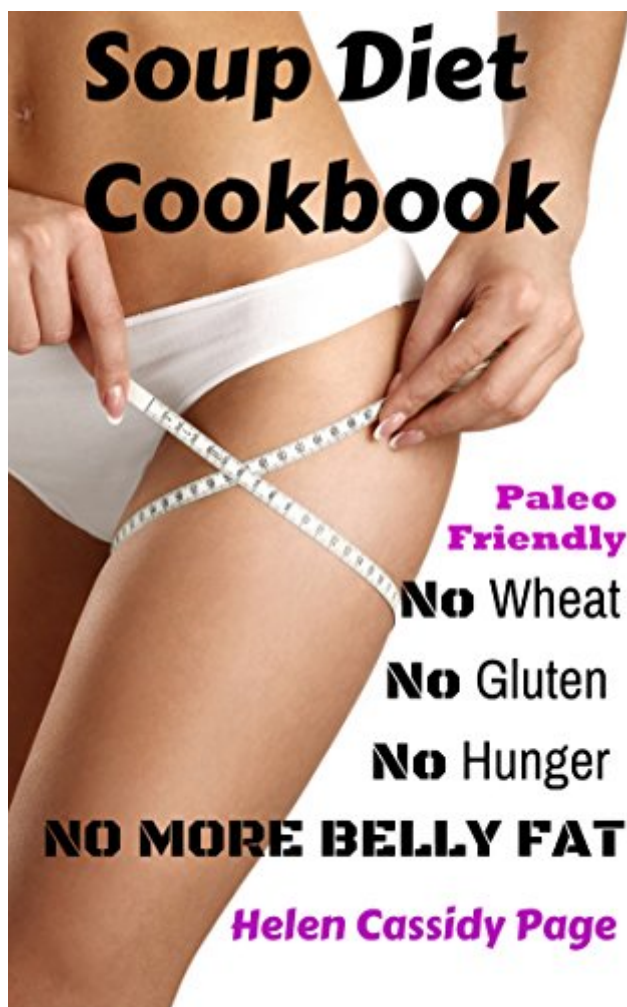


The book was found

Soup Diet Cookbook: No Wheat; No Gluten; No Hunger; No More Belly Fat!: 35 Yummy Soups And Smoothies To Lose Weight And Belly Fat Naturally Without Hunger; ... Friendly (How To Cook Healthy In A Hurry)





Synopsis

New version addresses paleo and makes substitutions for paleo friendly eating plans. Now You Can Finally Eat Great, Lose Weight, Never Feel Hungry Again-And Help Save Your Life In The Process! Imagine losing between 28 and 42 pounds of harmful belly fat in a year while eating your normal meals! Imagine finding a wheat-free; gluten-free weight loss plan! That's the promise. How is it possible? An acclaimed San Francisco chef who has published in Bon Appetit, Gourmet and Men's Fitness has developed thirty delicious, fat-free soups and smoothies that turn on your body's hunger-fighting mechanism. With recipes such as Carrot, Fennel and Blood Orange Soup and Apple, Melon and Greens Smoothie she uses medical science to show you how to lose weight naturally and painlessly without harsh diets. Need to lose weight on a fast track? Then let the Soup Diet's Mix and Match Quick Start program take the guesswork out of melting away the pounds faster. The four-pronged Soup Diet and Mix and Match Quick Start program will help you lose harmful belly fat fast and painlessly to give you the body you want, the health you need and the confidence you deserve. While you eat your favorite foods! Hit the Buy button in the above right corner for your copy of The Soup Diet Cookbook and get started on a new, slimmer, healthier, well-fed you.

Book Information

File Size: 1661 KB

Print Length: 112 pages

Page Numbers Source ISBN: 1492181722

Simultaneous Device Usage: Unlimited

Publisher: Helen Cassidy Page; 2 edition (March 9, 2013)

Publication Date: March 9, 2013

Sold by: Â Digital Services LLC

Language: English

ASIN: B00BRRZQC2

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #93,082 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #37

inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Wheat Free #44 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Wheat Free #105 inÃ Â Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies

Customer Reviews

Charming cookbook. Did not contain any of my recipes, but those I know by heart. Lots of creative ideas.

Terrific selection of options with easy to make dishes. Tasty and nutritious soup, thanks for publishing the receipts, I would highly recommend the book for those who are looking for weight loss soups.

I am glad I found this book. I love the smoothie recipes too. I can't wait to get started. On my way to the store now.

Loved the book. With Spring here I needed new recipes to get back in shape. This book was very informative and I will definitely use the recipes.

I'm not going to lie, I've been on a lot of different diets in my life. I'd like to say it's because I'm testing them out and, in fact, I kind of am, even though I also get tired of them and quickly move on to the next. The reality of it is, not every diet is a fad, though a lot of them are. One diet that is definitely not a fad is the Soup Diet that Helen Cassidy Page introduces in: "The Soup Diet Cookbook: How To Lose Belly Fat With The Soup Secret; 30 Delicious Soup Recipes and Smoothies to Lose Weight Naturally Without Hunger, and The Mix and Match Quick Start Weight Loss Plan" Page lays out a practical plan that anyone can follow to realistically lose weight and be healthier by eating ... you guessed it, soup! Not only does she give you 30 soup recipes, she outlines a "Four Pronged Plan" that goes beyond just simple instructions, but gives the reader something of substance that they can follow to move towards losing weight naturally. Personally, I need a specific, step-by-step plan for most things, especially when it comes to a diet. Overall, everything in "The Soup Diet Cookbook" is very straightforward, easy to follow and she gives sound advice on how to lose weight quickly while staying healthy. I can't wait to try the Creamy Vegetable Chowder soup!

[[ASIN:B00BRRZQC2 Soup Diet Cookbook: 35 Delicious Soups And Smoothies to Help You Lose Weight Naturally Without Hunger (How To Cook Healthy in a Hurry)] This is not a fad diet book. Very good, sound advice is given on how to sensibly and safely lose weight. You must eat less, exercise more, reduce stress and sleep longer. She gives you very good ways to do this. Well researched. Recipes are for ingredients that I can even obtain here just 30 miles from the Mexican border in the southwest. The advise on stress reduction is very good and will even help me who is caretaker to two people with some brain damage.

I absolutely love this book. The author's style is relaxed and, at times, humorous. It made this book a joy to read. It begins by giving you some information regarding the current obesity epidemic and some of its causes. This includes a chapter on the differences of subcutaneous fat and visceral fat; and why visceral fat is so dangerous. There is also a detailed 'Four Pronged Soup Diet Cookbook Plan' to aid you in your mission to lose belly fat. This plan is extremely reasonable and easily doable. Perhaps what I like most about this book is that it isn't just a bunch of soup and smoothie recipes. It's also a detailed plan, backed by science. The first half of the book is dedicated to telling you how to do the diet, what to expect and how our bodies work. The second part is where you will find all of the delicious, nutritious and satisfying recipes. One of my favorite parts of this book (aside from the yummy recipes) is the section on "Diet Truths". These are things that most everybody knows, yet somehow we seem to forget. They include non-nonsense statements such as "All diets work if you stick to them. No diet works if you give up." and "Weight doesn't fall off our hips overnight." I believe that every dieter should print or write this page up and put copies on their refrigerator, bathroom mirror and even in their office. You will love this book. There is much to gain from it, and that doesn't include extra pounds!

We are always on the lookout for a new soup recipe because my hubby is allergic to yeast and commercial soups (along with many other products) are full of yeast. We enjoy making a meal of soup a couple of times per week using a collection of recipes that are yeast free. We have one blueberry bush that is giving us up to a dozen gallons of frozen blueberries per year, so we have been making blueberry smoothies with various other ingredients. Both soup and smoothies are very filling and good for you, so now if are more aware of the health benefits of something we already enjoy eating; we will be making more soup. We have tried two of the soup recipes and one smoothie from this book and both were excellent. It really is a guide to a healthy lifestyle and way to lose weight over time using sensible eating techniques with exercise. We will be making more of the

soup recipes from this book in the future.

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