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The Soup Cleanse is a book that makes a  
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healing food. Every culture has recipes they regularly use that make use of a wide variety of vegetables , lean proteins, and whole grains. Cooking a soup slowly allows nutrients to be easily digested, without losing the valuable fiber.

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*Page 17/35*

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Vella; Rachel Holtzman; Nada  
Milosavljevi?] -- Souping is the new  
juicing! When Angela Blatteis and  
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forefront of the souping movement, they wanted to share the ...

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It's incredibly satiating, very nutrient- and vitamin-rich," says Angela Blatteis, co-author of "The Soup Cleanse: A

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You don't have to do the 3-day cleanse, but even just stock the soup and a few bottles in your fridge for when you're on the run, have no time to meal prep. Meal-in-a-bottle. Challenge your training bestie to do a 3-day detox with you. You'll come

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out on the other side, refreshed and  
mentally stronger than ever.  
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