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day diet plan. 4 Healthy



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•••  
This organic soup cleanse  
from Urban Remedy includes  
three superfood-loaded  
soups: Mineral-rich and  
detoxifying Lemony Greens,

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Creamy Cauli-Dal, and  
betacarotene-rich Carrot-  
Avo. Inspired by Chinese  
medicine, this soup cleanse  
is intended to boost energy  
levels, improve digestion,  
and ease bloating.

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your veggies. 6) Good for  
digestion The high water  
content of the vegetables in  
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*4-WEEK SOUP CLEANSE TO LOSE*

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3 Day Soup Cleanse. To do a  
3 day soup cleanse you  
simply drink 6 servings of  
healthy vegetable soups for  
3 days. They are your meals.  
You do not eat any other  
food but you can drink water



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and green or herbal teas.  
You can make the detox soups  
in batches and freeze it in  
portions so you don't get  
tired of the same soup.  
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*Detox Your Body With A 3 Day  
Soup Cleanse – The Detox ...*

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Every morning, you're to start with a hot water and lemon juice to jump-start your digestion in a healthy way (rather than using caffeine, which is more jarring to your bod). Otherwise, you literally

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just eat soup three meals a  
day, for three days  
straight. Souping The Right Way Get  
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*I Tried a 3-Day Soup Cleanse  
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Brit ...*

This powerful, detoxifying,  
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and healthy soup is great  
alternative for cold green  
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juices especially during the  
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winter. Tons of detoxifying  
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ingredients such as, lemon,  
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garlic, parsley, cilantro,  
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broccoli, and kale have been  
used in this soup. It's

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gluten free, Paleo-friendly,  
and completely vegan. Click  
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recipe.

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Each day I'd have five whole

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foods-based soups with new-  
agey names like Protect and  
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Infuse, plus two flavored  
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alkaline waters that  
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supposedly raise the body's  
pH level to help you burn  
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fat. My...

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The best soups for your diet  
are said to contain  
tomatoes, carrots, onions,  
green peppers, cabbage, or  
celery. Any soup contains

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*7 Day Soup Diet Plan Eating  
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Soup Diet – Day #1. Eat as  
much of any fruit you want  
EXCEPT BANANAS. Eat only  
soup and fruit today but eat  
all you want.----- Day #2.  
All Veggies. Fill up on  
fresh vegetables (salads

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etc). Eat all the soup you  
want and have a large baked  
potato with butter at dinner  
time. But NO FRUIT  
TODAY. ---. Day #3. Eat all  
the soup, fruit and veggies  
you want, but NO POTATOES.  
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Recipe - Food.com  
Ingredients 2 tbsp olive oil  
1 yellow or white onion  
chopped 2 bell peppers  
chopped (any color) 4 celery  
stalks chopped 6 garlic  
cloves minced 2 large

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tomatoes chopped 1 cup  
broccoli slaw optional 1  
green cabbage head chopped 9  
cups low-sodium broth  
chicken or vegetable broth 1  
tbsp tomato paste 1 ...

*The BEST Cabbage Soup Diet*

*Page 36/53*

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Ingredients 1/2 head of  
cabbage chopped 1 cup celery  
diced 1 cup white or yellow  
onion diced 1 cup carrots  
diced 1 green bell pepper  
diced 2-3 cloves garlic

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minced 4 cups chicken broth  
14 oz can basil oregano,  
garlic diced tomatoes 1  
teaspoon oregano 1 teaspoon  
basil 1/2 teaspoon red  
pepper flakes . . .

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Get the vitamin turbo  
The Right Soups you need with our  
injection Soups you need with our  
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Metabolism Eliminate  
your body with our super  
toxins Find Soup Recipes  
nutrients - perfect detox

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option if you fancy  
switching things up a bit  
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with hot, wholesome and  
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heartly fresh soups as well  
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This detox soup diet is a  
popular single-food-day  
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diet, which allows you to  
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eat unlimited vegetable soup  
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alongside other small,  
nutritious meals. Monica  
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says, 'When the weather is  
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cold and...'

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cleanse? A detox soup  
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cleansing your system by  
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only consuming fruits and  
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blended, pureed or chopped  
into small pieces so that  
your body can easily digest  
and absorb the nutrients. A  
detox soup is comprised of a  
pot of healthy foods that  
are nutrient dense and will  
help to revitalize your

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system and promote a healthy  
gut.  
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Soups are one of the  
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eat. They are a natural  
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detoxifier and maintain the  
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body complete with sizeable  
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nutrients & compounds that  
do it well. By detoxifying  
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the organism you'll improve  
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the overall performance of

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your liver, gut, kidneys,  
lymphatic system, lungs, and  
finally, skin.

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Loss

You can do 1 main vegetable

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like butternut squash or  
tomato soup or a vegetable  
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soup with multiple  
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vegetables, too. Broccoli,  
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snow peas, mushrooms,  
carrot, celery, onion,  
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spinach, green peas, are  
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great for soups. Butternut

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Squash Soup with some  
organic grilled chicken on  
the side is ok on the soup  
cleanse

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If eating healthier is one

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resolutions, this soup is an  
easy way to get started.  
This Detox Vegetable Soup is  
packed with tons of  
nutritious veggies, immune-  
boosting herbs and makes you  
feel warm, wholesome and

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nourished. The best part is,  
this recipe comes together  
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in just 20 minutes in one  
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large pot. So cleanup is a  
breeze! Soups Boost Your

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Recipe . . .  
A bowl of soup is the  
ultimate comfort in the  
wind, rain, and snow, but to  
turn it into a cleanse, we  
need to focus on ingredients  
with detoxifying elements.  
Much like detoxifying

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Smoothies and drinks, warm  
soups can be just as  
beneficial to helping your  
body get rid of the toxins  
that you do not want.  
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