



## Soup Dieting: The Skinny Soup Diet (Paperback)

By Norlu Hammad

Createspace Independent Publishing Platform, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Soup Dieting - The Skinny Soup Diet, will not only give you delicious soup recipes based on the concept of negative calories foods but will offer planned meals for 10 days and explain the benefits of the main ingredients and foods. The Soup Diet came into popularity back in the 1980 s more as a fad diet to lose weight fast, usually at a rate of 10 pounds per week. Many versions of the Soup Diet are found on the Internet, but the idea here is to offer an explanation as to why our version of Soup Dieting works, and the different options you have to follow this diet successfully, based on negative calorie foods.



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