



50+ Simple and Delicious Recipes

POWER SOUPING

3-DAY DETOX

3-WEEK WEIGHT-LOSS PLAN



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Breakfast

I get it, A.M.s can be absolute madness, so I've made these nutrition-loaded recipes super easy to follow. Each of these breakfast soups is full of detoxing fiber and antioxidants, takes just minutes to make, and is totally portable. You can customize them to your tastes by dressing up the naked base with power-packed toppings that amp up the flavor and nutrition of your morning meal (see page 56 for my Power Up toppers). Turn the page for my carefully constructed breakfast soups and learn how to DIY the right way on page 54.

RACHEL'S MORNING RUSH TIPS:

- Preload your blender cup the night before with all ingredients except the liquid. In the morning, simply pour in your liquid, blend, add toppings, and go.
- Keep a lineup of your favorite dry toppings in jars with a measuring spoon so you can easily toss them on.
- If bananas aren't your jam, substitute frozen avocado slices, frozen mango chunks, or plant-based-milk ice cubes.



The Beller Basic:

SIMPLE GREENS

MAKES 1 SERVING

VO Vegan option **GF** Gluten-free

I usually assign this soup to nutrition newbies since they're not used to gazing at a bowl of green first thing in the morning. It's simple, fast, and easy—but it's no nutritional lightweight!

It's boosted with kefir, so treat yourself to a taste sensation that's creamy, tart, and has three times more probiotics than yogurt.



Place the banana, kefir, spinach, cinnamon, and chia seeds in a high-powered blender and puree until smooth. Dress with toppings, if desired.

- ½ small banana, sliced
- ½ cup organic plain 2% kefir, unsweetened plant-based milk (see page 139) or Vegan Yogurt (page 135)
- 1 cup baby spinach
- ¼ teaspoon Ceylon cinnamon
- 1 tablespoon chia seeds

OPTIONAL TOPPINGS

- 2 teaspoons chopped pecans
- 1 teaspoon buckwheat groats
- 1 tablespoon goji berries

MEAL MATH per serving				Toppings add 122 calories; 2g fiber		
calories	fat	sodium	carbs	fiber	sugar	protein
220	6g	130mg	31g	10g	18g	11g