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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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Blatteis and Vivienne Vella
set out to create Soupure,
the LA-based soup company at
the forefront of the souping
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It's incredibly satiating,
very nutrient- and vitamin-
rich," says Angela Blatteis,
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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 out on the other side,

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