

Everything Is Soup | Book Discussion Guide Questions

A gathering about nourishment, story, and community care

OPENING

- What part of the book felt most like **home** to you, what calls from your ancestral roots?
- Did any recipe or story remind you of being nourished and when?

NOURISHMENT + WISDOM

- What does “**everything is soup**” mean to you beyond food?
- Where do you see **resourcefulness**—making something from what you have—in your life?

CULTURE + STORY

- Did the book shift how you think about **Italian American or Sicilian food traditions**?
- How did storytelling change the way you experience recipes?

COMMUNITY CARE

- When has food played a role in **supporting someone** in your life?
- What would a simple “**soup practice**” look like in your community?

PERSONAL REFLECTION

- What is one way you want to **nourish yourself or others differently**?
- What are the “ingredients” of your life right now—and what needs tending?

GATHERING + ACTION

- What’s one small act of care you could offer this week?
- If you hosted a Soup Night, who would you invite?

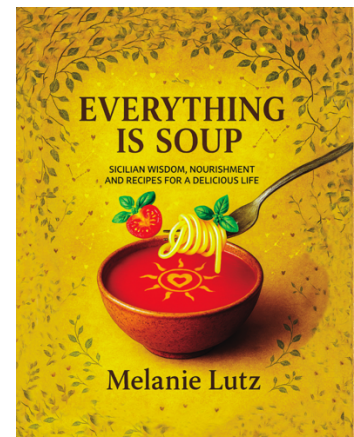
CLOSING

Complete the sentence: “**Soup is** _____.”

SHARE:

Who will you share your next bowl with?

What soup saved your life?



Everything is Soup | Sicilian Wisdom, Nourishment and Recipes for a Delicious Life | SUMMARY

Whether you're a seasoned cook or a soup-for-breakfast kind of dreamer, this book is an invitation to gather, savor, and remember love is always the first ingredient. It is a beautiful celebration of soup, family, and the timeless wisdom and stories flowing from the kitchen. A return to ancestral roots, and celebration of ancestral wisdom.

What every soup lover knows, the first ingredient is love.

What's Inside

- 18+ comforting soup recipes for the season's of life
- Sicilian kitchen magic, family sayings, and funny wisdom
- Notes, botanical illustrations, and biophilic photos
- Nourishment rituals and reflections to feed your heart and soul

ABOUT THE AUTHOR



Melanie Lutz was brought up in a strong, HUGE, Sicilian family. A producer, writer, storyteller and kitchen witch exploring the resilience and radiance of the human spirit. She creates quirky, indomitable characters who champion loving action in the name of biophilia, weaving heart, humor into soul-satisfying entertainment in the name of biophilia. Inspired by classic Hollywood masters like Bergman, Billy Wilder and Ernst Lubitsch, and lyricist Dorothy Fields Melanie blends wit, spirituality, emotional depth, and deep connection to the earth.

She began her career in live concert production before moving from CNN's Washington, D.C. newsroom to Los Angeles, where collaborations in film and comedy grounded her belief that talent, joy, and commitment to following intuitive whispers, create lasting impact. Her screenplays include *Obit*, *Singledom*, *Riot of Daffodils*, and *The Jazz Train*. Melanie lives and works in Los Angeles developing stories that sing with laughter, hope, and heart. She is a member of The Band of Singers.

REVIEWS

"Delightful memoir, manifesto, and easy to follow cookbook. It's about the lessons we learn in the kitchen and at the table... the flavors of love, the spice of rebellion, and occasional spicy regrets." – Cookbook Social Hour