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Cabbage Soup Recipe and Seven-Day Diet Plan

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INTRODUCTION

I've got good news and bad news. The good news is that you can lose up to 14 pounds in only seven days with the cabbage soup diet. The bad news is that this is not easy for most people (but remember it is only for seven days).

This is a fast start program only. You can lose up to 14 pounds in seven days. It is not intended to become a mainstay diet. **DO NOT USE this diet for more than seven days.** Return to your normal diet for at least two weeks before repeating this diet. I strongly recommend using this diet not more than once a month. This diet is loaded with nutritious vegetables and fruits and is extremely low in fat. But it is too low in complex carbohydrates, protein, vitamins and minerals to continue longer than seven days. This diet is not suitable or recommended for children and adolescents. You may feel a little light-headed and irritable but it is only for seven days. Some people find it very hard to stomach because it will taste bland. You may want to try adding some curry or other spices.

This diet is based on the principle of fat burning by the use of negative calories. The more soup you eat the more weight you should lose. Eating as much as you want has great appeal and helps create a psychological positive state of mind needed for any successful diet. Once you have completed your fast start to losing weight I recommend [The Negative Calorie Diet](#) for a permanent weight loss program.

CABBAGE SOUP RECIPE

INGREDIENTS:

6 large green onions (1 bunch sliced)
2 green peppers (cleaned and cut into small pieces)
1 or 2 cans of tomatoes (diced or whole)
1 bunch celery, sliced (about half inch pieces)
3 to 4 carrots (diced or cut into small pieces)
½ head cabbage (chopped)
1 package (Lipton) onion soup mix
1 or 2 cubes of bouillon (optional)
1 48 oz can V8 juice (optional)
8 cups of water (or 12 cups if you do not use the V8 juice)
Season to taste (salt*, pepper, parsley, curry, cayenne pepper, garlic powder, etc.)

* Try to avoid using salt as a seasoning especially if you use bouillon cubes. Salt should be avoided during any diet.

Wash vegetables thoroughly and cut. In a large pot bring the water to a boil and add vegetables (continue boiling for 10 minutes). Slowly add the tomatoes, onion soup mix, bouillon, and V8 juices then add seasoning. Simmer or slow cook for about one to two hours.

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114 Foods For Your Diet

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INTRODUCTION

One of the most recent diet fads today is changing your diet to foods that will cause a negative consequence on your calorie intake. The concept is based on the foods you eat resulting in a calorie loss. Thus you will lose weight. This diet process has been around for a long time but has just recently gained notoriety.

The mechanics of this supposition is rather simple. The process of digesting each one of these foods takes more calories than there are in each food. Resulting in calories lost. You must remember these foods need to be consumed as much as possible in their natural state. Steam or bake foods if necessary. Adding any ingredients (such as butter, etc.) will alter the caloric makeup of the foods.

Other foods help burn fat because of complex carbohydrates. Diets high in complex carbohydrates helps to increase your metabolic rate.

This list contains healthy foods that meet both criteria. It gives you the best of both worlds.

CHANGING YOUR EATING HABIT:

Making any diet work on a continuous basis is difficult and needs a great deal of commitment and attitude change. The best way to approach this is to gradually change your eating habits. Start slowly. Just take some foods on this list and replace them with foods you eat that are not on this list.

Start by making a list in the morning (or the night before) of what you are going to eat for the entire day. Try to make this as complete as possible. Don't exclude the tiniest detail including snacks. Snacks are the best place to start the replacement process. Pick a snack and change it with any of the 114 foods on this food list. Alternate the foods each day to provide some variety.

About a week later you can now start to replace items in your main meals. Example; replace your normal salad with the following:

Lettuce (about ¼ head), add celery, cauliflower, carrots, radishes, and tomato topped of with a squeezed lemon as a dressing. All of these ingredients are from the food list. The

more foods you replace with foods on this food list, the faster the weight loss process will begin.

Remove salt from your diet. Now that will be the most difficult task. When you start to check the ingredients of most foods you will find sodium in many of them. There are several salt substitutes you can purchase. One of them is “No Salt” and it contains nothing but potassium and has the taste of regular salt. Take the foods on this list and experiment by making delicious soups. Soup should be a dieter’s best friend. There are some bullion products that are salt free and will make a delicious base for your soups.

And of course if you add exercise to your daily routine this will compliment your diet and speed up your metabolism, which is a key to losing weight.

Here are a couple more tips for your diet:

1. Remove processed foods from your diet and replace them with foods on this list.
2. Do not eat after 8:00 PM. This gives you body time to complete its natural processing of the foods before you begin the eating cycle the next morning.
3. Be careful of the condiments and sauces you use with your food and meals. A few recommendations: Clear broth, cocktail sauce, cranberry sauce, herbs, horseradish, lemon juice, lime juice, mint sauce, mustards, pickles, salsa, soy sauce, spices, sweet-and-sour sauces, vinegars, and Worcestershire sauce.

ALWAYS CHECK WITH YOUR DOCTOR BEFORE BEGINNING ANY DIET OR EXERCISE PROGRAM.

The 114 foods on this list were derived from many months of Internet research and a review of other data collected over the years on this topic. The collaborators of this list are not dieticians nor are they medical doctors. It is highly recommended you consult a dietician and your doctor before beginning any diet plan or conducting any major eating changes. It is extremely important. Changes in your diet could cause a negative health risk especially if you are taking medication.

114 FOODS FOR YOUR DIET L I S T

apples	cod	leeks	prunes
apricots	corn	lemon	pumpkin
artichokes	crabs	lettuce	quince
asparagus	cranberries	lime	radishes
aubergine	crass	lobster	raspberries
bananas	cucumber	loganberries	red cabbage
beet greens	currants	mandarin orange	rhubarb
beets	damson plum	mango	rice
black beans	dandelion	marrow	rutabagas
blackberries	dandelion greens	mushrooms	salsify
blackcurrant	dill pickles	muskmelons	sauerkraut
blueberry	eggplant	mussels	scallions
broccoli	endive	mustard greens	sea bass
brussels sprouts	fennel	nectarines	shrimps
buffalo fish	flounder	okra	sorrel
cabbage (green)	frogs legs	onions	spinach
cantaloupe	garden cress	oranges	squash
carrots	garlic	oysters	strawberries
cauliflower	gourd	papaya	string beans
celery	grapefruit	parsley leaves	sweet potato
celery root, celeriak	grapes	parsnips	tangerines
cherries	green beans	peaches	terrapin
chervil	guava	pears	tomato
chicory	honey dew melon	peas	turnip
chile peppers (hot)	huckleberries	peppers	watercress
chinese cabbage	kale	pineapples	watermelon
chives	kidney beans	plums	zucchini
clams	kohlrabi	pomegranates	
clementines	kumquats	potatoes	

FAT BURNING FOODS

LIST

These foods are contained in the 114 Foods For Your Diet list. They have complex carbohydrates that will help raise your metabolic rate.

Apples	Leeks
Bananas	Lettuce
Beans	Mushrooms
Broccoli	Pears
Cabbage	Peas
Cauliflower	Peppers
Celery	Pineapple
Corn	Potatoes
Cranberries	Spinach
Grapefruit	Tomatoes
Grapes	Zucchini

MY TEN COMMANDMENTS FOR A DIET

Here are a few diet tips that are safe and will help anyone. I call them my ten commandments for a diet:

1. Don't eat after 8:00 pm. (Very important)
2. Don't eat any processed foods.
3. Don't drink any (and I mean absolutely none) soda or carbonated drinks.
4. Eliminate salt from your diet.
5. Walk more. Get a pedometer.
6. Steam vegetables when you can.
7. Slowly change your diet. Substitute foods gradually.
8. Become a pure vegetarian. If you can, I congratulate you.
9. Keep an eating diary. Record everything you eat each day.
10. Get a juicer and use it daily.

As always, check with your doctor or dietician before starting any type of diet.