

## **7 DAY SOUPER DIET RECIPE AND DIRECTIONS**

SINCE SOMEONE IS TRYING TO MARKET THIS FREE RECIPE ON THE INTERNET AND AOL FOR \$10.00 I'M GOING TO POST IT HERE AT NO CHARGE SO OTHERS CAN USE IT AND LOSE WEIGHT.

**1- WHOLE CABBAGE**  
**1- LARGE BUNCH GREEN ONIONS**  
**2- GREEN PEPPERS**  
**2- 28 OZ. CANS OF TOMATOES**  
**1- BUNCH CELERY**  
**1- PACKAGE LIPTON ONION SOUP MIX**  
**6- BEEF BOUILLION CUBES (OPTIONAL)**  
**SEVERAL CLOVES OF GARLIC (OPTIONAL)**  
**SEVERAL BAY LEAVES (OPTIONAL)**

Cut vegis in small, bite-sized pieces. Put all vegis except tomatoes in pot. Cover with water. Boil fast for 10 minutes. Cut heat and simmer for approximately 30 minutes until vegis are tender, add tomatoes and juice. Bring to boil and heat thoroughly. Add soup mix, simmer 10 minutes. May be seasoned to taste with salt, pepper, parsely, curry and other seasonings. (Add extra cabbage and tomatoes if desired.)

**DAY ONE** - All fruits (except bananas) and your soup. Cantelope and melons are low in calories. Drink unsweetened tea, cranberry juice or water.

**DAY TWO** - All veggis. Eat all you want fresh or cooked veggis. Stay away from dry beans, peas and corn. Eat all the soup you want but NO fruits today. Reward yourself for dinner with a baked potato w/ butter.

**DAY THREE** - Mix of day 1 and day 2. No baked potato today! By today, if you haven't cheated you should be 5-7 pounds lighter :)

**DAY FOUR** - Bananas and skim milk. As much as 8 bananas and as many glasses of skim milk as you want. Eat your soup.

**DAY FIVE** - Beef and tomatoes. 10-20oz. of beef and a can of tomatoes or as many as 6 fresh tomatoes today. Drink 6-8 glasses of water this day to wash out the uric acid in your body. Eat your soup at least once today.

**DAY SIX** - Beef and Veggis. Eat to your hearts content of beef and veggis today. NO baked potato!! Eat your soup at least once today.

**DAY SEVEN** - Brown rice, unsweetened fruit juices and veggis. Stuff yourself today. Be sure to eat your soup at least once today.

***AFTER THE 7 DAYS, IF YOU'VE EATEN BY THE RULES, YOU WILL HAVE LOST 10-14 POUNDS. IF YOU HAVE LOST MORE THAN 15 LBS IN ONE WEEK STAY OFF THE DIET FOR AT LEAST 7 DAYS BEFORE STARTING AGAIN.***

**NO,NO,NO,NO,NO,NO,NO,NO'S**  
**NO - BREAD OR FRIED FOODS**  
**NO - ALCOHOLIC BEVERAGES!!**  
**NO - NO CARBONATED DRINKS OF ANY KIND**  
**NO - DIET DRINKS**

**STICK TO WATER, UNSWEETENED TEA, UNSWEETENED FRUIT JUICES, CRANBERRY JUICE, BLACK COFFEE AND SKIM MILK (ONLY ON DAY 4!!)**

The fat burning soup can be eaten any time you feel hungry. Eat as much as you wish as often as you wish. The more you eat the more you'll lose. **NO FRIED FOODS OR BREAD.** You may eat broiled or baked chicken instead of beef. **\*\*Absolutely no skin on the chicken!!\*\***

**WARNING**

You must stop this diet for at least 24 hours before the use of any alcohol !!

Special Thanks to Sacred Heart Memorial Hospital, originator of the "7 day souper diet". All rights reserved.1997