

# **This Is The Cabbage Soup Diet**

---

## **This is the Cabbage Soup Diet.**

If you follow it correctly you “Can or Could” lose up to **10-14 Lbs. in one week.**

Drink lots of water (with fresh whole lemon or lime if you wish) without sugar.  
If you are very hungry on this cabbage soup diet, take all the soup you want.

## **CABBAGE & VEGETABLE SOUP DIET**

- 8 – large green onions or 2 – whole yellow onion, diced (optional)
- 2 to 4 – green peppers, diced (optional)
- 1 – 28 oz can of tomatoes, diced (optional)
- 1 – bunch celery, diced (optional)
- 4 to 6 – carrots, shredded (optional)
- 2 to 4 – zucchini’s, diced (optional)
- ½ to 1 – bunch cilantro, diced (optional)
- 1 – head cabbage, sliced and diced
- 1 – package Lipton soup mix (optional)
- 1 – 48oz can V8 juice or vegetable juice
- 1 teaspoon sweet basil (optional)
- 1 teaspoon oregano (optional)
- 1 teaspoon parsley (optional)
- ¼ to ½ teaspoon cayenne pepper (optional)
- ½ to 1 teaspoon fresh garlic, minced (optional)
- 1 teaspoon thyme (optional)
- 2 – cubes (beef or chicken) bouillon or 1 full tablespoon (optional)
- 4 to 6 oz – Apple Cider Vinegar after cooled downed – Raw, Uncooked, Unfiltered (optional)

Fill the pot with filtered or distilled water, 1” to ¾” from the top  
Boil in a large pot for 40-60 minutes

You can eat it as a soup or put in blender and drink it as a juice.  
Eat all the soup you want, whenever you want.

Eat all the vegetables and fruit you want from the negative list, 6-8 glasses of water + (soup)

No breads, dairy, flour, cheese, alcohol, or carbonated beverages (including diet soda)

# **This Is The Cabbage Soup Diet**

---

## **Negative Calorie Foods**

### **Some Negative Calorie Foods – Vegetables (Raw)**

Asparagus	Beet root	Broccoli	Cabbage (green)
Carrot	Cauliflower	Celery	Chicory
Hot Chile	Hot Peppers	Cucumber	Garden Cress
Endive	Garlic	Green Beans	Green Onion
Lettuce	Onion	Radish	Spinach
Tomato	Turnip	Zucchini	

### **Some Negative Calorie Foods - Fruits (Raw)**

Apple	Blueberries	Cantaloupe	Cranberries
Grapefruit	Honeydew	Lemon	Limes
Mango	Orange	Papaya	Peach
Pineapple	Raspberries	Strawberries	Tangerine
Watermelon			

### **Some Negative Calorie Foods - Herbs**

Sweet Basil	Oregano	Cloves Parsley	Cayenne	Sage
Dill	Savory	Garlic	Tarragon	Mint
Thyme	Cilantro			

### **Foods Not To Eat**

Flour	Sugar	Pasta	White Rice
Beans	Grapes	Banana	Dairy - All
Peanut Butter	Breads	Ketchup	Gravies
Corn Starch	Cheese	Mayonnaise	Salad Dressing
Potatoes			

### **Meats to Eat**

Chicken	Turkey	Tuna	Fish
---------	--------	------	------

### **Meats Not To Eat**

Beef	Pork	Lamb
------	------	------

### **Misc. To Eat after the Lemon Diet Master Cleanser Fast:**

Virgin Cold Press	Olive Oil	Raw ACV	Whole Wheat
Brown Rice	Legumes	Potatoes	Raw Nuts

[http://www.bragg.com/health\\_info/ea\\_acv.html](http://www.bragg.com/health_info/ea_acv.html)

# This Is The Cabbage Soup Diet

---

All foods have some calories.

No food is actually "negative calorie" food.

BUT the overall effect of certain foods in our body is that of "negative calories".

Negative calorie foods are foods, which use more calories to digest than the calories the foods actually contain!

Calories from these foods are much harder for the body to breakdown and process.

In other words, the body has to work harder in order to extract calories from these foods.

This gives these foods a tremendous natural fat-burning advantage.

A piece of dessert consisting of 400 calories may require only 150 calories to be digested by our body, resulting in a net gain of 250 calories which is added to our body fat!

According to this theory, for example, if you eat 100 calories of a food that requires 150 calories to digest, then you've burnt an additional 50 calories simply by eating that food.

Typically, a 25 calorie piece of broccoli (100 gram) requires 100 calories to digest; resulting in a net loss of 55 calories from the body fat or a 5 calorie piece of celery (1 stalk) requires 100 calories to digest, resulting in a net loss of 95 calories for the body fat!!

Thus, the more you eat, the more you lose weight!!!

There are a wide variety of these fat-burners in existence.

In fact, there are a large number of foods that combine low calories, delicious taste, and excellent negative calorie properties.

For reducing weight and to fight obesity, you should not starve anymore.

You can now eat a lot of negative calorie foods to lose that extra fat and to become slim naturally.

Turn your body into a Fat Burning Machine!

# **This Is The Cabbage Soup Diet**

---

Your metabolism can be speeded up so that your body will burn fat even while sleeping!

YOUR metabolism is the secret to burning fat!

It can be manipulated to force your body to burn fat 24 hours per day!

You'll never burn fat by starving and skipping meals!

This is a big myth of weight loss! Don't believe it!

When you starve yourself your body senses this and holds on to as much fat as it can because it thinks you're killing it!

You can't shed your excess body fat by eating NONFAT or LOWFAT foods!

You **MUST SPEED UP YOUR METABOLISM!**

# This Is The Cabbage Soup Diet

---

DISCLAIMER: This is not legal or medical advice as I am NOT a doctor nor trained in the medical field or an attorney. These are simply things that I have discovered along the way, and that you can talk about with your medical provider or with his/her attorney, I am just a caring person. The information I am presenting is from both personal experience and internet studies and research. I am advocating knowledge, general information, good health, and that should remain a personal preference. Everyone reading this article should research more about this topic first and consider asking their attorney and/or doctor if it's safe to do with your current medications before even thinking of trying it, if the subject is covering health.

This is not any medical advice; it's an opinion of my personal experiences. No medical claims can be made by this article, subject, and/or information, under Federal law. Otherwise the FDA can take care of the ones involved with marketing and distributing said cures all the way to the store if they make drug like claims. Food products are not regulated by the FDA, as of yet, as a cure and/or aid for better health.

This information is solely for informational purposes. It is not intended to provide medical advice. Before engaging in any complementary medical technique, including the use of natural and/or herbal remedies, you should do your own research, and then consult your present physician. If your doctor does not believe in alternative medicines and you would like to give them a try then find a reputable doctor familiar with natural herbal remedies for your needs that can assist you in deciding what treatments might meet your specific needs.

This is not a replacement for medical diagnosis, treatment, and/or professional medical advice. The statements contained on this article have not been reviewed and/or approved by the Food & Drug Administration for their validity. Nothing contained on or in this article is meant to infer and/or state that any products are for the treatment of any disease and/or ailment and/or diagnose, treat, cure, and/or prevent any disease.

This article is for information and education purposes only and/or does not constitute advice. The information in this article strives to provide content that is true and accurate; however I give no guarantee the accuracy of the contents, as some information changes constantly. Always consult your attorney and/or doctor before starting a new diet and/or exercise if you have any known medical conditions and/or diseases.

This has no connection with any Churches and/or Religions, just purely for informational purposes, just information found on the internet, just doing my own research. Some of the above data may be religious in nature. You may find more supporting information or information contrary to the subject or material. This subject or material is just to make you think how you can live or survive in this great world. Much of the data is copied from website with URL address.