

This Is The Cabbage Soup Diet

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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)

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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

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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!

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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!**

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