



7 Day Soup Diet

Day One:

Fruit: Eat all of the fruit you want but not bananas. Eat only your soup and the fruit for the first day. For drinks- unsweetened teas, cranberry juice and water.

Day Two:

Vegetables: Eat until you are full with all fresh, raw or cooked vegetables of your choice. Try to eat leafy green vegetables and stay away from dry beans, peas and corn. Eat all the vegetables you want along with your soup. At dinner, reward yourself with a big baked potato with butter. Do not eat fruit today.

Day Three:

Mix Days One and Two: Eat all the soup, fruits and vegetables you want. *No Baked Potato.*

Day Four:

Bananas and Skim Milk: Eat as many as eight bananas and drink as many glasses of skim milk as you would like on this day, along with your soup. This day is supposed to lessen your desire for sweets.

7 Day Soup Diet By Brendan Mccarthy

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