

Basic Fat Burning Soup

6 large green onions
1 or 2 cans of tomatoes
1 large head of cabbage
1 package Lipton onion soup
1 Bay leaf
2 green peppers
1 bunch celery

Season with salt, pepper, curry, if desired, or beef consomme or veggie bouillon with water. Boil fast for 10 minutes. Cut to simmer and continue to cook until vegetables are tender.

This soup can be eaten any time you are hungry. Eat as much as you want, whenever you want. This soup will not add calories. The more you eat, the more you will lose! Fill a thermos in the morning if you will be away during the day. If eaten alone for indefinite periods, you will suffer malnutrition.

Day One: All fruits except bananas. Cantaloupe and watermelon are lower in calories than most fruits. Eat only the soup and fruits. For drinks, unsweetened tea, cranberry juice or water.

Day Two: All vegetables. Eat until you are stuffed with all the fresh, raw, or canned vegetables. Try to eat green, leafy veggies and stay away from dry beans, peas, and corn. Eat along with the soup. At dinner time on this day, reward yourself with a big baked potato and butter. Do not eat any fruits.

Day Three: Eat all the soup, fruits and veggies you want. Do not have a baked potato on this day. If you have eaten for three days, as above, and have not cheated, you will find you have lost 5-7 pounds.

Day Four: Bananas and skin milk ^{or rice milk}. Eat as many as 3 bananas and drink as many glasses of water as you can on this day along with the soup. Bananas are high in calories and carbohydrates and so is the milk, but on this particular day, your body will need the potassium and the carbohydrates, proteins and calcium to lessen your craving for sweets.

Day Five: Beef ^{or rice protein powder} and tomatoes. You may have 10-20 ounces of beef and a can of tomatoes or as many as 6 fresh tomatoes on this day. Try to drink at least 6-8 glasses of water this day to wash away the uric acid in your body. Eat the soup at least once this day.

Day Six: Beef (or chicken broiled without the skin) and veggies. Eat to your heart's content all the beef (Chicken) and vegetables on this day. You can even have up to 2 or 3 steaks if you like with green leafy vegetables, but no baked potato. Be sure to eat the soup at least once today.

Day Seven: Brown rice, unsweetened fruit juice, and vegetables. Again, stuff yourself. Be sure to have the soup at least once today.

NOTE: An ounce of beef has 7 grams of protein.

An ounce of MLO Brown Rice Protein has 15 grams of protein and no fat or cholesterol

At the end of the seventh day, if you have not cheated on the above diet, you have lost 10-17 pounds. If you have lost more than 15 pounds, stay off the diet for 2 days before resuming the diet again from day one.

This seven day eating plan can be used as often as you like. As a matter of fact, if correctly followed, it will clean your system of impurities and give you a feeling of well-being as never before.

After only seven days of this process, you will begin to feel lighter by at least 10 and possibly 17 pounds, having an abundance of energy. Continue this plan as long as you wish and feel the difference.

This diet is fast, fat-burning and the secret is that you will burn more calories than you take in. It will flush your system of impurities and give you a feeling of well-being. This diet does not lend itself to drinking any alcoholic beverages at any time because of the removal of fat build-up in your system. Go off the diet at least 24 hours before any intake of alcohol.

Because everyone's digestive system is different, this diet will affect everyone differently. After day three, you will have more energy than when you began if you did not cheat. After being on the diet for several days, you will find that your bowel movements have changed. Eat a cup of bran or fiber. Although you can have black coffee with this diet, you may find that you don't need the caffeine after the third day.

DEFINITE NO-NO'S: Bread, alcohol, no carbonated drinks including diet drinks, no fried foods or bread. Stick with water, unsweetened tea, black coffee, unsweetened fruit juices, cranberry juice and skim milk.

The Basic Fat Burning Soup can be eaten any time you feel hungry. Eat as much as you wish. Remember the more you eat, the more you will lose. You can eat broiled or baked chicken instead of meat (no skin on the chicken).

Any prescribed medication will not hurt you on this diet. Continue this plan as long as you wish and feel the difference both mentally and physically. If you prefer, you can substitute broiled fish for the beef on only one of the beef days. You need high protein in the beef the other day.

(Frm Sacred Heart Memorial Hospital. Used for overweight heart patients to lose weight rapidly, usually before surgery.)

Soup (make in a large pot)

Cut up small the following:

- 2 Green Peppers
- 6 Large white boiling onions (Skin on outside)
(Less sugar - need green onions)

- 1 Large bunch of celery (no celery tops)
- 1 Large head of cabbage

Add: 1 Bay Leaf (whole)

Add: 1 Can of Campbell's Beef Consomme Soup (10 1/2 oz.)

2 Cans whole peeled tomatoes (2 - 23 oz. cans)

1 Envelope Lipton's Onion Soup Mix (Powdered)

Add water until all of the above ingredients are covered

Cook on high until soup boils - then continue to boil for 10 minutes. Then reduce heat to low and simmer for 2 hours.