

# **CABBAGE 7 Day DETOX - CARDIAC CLEANSE**

Some people who have tried this method claimed that they lost up to 10 pounds of weight within just one week. Below are the basic steps that you need to take when you decide to follow the program. It will last for seven days and the instructions need to be followed precisely.

## **1st Day**

Fruit is the objective of the first day: Eat your cabbage soup with all the fruits that you want, except for bananas. Cranberry juice, unsweetened teas, or water are the only drinks that can be taken.

## **2nd Day**

Make vegetables a big part of day two: You can eat any kind of cooked or raw vegetable as much as you like along with your soup. Try to pile up on leafy dark vegetables while avoiding those dry peas, beans and corn. During supper, a large potato that has been baked in the oven and lightly touched with butter may be consumed. Refrain from fruits on this day.

## **3rd Day**

Mix one and two: Incorporate the essentials found in the 1st and 2nd day, dropping the baked potato. Eat as much fruits and vegetables that you want to on this day together with your cabbage soup.

## **4th Day**

Skimmed milk and bananas: You may have to endure eating a lot of bananas on this day. Consume up to eight bananas and take as much skimmed milk as you can, eating it together with your soup.

## **5th Day**

Tomatoes and a little bit of beef: Start including six fresh tomatoes and between ten and twenty ounces of beef with your cabbage soup. It is recommended that you consume between a minimum of 6 glasses of water, more if you can. This will aid in removing the Uric Acid that has accumulated in your body. Take your soup at least once on this 5th day. If you don't like beef, baked chicken may be eaten instead. However, remember not to consume the skin on your chicken only the white meat.

## 6th Day

All the beef you can eat plus vegetables: Together with your soup, you can eat as much beef and vegetables as you like on the 6th day of the cabbage soup diet. You can consume up to 2 or 3 steaks if you want together with your leafy dark green vegetables.

## 7th Day

Eat brown rice with your vegetables and cabbage soup while drinking unsweetened and fresh fruit juices.

It may sound easy now, but hold your judgment until you try the diet yourself. A lot of dieters find the cabbage soup harder to follow, yet despite the difficulty, the results are incredible.

Keep in mind that the cabbage soup diet is supposed to last only 1 week. This diet is considered not to have the adequate amount of complex carbohydrates, vitamins, minerals and protein to sustain a person in a normal state of health. The normal diet should be reinstated for at least another two or three weeks before resuming the [Cabbage Soup Diet](#) again.

Okay, are you ready? Here we go:

- *1 head [cabbage](#), shredded or chopped*
- *2 large [onions](#), chopped*
- *16-28 ounces canned [tomatoes](#), chopped*
- *2 [green peppers](#)*
- *4 stalks [celery](#)*
- *1-2 packages Lipton onion soup mix, or any dry onion soup mix (optional)*
- *[black pepper](#)*
- *any fresh [herb\(s\)](#) of your choice, chopped*
- *6 [carrots](#), sliced*
- *1/2 pound [green beans](#), sliced on diagonal*
- *1/2 cup [balsamic vinegar](#) (optional)*

*Put all vegetables in a big pot and cover with water. Bring to a boil, stir in the soup mix (if desired), and boil gently for 10 minutes. Cover, reduce heat, and simmer until all the vegetables are soft. Stir in the black pepper and chopped herbs (saving some for garnish).*

Eat as much of the soup as you like, as often as you like. Drink as much water as you like and non-caloric drinks including coffee, tea, and herbal teas.

Here's what else you can eat, and when:

DAY 1: All fruits except bananas.

DAY 2: All vegetables, raw or cooked. This includes baked potato with a LITTLE butter.

DAY 3: Fruits and vegetables, but no potatoes or bananas.

DAY 4: Bananas and skim milk--eat as many as 8 bananas and drink as many as 8 glasses of skim milk.

DAY 5: Beef, skinless chicken, and/or fish--as much as 20 ounces, total. You can also eat 6 tomatoes. And you must drink 8 glasses of water. Don't forget at least one bowl of soup.

DAY 6: Beef, skinless chicken, or fish and vegetables. Drink 8 glasses of water and eat at least one bowl of soup.

DAY 7: Brown rice, vegetables, and unsweetened fruit juice.

***TESTIMONY! If you're interested in going gourmet AND losing weight, try the following suggestions, recommended by Bobbi B. from California: "To make the soup not so...so...impossible to eat three times a day; try making the first batch with red onions, red cabbage and red bell peppers, leave it chunky like a minestrone. The second batch make with yellow onions, green cabbage & green bells (I left out the tomatoes in second batch) and pureé it. The taste and texture change makes it so much more palatable. Also, on the skim milk day; add non fat plain yogurt to the soup as one of glasses of milk...tastes wonderful!!! Hey! I lost 10 lbs. in 7 days, I feel great! I can't imagine it not being healthy for you, keep the foods fresh and be creative when you cook."***

Or how about chef Karen Larkin who makes soups from scratch every morning at her McKinleyville, California, café: "I love this diet! It really works! I add a few different herbs and spices to each batch to give it an international twist. For example, I add chopped cilantro, a little chili powder, and cumin to give it a Southwestern flavor; some oregano, basil, and fresh garlic for an Italian taste; a little curry powder mixed into the cooking soup and chopped fresh mint leaves for garnish on top when serving to give it a unique Moroccan flavor; shrimp or fish boullion, a little soy sauce, and some fresh bean sprouts, minus the tomatoes for an exotic Oriental sensation; chanterelle mushrooms and a pinch of thyme and rosemary minus the tomatoes for a wonderful French taste. All very yummy!"

Jane B. from High Point, North Carolina, says "The version of this that I got had no carrots, green beans, herbs or vinegar. It did have boullion added and the daily instructions were the same. It was called the American Heart Association diet. I was told if you lost less than 17 lbs. in one week you could stay on it. Lost 10 lbs the first

week, 7 lbs the second. I've been following it casually since then and have lost a total of 35 lbs so far and feel great - all within about a month and a half time frame."

Natalie from Nixa, Missouri, says: I have used this soup many times, and lose about 10 pounds each week! My family likes it too, so I add ground beef or diced Chicken to it and we have a meal! It is a great way to clean out your system and make you feel great, if followed correctly! I use it for a week, off a week, on a week, and off a week, and usually can keep the weight off for a year or 2, if I am careful! Just be sure to take your vitamins, and eat all the stuff it calls for...

Alister Moffit says: Everyone told me I would be listless and low on energy, when in actual fact I felt like all the toxins were being washed out of my system and I was full of energy and alert, I kept riding my bike to work and back every day for 25 km round trip while on the diet and lost 3 kg. I also kept taking Lecithin to clear out cholesterol.

Or how about Sherrie Blount's variation from Oakland, California: "Use the original cabbage soup diet recipe for all three meals. Add brown rice, one fry egg to your soup. (EAT IT LIKE IT IS STEW) Do not add any other foods etc. Drink 8 glasses of water, no tea or juice. This really works."

Laurie W. from Berks, UK, says: "You cannot fail to lose weight on this diet (as long as you don't cheat!). I lost 8lbs the first time, then on my second go 5 weeks later, I lost another 7lbs! Providing you don't stuff yourself silly on the first day off the diet, then eat sensibly, there is no reason why you should put the weight back on! Good luck."

Lenia Kallis from Nicosia, Cyprus, says: "You may omit the peppers mushrooms also-you may use them otherwise-and use fewer onions to make a lighter soup. Also cutting the cabbage into big chunks makes you feel fuller as you are eating something solid. Also you may add one tablespoon of non fat grinded hard cheese on top of every plateful just before consumption, for variation. And yes it tastes great and you still lose the weight. I also agree that yogurt makes it much better in taste. On the fruit day I make a nice big fruit salad with a little orange juice and consume it the whole day. On the vegetable day I saute the vegetables in a non stick pan and add a little soya sauce to fool myself I am eating chinese. I use light margarine for the baked potato. On the banana and milk day I make nice banana milk shakes in a shaker and add a little sweetener if the bananas are not sweet enough. On the beef day I eat a little mustard with the steaks or make a sauce with mustard and mushrooms too since I do not use them in the soup. Yes I too lost 9 pounds on it. And it is not that difficult either with the above recommendations. It is imperative that you have one multivitamin a day, plus one water soluble vitamin C whenever you feel light headed. It really helps the energy levels. All the above make the diet easier to follow and the results are drastic. It motivates me also to go on a better and more nutritional diet the week after. I feel that it is good for me as I do not consume any meats for the first 4 days of the diet. Good luck to all."

## **Cabbage Soup Diet Seven Day Plan**

Day One: eat only fruit and as much soup as you like. Drink unsweetened tea, black coffee, cranberry juice and water.

Day Two: eat raw and cooked vegetables (avoid peas, sweetcorn, dry

beans): at dinner reward yourself with a large baked potato and butter, and eat as much soup as you like, but no fruit.

Day Three: mix days one and two, eat as much fruit, vegetables and soup as you like but no baked potato.

Day Four: eat as many as eight bananas, skimmed milk and as much soup as you want.

Day Five: you may have 300-500g (10-20oz) beef (or chicken or fish) and a large tin or six fresh tomatoes. Try to drink 6-8 glasses of water and be sure to eat the soup at least once.

Day Six: eat 2-3 beef steaks with salad or fresh vegetables (no baked potato) and soup at least once.

Day Seven: brown rice, fresh vegetables and unsweetened fruit juice, eat as much as you like, plus soup at least once.