

SACRED HEART SOUP DIET

DAY ONE

Any fruit (except bananas). Cantaloupes and watermelon are lower in calories than most other fruits. Eat only soup and fruit today.

DAY TWO

All vegetables. Eat until you are stuffed with fresh raw, cooked or canned veggies. Try to eat green leafy veggies and stay away from dry beans, peas or corn. Eat veggies along with the soup. At dinnertime tonight reward yourself with a big baked potato and butter. Don't eat any fruits through today.

DAY THREE

Eat all the soup, fruit and veggies you want. Do not have a baked potato. If you have eaten as above for three days and not cheated, you should find that you have lost 2.2 - 3.1 kgs.

DAY FOUR

Bananas and skim milk: Eat at least 3 bananas and drink as much milk as you can today, along with the soup. Bananas are high in calories and carbohydrates, as is the milk but on this particular day, your body will need the potassium and carbs. Proteins and calcium to lessen the cravings for sweets.

DAY FIVE

Beef and tomatoes: you may have 280g to 560gms of beef and a can of tomatoes, or as many as 6 tomatoes on this day. Eat the soup at least once today.

DAY SIX

Beef and veggies, eat to your heart's content of the beef and veggies today. You can even have 2-3 steaks if you like with green leafy veggies but no baked potato. Be sure to eat the soup at least once today.

DAY SEVEN

Brown rice, unsweetened fruit juice and veggies, again, be sure to stuff yourself and eat the soup. You can add cooked veggies to your rice if you wish.

Heart Smart Diet Soup

Shasha Hu



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