

Your day-by-day soup-eslimmer

Day 1



You're on your way

Day 2



Day 3



Day 4



You're half way there

Day 5



Day 6



Day 7



Unlimited soup - unlimited fruits - 1 cup plain low-fat yogurt

Unlimited soup - unlimited vegetables - 8 oz. skim milk
Bedtime snack - 1 baked potato

Unlimited soup - unlimited fruits and vegetables - 8 oz. skim milk

Unlimited soup - eight 8 oz. glasses of skim milk - 3 to 6 bananas

Unlimited soup - unlimited broiled or grilled fish - 6 fresh tomatoes - 1 cup plain low-fat yogurt

Unlimited soup - unlimited broiled or grilled chicken - unlimited vegetables - 8 oz. skim milk

Unlimited soup - unlimited fruit and vegetables - 1 cup plain low-fat yogurt

The soup that slims—fast

Whip up a big batch of cabbage soup on the first day of the plan, and have enough to sip all week!

- 1 bunch scallions, chopped (about 6)
- 1 bunch celery, sliced (about 10 ribs)
- 2 green bell peppers, sliced
- 3 carrots, peeled and sliced
- 1 pkg. (10 oz.) fresh mushrooms, sliced
- 6 cups (½ head) cabbage, cut into bite-size pieces
- 1 package onion soup mix, like Lipton's
- 1 can (48 oz.) vegetable juice, like V-8 (optional)
- 1 cube beef or chicken bouillon
- 1½ cups brown rice, cooked

In large saucepot coated with cooking spray, sauté scallions 3 min., or until tender. Add celery, peppers, carrots and mushrooms; cook 4 min. more, or until veggies are tender. Stir in cabbage, soup mix, 12 cups water (or 8 cups water and vegetable juice) and bouillon cube. Bring to a boil, reduce heat and cover. Simmer soup 2 hrs. Add brown rice; cook 5 min., or until heated through. Season with salt, pepper and hot sauce to taste, if desired.

- 1. Can substitute 8 oz. skim milk. 2. Can substitute 1 cup plain low-fat yogurt.
- 3. Can substitute 1 cup plain low-fat yogurt for one glass of milk. 4. Can substitute grilled or broiled chicken. 5. Can substitute one 28-oz. can of tomatoes.
- 6. Can substitute grilled or broiled fish.

Plus I added:

- 1 bag of okra
- 2 cans of beans-your choice
- 1 cup dried shitake mushrooms
- 2 cans diced tomatoes
- 2 chicken breasts cubed

Cook rice separately, and don't add chicken bouillon.

