7 Day Cabbage Soup Slow Fat Loss Fix

The #1 Cabbage Soup Diet Online!

7 DAY
Cabbage Soup
SLOW FAT LOSS FIX

Catherine Soup
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Secret #1: Separate fact from fiction!

Quick points to look for:

- The origins of CSD
- Changes in the diet
- Nutritional facts

When all of my co-workers were talking about an upcoming friend's wedding the following month, all I could think about was: “How will I look in my dress?” I know that it's usually the bride having these kinds of thoughts, but you know how it is! Chances are at one point or another in your life you have looked in the mirror and seen a pooch where there wasn't one before and had the same thought. You've probably wanted to lose just a few pounds at some time.

After that, you decided, it would be easier to eat a little bit healthier. After a few pounds lost, a little voice in your head might say, you would be more motivated to hit the gym. Studies show that you're probably right. People who lose between 5 and 10 pounds are more motivated to keep going down the road towards more weight loss. It might be just the motivation you need to get fit for good.

Lots of people try to jump-start their weight loss by starving themselves, but we all know this isn't the healthy way to go. Ask even a child and they will tell you nutrition is an important part of overall health and there's no reason to sacrifice a healthy body for a good-looking one. It's just not going to last. Pills and liquid diets have their flaws too since putting chemicals into your body is never a healthy option and liquid diets leave you feeling unsatisfied. What is a soul to do?

Many have found success with the Cabbage Soup Diet, which was rumored to have started as a solution for obese medical patients awaiting surgery at Sacred Heart Medical Center and Children's Hospital. We know now that this isn't true. (The organization denies the association.) However, the tales of success with the diet have been emailed from office to office and related co-worker to friend to family. Individuals have found success with the diet at least on a short-term basis.
and as a “quick fix” for getting those first few pounds to drop in order to get the motivation to continue working!

**Let's first talk about what the Cabbage Soup Diet is and what it isn't:**

<table>
<thead>
<tr>
<th>Is</th>
<th>Is Not</th>
</tr>
</thead>
<tbody>
<tr>
<td>A low fat, high fiber diet</td>
<td>Not associated with May Clinic or doctor-approved</td>
</tr>
<tr>
<td>Only supposed to last for seven days</td>
<td>Not intended for long-term weight loss</td>
</tr>
<tr>
<td>A solution for large amount of short-term weight loss</td>
<td>Not recommended for pregnant or nursing moms</td>
</tr>
</tbody>
</table>

The Cabbage Soup Diet isn't like “mainstream” diets which progress at slow and steady rates and may not yield the desired amount of weight loss for many weeks at a time. Most people that follow these kinds of diets fall off the wagon early into the diet. They may feel deprived and quit that way of eating altogether, resorting to old habits again. Since the Cabbage Soup Diet is only for a short period of time, however, it's easy to see results quickly. Plus, you know the end is in sight, which makes it easier to stick to than a longer plan.
The Cabbage Soup Diet provides a great “kick start” for a more moderate way of eating.

By the menu, you can tell the diet is low in fat and high in fiber. And, while the variety of the menu isn't something you'd see at an all-you-can-eat buffet, it does give you options each day, which is important to those of us who like choices. The primary goal is to use this plan as a jumping off point to embark on a healthier, more moderate long-term eating plan.

While the earliest versions of the diet may not have been exceptionally healthy, more information is known and the diet has changed considerably. Changes to the diet have included, in some versions, the addition of protein supplements to increase substance and nutrition, decreasing sodium and/or increasing water consumption.

Over the years people have added their own personal touches to make the Cabbage Soup Diet more conducive to their own lifestyles. There is nothing wrong with that as long as you follow the basic eating principles introduced in the diet. We'll show you exactly how to do that later on in the section about the program's eating plan, and also suggest some supplements you can take to increase your weight loss, too.

So, if you have a special occasion coming up, or if you're just looking to drop a few pounds in a short amount of time, the Cabbage Soup Diet may be exactly what you're looking for to help. For one, you're not going to starve on this diet. You can eat as much of the foods listed in the program as you want! And although the diet itself is only for seven days (and shouldn't be followed any longer than that) it makes it easy to stick to and provides a great “kick-start” for a more moderate way of eating.

The biggest concern is for your health and wellbeing, of course, so here we will detail the ins and outs of the diet and how you can follow it closely, but responsibly, in order to produce the best results in a relatively short amount of time. You'll be fitting in to that dress before you know it!
Secret #2: Stick to the plan!

Quick points to look for:

- The day-to-day plan, the Diet itself
- Recipes to keep you on the plan
- Where and how to buy the proper produce

Every time I begin the journey on a brand new diet, one of the things I really look forward to is the trip to the grocery store to get all my new healthy foods to stock my cabinets and fridge. It helps to have all these foods on hand so you don't get a craving in the middle of the week for something naughty. You have no excuse to go outside for food because everything you need is at your fingertips, in your own kitchen.

One of the best ways to discourage yourself from heading out and, subsequently, eating a taco or hamburger from that place on the corner, is to fill your pantry with things you know are okay for you. In order to do that while you're on the Cabbage Soup Diet, you need to know what things are allowed and what are not allowing during each day of the plan. One of the pros of the diet is that it is very strict about what foods can be consumed on which days. The reason this should be seen as a positive instead of a negative is that it doesn't leave a lot of room to wonder.

You never have to fling open the cabinets, stare in disbelief and confusion and wonder what's there you can eat without feeling guilty. There's no counting calories, fiber, carbohydrates, or grams of this or that. It's much more simple than all that. If it's not on the program, it's not allowed...period.

*Keeping your pantry stocked with foods allowed on the Cabbage Soup Diet will keep you from deviating from the program.*

Many people find this comforting, since there's no room for deviation or cheating. You can always relax you’re eating habits again after the Cabbage Soup Diet is over and you've lost those first few unwanted pounds. Later, you can return to the Cabbage Soup Diet again, after eating normally for two weeks, if you need to
drop a few more. Here’s a day-to-day list of the foods that are and aren’t allowed on the plan and other guidelines to help you follow each day exactly. (Use Appendix A so you will have a handy list of approved foods for your shopping trip.)

**Day One**

On the initial day of the diet, you’ll be able to consume all the fruit you care to eat, excluding bananas. Why are bananas not allowed? Not only are they full of fructose (fruit sugar) like all fruits, they are also starchy vegetables, which makes them higher than most in carbohydrates. Eat only cabbage soup and fruit on this first day.

This is the “induction day” which prepares your body for weight loss by filling you up with high fiber, low fat choices all day. You can have as much of these foods as you’d like to stay continually full, but don’t choose fruit juices, fruit-filled pastries (!) or fruit snacks. Only good, old-fashioned fruit from trees is allowed, and, of course, cabbage soup!

Don’t worry if you’ve never made cabbage soup before. There will be a recipe for it at the end of this chapter along with recipes for some other tasty foods you can eat while on the plan. Not everyone is a four-star chef, of course, but even a kid could make these recipes.

**Day Two**

Mother always said, “Eat your vegetables!” Today is the day you’re really going to make Mom proud! This is all-you-can-eat vegetable day. You aren’t allowed to eat any more fruit, but you can eat all the fresh, raw, or cooked vegetables of your choice.

The diet recommends you stay away from starchy vegetables like corn and they also suggest avoiding legumes like dried beans (think pinto beans, butter beans). Here’s a list of some of the vegetables the Cabbage Soup Diet recommends and some ways you might eat them for a little variety.
• Steamed squash and onions (a personal favorite of mine!)
• Raw baby carrots
• Fresh pepper rings
• Boiled baby sprouts (if brussels sprouts are your thing)
• Green beans done up in the slow cooker (Delicious!)
• Fresh or frozen snap peas
• Fresh or frozen broccoli crowns
• Steamed cauliflower, carrots, and broccoli medley

Be creative and use a little lemon juice or seasoned salt for flavor. There are some delicious new herb creations out there that offer a little extra seasoning without all the salt. Try the “Mrs. Dash” versions of lemon pepper, garlic flavors, and cilantro mixes. You’ll find this day is easy to get through especially when you find out about what’s for dinner!

*Many times people mistake thirst for hunger. Next time you’re feeling hungry, drink a glass of water to see if the feeling subsides.*

Just when you thought your hunger would overtake you, you’re allowed to eat your fill of a large baked potato with (a little bit of) butter at dinner time. This will help you feel full and help you get a good night’s rest. Just make sure at some point in the day today you eat your cabbage soup!

**Day Three**

On the third day, you can choose from the fruits or vegetables food groups. Eat all of them that you want until you’re satisfied. Baked potatoes, though delicious, are off limits for today, however. On this day, like all others on the cabbage soup diet, it’s important to drink plenty of water.

I suggest you take around one of those larger-than-life water jugs that are so popular nowadays. Some of my coworkers fill them with water and then freeze them the night before. They let the water thaw slowly over the course of the next day so they have icy cold water to drink all day long. This is a great option for
those of you enjoy the taste of a frosty glass of water but don’t have a refrigerator available to you during your work day.

It’s a good idea to again avoid starchy vegetables and fruits, like bananas, as much as possible. While your body might be craving these carbs, fear not because by day four you’ll have had your fill of bananas anyway!

**Day Four**

Do you like bananas? Next is your day to eat like a monkey!

You can have up to eight bananas today to help your body with the cravings for sweets that you’ve probably been experiencing.

You can also drink as many glasses of skim milk as you want on this day. Skim milk is better for you during weight loss since the layer of fat has been completely “skimmed” off the top. When you drink 1%, 2%, or even (gulp!) whole milk, you can be drinking as much as 10% or more of your recommended daily intake of calories - just in milk!

While there is some debate about the requirements of milk as part of a nutritional food plan, we all know we need calcium to support our bone health. An added benefit is that studies show adding calcium to your diet may increase the amount of weight loss you experience.

Mix up your meal plan on day four to include cabbage soup, bananas, and skim milk. You’ll definitely feel full today!

**Day Five**

Nearing the end of the cabbage soup diet plan, you will begin to add meat back to your diet. You can have ten to twenty ounces of beef and six fresh tomatoes. If you’d prefer, you can eat broiled or baked chicken instead of beef. Make sure you remove the fattening skin before you eat it, though. It is strictly not allowed!
This will be a real treat from the previous days, as your body will begin to crave foods that haven’t been on the plan up until now. Day five is a great day to begin introducing these new foods back into your meals.

**Day Six**

On the last two days, you should eat your cabbage soup at least once per day. On day six, enjoy two or even three steaks with leafy green vegetables. Don’t eat potatoes, though! You can have as much beef as you want. You’ll want to continue pouring that water into your system, however, to reduce the uric acid build-up. Six to eight glasses is a good recommendation, but if you can drink more, do!

**Day Seven**

At the end of the cabbage soup diet plan, you can add in brown rice (as much as you want, as long as it is the brown stuff, not the white stuff), unsweetened cranberry juice, and veggies. Eat until you’re full!

Once the diet is over, you should see a significant amount of weight loss. If you’re unclear about any of the rules and restrictions, visit a notable site with tons of information (like cabbage-soup-diet.com). You’ll find the meal plan, recipes, and more!
The Original Cabbage Soup Recipe

Ingredients

- 6 large green onions (also called “spring” onions)
- 2 green peppers
- 1 or 2 cans of tomatoes (diced or whole)
- 3 carrots
- 1 container (10 oz. or so) mushrooms
- 1 bunch of celery
- half a head of cabbage
- 1 package spice only soup mix (In the US, Liptons is a good choice)
- 1 or 2 cubes of bouillon (optional)
- 1 48oz can Low Sodium V8 juice (optional)
- Season to taste with salt, pepper, parsley, curry, garlic powder, etc. (Little to NO SALT!)

Directions

1. Slice green onions, put in a pot on medium heat and start to sauté with cooking spray. Do this until the onions are whiter/clearer in color (about 4-6 minutes).
2. Cut green pepper stem end off, then cut pepper in half to take out the seeds and membrane. Cut the green pepper into bite size pieces and add to pot.
3. Take the outer leafs layers off the cabbage, cut into bite size pieces, add to pot.
4. Clean carrots, mushrooms, and celery, cut into bite size pieces and toss them in. Add tomatoes now, too.
5. If you would like a spicy soup, add a small amount of curry or cayenne pepper now.
6. For seasonings, you can use a spice soup packet of your choice (no noodles!) or use beef or chicken bouillon cubes. These cubes are optional, and you can add spices you like instead (make sure not to add much salt, if any at all).
7. Use about 12 cups of water (or 8 cups and the 48 oz of Low Sodium V8 juice), cover and put heat on low. Let soup simmer for a long time – about 2 hours or until vegetables are tender.
The Original Cabbage Soup Eating Plan

Day One

Fruit: Eat all of the fruit you want (except bananas). Eat only your soup and the fruit for the first day.

For drinks all week: unsweetened tea or coffee, 100% cranberry juice and water.

Day Two

Vegetables: Eat until you are stuffed will 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 (a little bit of) 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.
Day Five

Beef and Tomatoes: You can eat from ten to twenty ounces of beef and up to six fresh tomatoes. Drink at least 6 to 8 glasses of water this day to wash the uric acid from your body. Eat your soup at least once this day. You may eat broiled or baked chicken instead of beef (but absolutely no skin-on chicken). If you prefer, you can substitute broiled fish for the beef on one of the beef days (but not both).

Day Six

Beef and Vegetables: Eat to your heart's content of beef and vegetables this day. You can even have 2 or 3 steaks if you like, with leafy green vegetables. No Baked Potato. Eat your soup at least once.

Day Seven

Brown rice, unsweetened fruit juices and vegetables: Again stuff, stuff, stuff yourself. Be sure to eat your soup at least once this day.
**Secret #3: Pair yourself with a buddy!**

Quick points to look for:

- Benefits of accountability while dieting
- Finding a partner

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**The Real Secret To Fast and Long Term Weight Loss**

The Cabbage Soup Diet will help you lose weight and lose weight fast! But that is only if you are able to follow it...

There is a secret that makes following this diet easy.

[Click Here](click) to Read My Review of the #1 Thing I recommend to my readers who want a skinny belly fast...

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Susie Q. came over to sit with her best friend Suzy Creamcheese at lunch in the dining hall at the local college.

“What are you eating?” asked Susie.

“Cabbage Soup...” remarked Suzy, blandly.

Susie smiled. “I'm so proud of you for sticking to this Cabbage Soup Diet with me!”

She unpacked her lunch kit which revealed a Tupperware bowl of delicious cabbage soup and a plethora of raw vegetables and fruits.

“Well,” Suzy began, half-grumbling, “I would never have been able to do it without you, my buddy...my weight-loss pal!”

“I'm there for you, girl. We’re going to look so awesome when we hit the beach for Spring Break next week! It's all going to be worth it. Do you want half of my apple?” Susie offered half of the apple she had brought to her friend and they both enjoyed an apple and a good laugh.
Okay, so my little story was really cheesy and featured two girls both named “Susie/Suzy” but the point is it's so much more fun to do things when you have a friend going through it with you. It's so much easier to do difficult things when you drag a buddy with you, isn't it? Girls are used to doing things in groups, but it just might be something you guys ought to consider too, especially when starting a diet program or workout regimen.

Research by the American College of Sports Medicine shows more than half of people who begin exercising quit within three to six months. That's not a lot of time at the gym, especially if you're trying to develop your newfound interest into a lifelong love of losing weight. Find a buddy and make sure you are accountable to each other about what you're eating and how active you're being.

Establish a common guideline that the pair of you will stick to and watch each other follow through.

It's important that the two of you serve as motivation to each other to continue to do your best. The ways of getting and keeping motivation might be different for you. For example, one time I worked on losing 10 pounds with four friends, and when we ALL reached that goal, we went to get mani/pedis together!

Guys, on the other hand, might tease and “trash talk” each other for motivation. Is one way better than the other? Absolutely not! It's all about what is going to keep you going on the path towards success and that might be one thing for one person and something completely different for another.
Find a support group that can help
and encourage you when you are feeling down.

The key is to find someone who wants to do what you're
doing and stick to it with them. Then keep nagging them
about how they're doing and make sure they're nagging
you, too. It helps some people to have a commitment to
others about meeting up at the gym or eating the right
kinds of foods. It makes you feel like you're letting that
other person down if you don't do right by the program – and you are!

This is the reason many successful diets promote groups or clubs you can join to
find support. Weight Watchers has their group meetings where you can go and
exchange recipe ideas, food choices you've made, and generally talk about how to
make the program work for you. We are working on a Cabbage Soup forum for
you, too.

There is also some form of accountability you make when you commit to going to
a weekly class at the gym or even just by going at a certain time every day. You'll
see the same faces and get to know some people who will miss you when you're
not there, even if they don't become your best friends for life.

People are creatures of habit and when you don't
show up for a few days, your weight loss buddies will
show concern and wonder if you've “fallen off the
wagon.” Sometimes that's just the little bit of extra
something you need to get dressed and go to the gym
when you aren't especially feeling like it.

Use the provided sheets, Appendix B, to create a list of all the people you know
who you can lean on for support. Place a comment next to that person’s name
and contact information, listing what it is they can help you with the best. We're
talking about the Cabbage Soup Diet here, so if you know one or person who has
been down that road before, you might want to put a star next to that name and
consider that person’s sage advice on the topic.
Keep this list handy somewhere you'll see it every day (like by the refrigerator!). Sometimes you won't even have to call them before you start thinking about the advice they would give you when you feel pulled to the freezer for late-night comfort food.

It can be good to have this kind of support and be a part of these groups because they foster a shared community experience that feels nice to be a part of, especially when you’re working on something that is so tough for so many people. You are not alone! It’s human nature to want to talk to others, and to help others. Especially when we're in the same cabbage soup boat, we want to make sure that no one is falling overboard.
Secret #4: Do what works!

Quick points to look for:

- Comparing the CSD to other “fad” diets, like Atkins

There is no shortage of fad diets out there. A quick Google search will indicate over a million web pages devoted to the information about these various diets. If you can think of a food, chances are there's a diet centered on it. Some of these we've heard of before, but this easy chart shows you how they stack up with the Cabbage Soup Diet. I'm thinking about trying out the Chocolate Diet myself... mmmmm...I will let you know how it goes!

Check out some of the other diets out there, and how they stack up against the Cabbage Soup Diet.

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As you can see there is a proliferation of fad diets, and this is only a very short list! You should consider all these factors when you're planning on starting your diet: duration, featured foods, benefits and drawbacks.
Duration

The duration of a diet is probably the single most important deciding factor when you are choosing which diet to begin. Are you one of those people who can “do anything for a week?” Or, do you need a diet you can follow long term in order to actually stay on it? If you're thinking it might take a while for you to get into the healthy-eating habit of the diet you've chosen, then you will want to go with a diet that has a longer duration or a period of several “phases” for you to ease into slowly.

You might have other duration considerations, however. If the diet allows you some cheat days, it may be easier to stay on it. The foods that you crave may be outlawed on the diet, but if you have a cheat day where you can indulge in them, it will be easier to go the rest of the days without them. I suggest trying a diet that only lasts for a week or so and seeing how you do on it. Then, if you find you can remain on the diet for a prolonged period of time, begin your program again until you've reached your goals.

Duration will be a factor also if you are trying to lose the weight in time for a certain event. If you're trying to work yourself into a dress for a party or wedding, or if you're attempting to get into shape before bikini season, it will matter how far away these things are from the present. If you know ahead of time about the events, you will be able to begin your regimen far in advance and you’ll be prepared when the event actually arrives.

If the event pops up on you or is unexpected, or like most of us you laid around and did nothing with all the time you had beforehand, (first of all, shame on you!) then you might want to consider the more restrictive diet, like the Cabbage Soup Diet, which offers results in a quicker time frame.
Featured foods

Featured foods are an important consideration to make as well. What food does the diet support and what foods are on the no-no list? If your favorite foods in the world are all on the naughty list, then chances are you'll have a more difficult time staying on this diet compared to some others. Consider your allergies and special needs as well. Are you wheat-free or gluten free? There is a lot more to consider when choosing a plan, if that is the case. Lastly, and this is a varying consideration depending on your budget: how much are the foods going to set you back when you calculate your grocery bill each week? Eating all meat might sound like a swell idea, but who is going to be paying for all of those cuts of steak? Are you going to have to settle for Vienna Sausages and SPAM? This is definitely something you should think about before you embark on a diet of this type, or any others.

While it may be easy to stay on a diet for a short period of time, consider the health implications of that diet's featured foods. The chocolate diet sounds delicious and we know that everyone loves chocolate, but what will an extended period of chocolate-binging do for your overall health? (Let's not think about it.) We all know that the government provides certain guidelines about what to eat via the food pyramid. While this isn't the be-all-end-all guide of perfect nutrition, it's a good guide to go by when deciding what constitutes a healthy menu.
Benefits

The most obvious benefit of trying any diet is weight loss. Doctors and scientists alike recommend a person lose no more than 1-2 pounds of weight per week in order to maintain a healthy body. This kind of weight is the kind that typically stays off longer.

However this isn't always something we're willing to wait for, especially if we're looking for a “quick fix” to our diet situation. Sometimes we are just trying to fit back into that tight-fitting pair of jeans, lose some weight from having a baby, or take off the freshman 15 (although I've heard it might now be the freshman 25!)

Eating slowly will allow your brain time to realize you are full and prevent you from eating too much.

The benefits of the diet are the payoffs and should be proportionate to the amount of work you have to put in to the diet. If you're going to pair your diet with exercise, expect an even bigger portion of weight to drop off. If you'd prefer to spend your time in other areas of your life, you'll want to take in to account that the benefits might not be as great for you. Don't half starve yourself and fight off cravings every day if the benefits are only going to be a few meager pounds. Eating too few calories can actually cause weight gain since your body goes into starvation mode and starts hoarding the calories you do eat.

Ask around to the people you know who've also tried the diet. What kind of benefits did they see while on the Cabbage Soup Diet? How did it help them to reach their goals? You'll also want to get an idea about whether the benefits they did see were worth the effort required to achieve them. There is no sense in wasting your time following pointless diet requirements (like eating only bread) simply to find out that you've actually gained weight!
Drawbacks

Again, here we're talking about the disadvantages to trying a new diet. Weigh the disadvantages against the advantages to calculate if the diet is feasible for you and your lifestyle. Most of us can put up with a little bit of gas from the Cabbage Soup Diet, especially since it is only for a short period of time. Heck, take a Bean-O and be done with it!

You may get a little cranky or irritable, but just keep thinking to yourself that it's only for seven days and chances are you'll feel that it was all worth it once those difficult buttons on your jeans finally snap in place with more ease than before. It's not all roses, though, and we are talking about your health here. Some side effects of other diets are far more serious and can include:

- Improper nutrition
- Tooth decay
- Kidney problems
- Fatigue
- Weight gain (the very thing you're trying to combat!)

Get a doctor's advice or at least ask a friend who's tried the diet before about how they handled the drawbacks of the diet and plan accordingly. Many times it's a simple fix before a more complicated problem crops up. When working a fad diet, a little bit of common sense can go a very long way, especially with guides like this one telling you the who, what, when, where, and how about conquering those pesky couple of pounds.

For other ideas about what works and what doesn't...do what other people have done. Rely on others to explain to you what has and hasn't worked for them.

You're doing what works, and that's great, but what if it's not working for you right away? Ever heard the phrase “Fake it 'til you make it!”? It's a piece of advice given to people who are going through some exceptionally difficult challenge. It basically means you should keep going with a
smile on your face and determination on your brow until you get through your challenge.

If you're not happy on a fad diet, fake it! Your goal is to shed a few unwanted pounds and if you want it bad enough, you'll go through the rough patches in order to get to that number you want to see on the scale. Then, when you're a few pounds lighter, you can resume a more moderate eating plan, but until you're to that step... Fake it 'til you make it!
Secret #5: Set attainable goals!

Quick points to look for:

- Knowing your BMI and healthy weight
- Choosing a proper scale
- Setting short-term and long-term goals
- Creating rewards

*Take before and after photos of your weight loss experience. It will be a good source of motivation.*

Set long-term and short-term goals.

When I was younger, I wanted to be an astronaut. (Didn't everyone?) But at 5' 3” I'm one inch too short. One inch! I decided that rather than set my cap at becoming an astronaut and trying everything under the sun to make myself one inch taller, I would settle for something a little bit more realistic. No, I'm not going to be able to grow not even one more inch past my growing years. It's simply not in the cards for me. So, what are my plans now? Well, I'm a teacher, and I get to teach Science and that's somehow wildly related to being an astronaut. :)

The point is, when you make a goal for yourself, you have to realize what is and isn't going to happen, realistically speaking. When it comes to setting your goal for your body, you have to act on pure facts. Set aside emotion and your preference for that “favorite number” and instead focus on goals for your health and the image you want to see when you look in the mirror. Do you want to be “120 pounds” or do you simply want to be healthier? Use Appendix C, at the end of this eBook, to spend some time and analyze your reasons for wanting to lose weight. Develop a series of short-term and long-term goals that will work for you and you alone.

Assign small rewards for the short-term goals that aren't food related and bigger motivations for the long-term goals to keep you headed in the right direction. Part of the fun of losing weight is getting to get little rewards along the way like: a manicure/pedicure
day, a cute new outfit in a smaller size, a night out knowing you look amazing, or whatever feels like a reward for you. Knowing that there's something waiting for you at the end of your hard work, in addition to losing weight and being healthy, can keep you doing what needs to be done until the end.
Set goals you can achieve

So how do you know what's a reasonable goal for yourself? According to the federal center for disease control and prevention, one of the best ways to assess your level of fitness is by calculating your Body Mass Index (BMI). Your BMI is a very reliable indicator of the amount of body fat you have based on your height and current weight (unless you’re a body builder or super pumped up athlete, then the scale doesn’t make as much sense). The calculation reminds me of something out of my high school pre-cal class, but if you're brave enough to tackle it, here goes:

\[ \text{BMI} = \frac{\text{weight}}{(\text{height})^2} \times 703 \]

Look difficult? If you’re lazy, like me, head to the Internet and there are a bunch of BMI calculators that will plug the numbers in and get your BMI for you. Use a chart like the one at cdc.gov to help you figure out what range category you fall into at the present time. Then, use that information to set up a reasonable goal weight for yourself and short-term or long-term goals, as indicated by your BMI.

For example, let's say you're 5' 9” and you weigh 203 pounds. For your height, this weight is considered “obese” and you’d need to take a few pounds down before you could drop into the next category as just “overweight.” Yes, I know, I don't think they were being very sensitive either, but don't worry. You're changing all that, remember?

**Set several small goals in between each big goal. Then reward yourself (not with food) after completing each goal.**

A five pound loss would be an excellent short-term goal for you to set for yourself and a highly attainable one with the Cabbage Soup Diet in only a few short days. Farther down the road you might want to eventually get below 168 to be considered in the healthy or “normal” weight category for your height. That might be your long-term goal.

The main focus here is to set goals you can almost not reach. The reasoning behind this is if you set a goal you can definitely reach, it's
not much of a goal. It's more like an event. A goal should be almost too difficult to reach and you might fall just under it every time, but that's okay. The point is to challenge yourself! There is a saying, perfect for this moment, which says “Shoot for the Moon. Even if you miss, you land among the stars!” Fitting, isn’t it?

However, let’s face fact: not everyone is going to grow up and be an astronaut. Don't make your goals so lofty that there's no way you'll be able to accomplish them even with the utmost attention to the program. If you do that, you're just setting yourself up for failure. Use the goal sheet at the back of this guide to help you make some short-term and long-term goals you'll struggle to meet, but will finally be triumphant with overtime. Then, you'll look forward to the little mini-rewards you've set up for yourself. It's a tough battle, but the end results are worth it and all you have to do is listen to someone who's fought that fight and won to know that much is true.
The battle with the scale

If you’re like me, every morning is like Christmas morning. The anticipation of getting on the scale motivates me to get out of bed. I’m addicted to the scale. On the Cabbage Soup Diet, like other diets, you’re going to want to resist this feeling. Fight the urge to weigh every day.

There are a few reasons for this. The biggest reason is that tiny fluctuations of water weight each morning might show a loss or a gain on the scale that isn’t “real” and this is especially true for women, who tend to hold more water than men.

These fluctuations, if taken seriously, can frustrate someone even if their weekly trend shows a loss.

We all know the scale at the doctor's office is going to show at least five pounds heavier (or more) than you remember weighing on your scale at home. That's part of the problem with common scales. At home, they aren't calibrated (or adjusted to show the correct weight) often, if ever, after we buy them. After a period of few months, the inconsistency and inaccuracy of the weight reading can actually frustrate us more than help us.

A good scale can cost lots of money, but can be worth it depending on your needs and wants. If you want just a plain old scale, you can probably pick one up for around ten bucks. However, there are now scales that record and save the weights and body fat percentages of up to five different members of a family.

This way you can compare your previous weight to see what kind of a loss you have over the course of a week, two weeks, each month, or even over the course of a year. It’s a much better indicator of weight loss than a daily weigh-in. Also, and it might not seem true at the time, but a loss will feel like such a bigger victory when counted over the course of a week as opposed to a day.
When you have a scale that works well for you, you can begin to set realistic, attainable goals based on your weight. You'll also need a good measuring tape to take down your inches. You may even want to take a weekly photo of yourself. Save and date the photo on your cellphone or photo site, and check it periodically to see how you’ve changed. For each milestone in your weight loss journey, whether it be from a loss of inches or pounds, set yourself an appropriate reward and see how quickly the weight comes off.
Secret #6: Write, write, write!

Quick points to look for:

- Journaling and motivational reading
- Online blogging and forum posting
- Importance of recording data of food intake
- Importance of recording physical activity

Writing and Reading... Sounds Simple?

If I asked you at the end of the day how many calories you had eaten throughout the day, what number would you tell me? Would you prefer to err on the side of caution and give a large number? Or would you err on the side of hope and give a smaller one? Or... would you be able to pull the note pad from your purse and give me the exact number of calories you had ingested?

Writing down everything you put in your mouth will help you realize exactly how much you eat in a day.

Knowing, as they say, is half the battle. Since the Cabbage Soup Diet is merely for a week, it makes it easy for you to jot down everything you've eaten in this time period. You can make a quick list as you eat the food, or simply make a “menu” list of what you expect to eat during the day.

Food journals are very popular and can be kept in a variety of ways. Some people prefer to journal each night about the foods they have eaten over the course of the day. With this method, you have to remember the food all day, but I find it's much easier to journal as I am eating. This way, if I don't want the food to appear on the page, I won’t eat it!

For even more success, swap your food journal with someone else on the plan in order to create more accountability for yourself to motivate you to do what you're supposed to do. You can create your own journal, use a blank Word doc on your computer, or use the provided Appendix D to keep track of your food intake and activity levels.
It might help to have some motivational material on hand for you to read when you feel like you haven't done the program especially well. Reading other people’s successes may spur you in the right direction again. There are many books devoted to the success stories of others who have lost weight by various means. When you're in a slump, head to the library, get comfortable and read your way out of it.
Step into the Electronic Era

There's no shortage of server space for would-be authors to type out their every waking thought. An online blog is simply an electronic diary on a range of topics from daily mundane tasks to thoughts and feelings on world issues. Subscribe to a blogger with whom you feel a connection. Choose one who is on the same journey as you are, but farther ahead on the path and check out their tips, tricks, and motivations. Subscribe to a newsletter or daily advice column, if they have one. This will give you something to start your day in a positive way, and will be a source of some daily reassurance, if and when you need it.

You could also start a blog yourself, if you have the time and determination. It's incredibly simple to get started and surprisingly addictive. You can make it personal or public so others can see it and be encouraged by it as well. Later on, you may become the person that inspires others!

Another great way to use the electronic communities out there is to get involved in a forum or group. These individuals post on different topics, responding to each other and building up the community. They can become as close to you as your friends in “real life” and serve as a great place to get your questions answered by veterans who are going through what you have been through.
Why Journal?

If you can't quickly rattle off the foods you've eaten today, what kind of calories were in them, and whether or not they were on the Cabbage Soup Diet food plan, then you're not helping yourself be successful. You can probably think of the large meals, but what about the bites you put in your mouth in between? The snacks are usually what ruin our diets and it's those calories that wind up frustrating our weight loss efforts.

Journaling can also provide you with a diagnostic tool to analyze your eating patterns. By adding the day and time to your entries you can figure out what triggers you to eat the foods you aren't supposed to be eating. Do you always come straight from work and eat the first thing you can get open from your cabinets? Check your food journal for patterns and attempt to thwart them. For example, you might pack a healthy snack, like a granola bar, in the glove compartment of your car each morning before heading to the office, so you can snack on your way home, in a healthier manner.

Physical activity should also be tracked. When you hit a steady point where you're neither gaining nor losing weight, add some physical activity into your routine to help nudge your metabolism back into the burning phase.

The bottom line is that journaling keeps you honest with yourself. It provides a way for you to share your accomplishments with others if you'd like, but primarily it's for you to see where you're winning and where you're falling behind. You're much more likely to keep going after those goals if you can see your measured progress written down in black and white...or typed out in pink and purple. It doesn't matter what method you use as long as you get it down!
Secret #7: Wear what flatters!

Quick points to look for:

- Flattering your figure while on the CSD
- Emphasizing attractive features

Give it a few days and people are going to start asking you what you are doing to lose weight. It might take a little bit longer, but once you start to lose weight, people are going to notice. While you're on the Cabbage Soup Diet there are a few ways you can “help” them notice, by wearing clothes to flatter your figure in an attractive way.

Dark colors help to disguise your least flattering body parts.

The goal in dressing your best is to present a consistent unified look. Wardrobe consultant Mary Lou Andre noted that, “the eye will go to wherever there's a break in line, proportion, or balance.” For example, if the hem of your blouse falls just along the line of your hips, they're going to look accentuated. (I don't know many women who want that to happen!) The key is to not let this happen, or, at least to control where it happens so that your best features are always the ones the eye is drawn to first.

First, analyze your body shape. Are you pear-shaped, petite, athletic, or hourglass? Determine what style your body is and dress accordingly. Here are some tips to make you appear thinner no matter what your body style may be right now. Let's start at the top of the body and work our way down.
Face and Neck

So often, style is about proportions. Dressing right for your body isn’t so much about hiding what you hate, but choosing clothes that are proportionate in order to draw attention to your best features. A large hoop earring or chunky beaded necklace might be great for someone who wants to accentuate their neckline, but if you don’t want someone’s gaze to fall there, avoid these accessories. Instead, opt for a neckline that is lower or wider and your neck will look elongated; your face will seem thinner, too.
Bust and Waist

If you're blessed with chest, there's certainly no reason to hide it, but it's important when dressing for your body type that you not create bulk where there isn't any naturally. Select pieces for your wardrobe that hug, but don't cling, to your body. Stay far, far away from anything with a chest pocket and avoid horizontal stripes like the plague.
Arms

Here is the saving grace of all ladies, no matter what body shape or size you might have: three-quarters length sleeves! Shirts with these types of sleeves make the arm look longer and cover the thicker part of the arm fully while showing off the more delicate forearm and wrist. To minimize the look of one's arms, show off the thinnest part of the arm, the wrist! Wear a petite bracelet or set of bangles, but just say no to the chunky wrist bands that are “all the rage.” Remember, fashion is really all about personal style, not public trend.

*To minimize your waist and hips try a boat neck top. It’ll show off your lovely shoulders! Every woman has nice shoulders!*
Hips and Thighs

It's obvious to say you should choose shapes and styles that take emphasis away from the lower half of your body. But with all of your clothes drawing attention to everything else, how can you possibly accomplish this? It's all about the pants. Choose pants that widen as they approach below the knee. The subtle flare will make your hips look smaller in comparison.

And, though it might sound like advice out of the early '90's, a subtle, molded shoulder pad at your top will give your shoulders definition and help you look more balanced overall. (A padded bra can also help give balance if you have a curvy lower half.)

Don't tuck your blouse into your pants as this will only make you look chunkier in the middle. Instead, choose a top with a hemline that ends at the hip bone. This visual division at a point on your body that's below your waist will help minimize the appearance of your hips and booty region.

Stay away from big, bold prints on the bottom that draw one's gaze directly to the largest part of your body. Note the pattern and stay away from ones that put the imbalance on your lower half. Also, refrain from wearing tapered pants that might make your hips look wider than they really are.
Overall: Dressing Your Best

While you’re on the Cabbage Soup Diet and waiting for the results to kick in, you’re going to want to put your best style out there so you can minimize those troublesome areas and maximize the compliments. To draw attention, use light colors, chunky fabrics, layering, big prints, and show some skin! To minimize an area, try dark colors, thin fabrics, solid colors, and implement some diet restrictions (like the Cabbage Soup Diet) and exercise.

Remember you can make your parts look bigger or smaller, shorter or taller, and draw attention to them or somewhere else. It's all about dressing for your body shape and personality and style. If you're going to make a “fashion don't” then go for it in a big way! As long as it's comfortable for you and you feel attractive in the style, then do it with no regret.
Secret #8: Ramp it up with activity!

Quick points to look for:

- Exercises to do in conjunction with the CSD
- Increasing physical activity without “working out”

How active are you now?

If you burn an extra 500 calories each day, you can melt away an extra pound of fat within a week. (Note: this doesn't work if you're just eating those calories back each day.) The point of exercise is to burn calories above and beyond those you've ingested throughout the day. The standard 2,000 calories per day isn't a good recommendation for those of us trying to lose weight.

So how do you determine how many calories you should eat in a day? One way is to get your Resting Metabolic Rate (RMR) to figure out how many calories are burned in a day of simple resting, just to operate and manage the systems of your body. A person who is 5' 6” and weighs 240 lbs burns approximately 1800 by simply being alive, heart pumping, breathing in and out, and blinking. Once you factor in the amount of physical activity one has throughout the day, you can increase that caloric input depending on how much you do during the day.

Once you know how many calories your body needs to function, you can use the techniques of food journaling and physical activity journaling to help you record those amounts and calculate your way towards weight loss success.

_Drink a glass of water before a big meal. You will feel fuller and reduce the chance of overeating._
Benefits of working out

Those who exercise regularly will tell you they would never give it up. The way you feel when you are putting some activity into your day can simply not be equaled! Some use their nightly exercise routines as a way to clear their head, eliminate the stresses of the day, or plan for tomorrow.

First of all, there are documented benefits to your health, of course. With as little as 30 minutes of continuous exercise each day, your chances of being hit by some of the major killers in America, such as heart disease, heart attacks, cancer, strokes, and high blood pressure, are lessened. Working your muscles and participating in the levels of activity that our bodies were meant to undergo is important to a long, healthy life. We were built to move long distances in search of food, run and hunt, climb and swim.

We do virtually none of those activities in these modern times. Think of going to the gym as getting in touch with our ancestors, if that motivates you. Find whatever methods you need to make you feel happy about being in the gym. Once you get there and start to make it a habit, you won't need to psyche yourself up about it. The motivation will come naturally to you.

Working out also provides social benefits. In a gym or at a biking or walking trail, you'll find others who feel the same way about their health as you do. In no time at all, you'll form lasting friendships and feel more motivated to keep going once you know people who frequent those places. (For more, see above about working out and keeping accountability with a buddy!)
A little science about working out

Regular physical exercise is a great way to burn extra calories, raise your metabolic rate (the rate at which you normally burn calories), and increase your heart’s efficiency. The following activities burn about 10 calories per minute: basketball, cycling, football, swimming, heavy walking, and weight training.

*To improve the range of motion for muscles and joints, stretch before you exercise. This will also increase flexibility.*

Some are more interested in the idea of simply eating 10 less calories throughout the day instead of working out in the gym. For many of us, the extra activity helps us burn the calories in the foods we aren't willing to give up (or just those we don't calculate in an average day). However, there are studies that suggest working out actually makes one hungrier for food, defeating the purpose of working out.

Studies once proved that an average 250lb man burned only three calories walking up a flight of stairs. THREE! He could have taken the elevator and skipped the pat of butter on his toast for breakfast. Researchers tend to believe there's more value in eating the right foods, even without physical activity than eating the wrong foods with it.

The key is to manage what you're eating, first and foremost. Control what you're putting into your mouth, and then slowly but surely the weight loss will follow. You can continue to take daily amounts of exercise, but guaranteed you'll be hitting your head against a wall if you continue to eat like you've been eating. You must change your eating habits before the weight is going to come off, even if you're going to the gym religiously.
Secret #9: Keep going!

Quick points to look for:

- What to eat after the Cabbage Soup Diet week is up
- Maintaining a healthy weight

Yay! You’ve followed the menu and made it through the week. You’ve made it! Hopefully, you’ve noticed some small changes regarding your efforts and some larger changes in the numbers on the scale. Now it’s time to get off this food plan and move on to a more moderate way of eating - permanently.

Once you’ve calculated your RMR you can choose a menu that approximately meets the calorie value your body burns in a given day. Then you’ll be able to maintain your weight loss. If you still have a few more pounds to lose, you know that you need to eat 500 fewer calories each day of the week in order to burn one pound by the weekend.

**No more than 30% of ones total daily calories should come from fat.**

For a regular healthy diet, nutritionists recommend that no more than 30% of the total calories one eats in a day should come from fat. Mix up the sources where the fat comes from, as well, since different types of fat are found in animal and plant products. An egg and an avocado both contain fat, but these sources provide “healthy fat” as opposed to the fat in a doughnut or candy bar. You can limit the amount of fat you get from meat by trimming the visible fat and baking, steaming, or broiling meats instead of pan-frying them.
Limit starchy foods

Most diets, even those that aren’t consider of the “fad” variety, recommend watching your sugar or carbohydrate intake. This means steering clear of processed flour, like that in white bread, pasta, rice and potatoes. Plus, toppings on potatoes, pasta, and rice, like butter or cheese, can have a ridiculous amount of calories attached to them and should be limited in a healthy diet. Many people have seen weight loss success by simply cutting these types of extras almost completely out of their diet.

Replace these foods with whole wheat versions instead and try eating a larger portion of vegetable sides than your entrée. Count your calories and write down what you eat so you’re not surprised by what you see on the scale each week. You can refer back to your journal to see what physical activity you’ve done and how it might have helped or hindered you throughout the week.

After getting to a proper weight for your height and age (check the government guidelines) you can keep the weight off by making sensible choices. Allow yourself to indulge occasionally, but then hop right back on track. Too many days off the program can equal a “relapse” and cause you to gain the weight back, plus possibly more pounds, quickly (which could mean another grueling week of Soup).

When you’ve finished following the Cabbage Soup Diet, continue to drink plenty of water and eat healthy fruits and vegetables. You certainly don’t have live off of only fruits and vegetables once you’re off the diet. Adding back protein is part of a healthy way of eating. However, fruits and vegetables should constitute the largest portion of your caloric intake.

*It is recommended to drink eight 8 oz. glasses of water every day.*
When Hunger Strikes

If you get hungry throughout the day, try a glass of water before you start snacking. Most Americans mistake hunger for thirst, since our thirst can sometimes be quenched by the water in our food. You can keep hunger at bay longer if you load up on an icy cold glass of water before sitting down to your plate. Or, stick a piece of gum in your mouth to see if it’s just your mouth’s way of telling you that it’s bored.

If you simply have to snack, make sure you have some healthy options available wherever you are. Stash a granola bar in the car, your purse, or desk drawer at work. Bring an apple with you every day if that’s what it takes to keep you away from the treacherous vending machines! If you're still hungry, choose a meal or snack with a high amount of fiber that will help you feel full. You’ll find that after a few days of healthy eating, your body will be adjusted to it and you’ll want to continue feeling that way.
You’re on your way!

Good luck! No one ever said struggling with weight loss was easy. It’s difficult and it takes the support of friends and family and a lot of determination and will on your part. However, if you feel yourself slipping after you’ve gone a week or two eating healthy, you can always hop back on the Cabbage Soup Diet to get you pointed in the right direction again.

The Real Secret To Fast and Long Term Weight Loss

The Cabbage Soup Diet will help you lose weight and lose weight fast! But that is only if you are able to follow it...

There is a secret that makes following this diet easy.

Click Here to Read My Review of the #1 Thing I recommend to my readers who want a skinny belly fast...
### Appendix A: Shopping List for the Cabbage Soup Diet

**Notes:**

---

**Other fruits and vegetables you enjoy:**

- □ Cabbage
- □ Onions
- □ Green Peppers
- □ Tomatoes
- □ Carrots
- □ Mushrooms
- □ Celery
- □ Lipton Soup Mix
- □ Bouillon Cubes
- □ Low Sodium V8 Juice
- □ Bananas
- □ Skim Milk
- □ Apples
- □ Oranges
- □ Baking Potato
- □ Bag of Salad
- □ Lean Beef
- □ Skinless Chicken
Appendix B: Your Support List

Contact 1
Name: ___________________________ Phone #: ___________________________
Email address: ___________________________
Best to contact about: ___________________________
Other notes: ___________________________

Contact 2
Name: ___________________________ Phone #: ___________________________
Email address: ___________________________
Best to contact about: ___________________________
Other notes: ___________________________
Contact 3
Name: ___________________________ Phone #: ___________________________
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Other notes: ___________________________

Contact 4
Name: ___________________________ Phone #: ___________________________
Email address: ___________________________
Best to contact about: ___________________________
Other notes: ___________________________
Appendix C: Milestones and Rewards Sheet

Goals

1. I will...

   by: (date)

   Measuring My Progress
   Beginning: Improvement: Completion:

2. I will...

   by: (date)

   Measuring My Progress
   Beginning: Improvement: Completion:
3. I will...

by: (date)

Measuring My Progress
Beginning: Improvement: Completion:

4. I will...

by: (date)

Measuring My Progress
Beginning: Improvement: Completion:
Appendix D: Food and Activity Journal

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Appendix E: Healthy Recipes thanks to Dotti from Dotti’s Weight Loss Zone, DWLZ.com

The recipes here are healthy but as they are written now, they are for use AFTER* you complete the Cabbage Soup Diet! Hopefully you have realized the importance of having fresh fruits and veggies in your diet, and the recipes below will help you to KEEP eating well, even after you finish the 7 Day Plan!

*(Some of these can be changed just slightly to use while ON the CSD, too, but make sure not to eat anything that is NOT on your 7 Day Plan!)

Contents:

I. Sides
   II. Entrees

I. Sides

**Stir Fry Cabbage**

PAM Spray
2 cloves of garlic, minced
1 white onion
1 green bell pepper
1 yellow pepper
1 orange pepper
1 red pepper
1 bag of shredded cabbage
1 can of cream corn
2 cups of chopped collard greens

Sauté onions, garlic and peppers until slightly tender. Mix cabbage and greens into onions and peppers and sauté till slightly tender. Pour cream corn over stir fry and mix well. Done!

Additional options are: chicken breast, shrimp, pork or additional favorite veggies.

Entire Dish: 404 calories, 3g fat, 23g fiber, 94g carbs
**Turkish Rice**

1 clove garlic – crushed
1 tablespoon olive oil
2 each leeks -- thinly sliced
4 each carrot -- sliced
1 teaspoon sugar
1 tablespoon dill weed
1/2 teaspoon pepper salt -- to taste
3/4 cup rice
2 cups water
1 tablespoon lemon or lime juice
2 each boned and skinned chicken breast halves -- sliced

Use only the bottoms of the leeks, discard the leafy tops. Slice thinly. Sauté the chicken and garlic in olive oil till browned in large skillet with lid (about 3 minutes). Add leeks and carrots & sauté for 3 minutes, stirring frequently. Add remaining ingredients and stir. Cover & cook at medium heat stirring occasionally for about 20 minutes.

**Greek Baked Vegetables**

2 medium onion cut into 1" pieces
5 medium carrot cut into 1" chunks
1 cup cauliflower pieces
2 medium zucchini cut into 1" chunks
1 teaspoon salt
1 lb eggplant cut crosswise into 1/4" slices
2 cups tomato chopped
1 pound potato cut into 1 1/2" chunks
1 tablespoon mint chopped
1/2 cup parsley chopped
3 tablespoons olive oil
1/4 teaspoon pepper

Cut all vegetables into pieces and place in a 10x12 baking dish. Process the tomatoes in blender with oil and seasonings to make a sauce. Pour the sauce over the vegetables and stir to coat well. Bake in 400F oven for 2 hours.

**Yields:** 4 servings
**Per serving:** 304 calories, 11g fat, 11g fiber, 48g carbs
**Sweet Potato Sticks**

*ingredients*
- cooking spray
- 1 tbsp vegetable oil
- 1/3 cup grated parmesan cheese
- 4 medium sweet potatoes (about 2 lbs), peeled

*instructions*
Preheat oven to 400 degrees. Cut potatoes lengthwise into ½-inch-thick slices. Cut slices into ¼-inch-wide strips. Place potato strips in a large bowl. Drizzle with oil and sprinkle with cheese; toss well. Arrange potato strips in a single layer on baking sheets coated with cooking spray. Bake for 35 minutes or until crisp and lightly browned, stirring every 10 minutes.

**Yield:** 8 servings  
**Per serving:** 139 calories, 3.1g fat, 3.1g fiber, 25.1g carbs

**Zesty Zucchini and Summer Squash**

*ingredients*
- 1 med zucchini, sliced
- 1 med summer squash, sliced
- 1 med onion, sliced
- 1 can stewed tomatoes

*instructions*
Combine all ingredients in a casserole dish. Bake at 350 degrees for one hour.

**Entire dish:** 180 calories, 1g fat, 11g fiber, 41g carbs
**Sweet Carrot Curry**

1-1/4 lb. carrots, peeled and sliced in half lengthwise, then diagonally into 1/2 inch-thick pieces, and steamed  
1 T honey or sugar  
1 T fresh lemon juice  
1 T dijon mustard  
2 T curry powder  
1/4 cup raisins  
cooking spray

Spray heavy skillet with cooking spray. Add steamed carrot pieces and Stir. In a small bowl, combine sugar, lemon juice, mustard, curry powder and raisins. Pour over carrots and stir gently until everything is heated through, and serve at once.

**Entire Dish:** 446 calories, 3g fat, 21g fiber, 107g carbs

**Garlic Cauliflower**

2 tsp. olive oil  
1 1/4 lb. cauliflower florets  
1 med. red bell pepper, seeded and cut into 1/2 inch strips  
1/4 tsp. crushed red pepper  
1/4 c. vegetable stock or water

Heat oil in a heavy skillet over medium high heat. Sauté the veggies 2-3 minutes, stirring frequently. Add stock and cover skillet and cook another 3-4 minute or until cauliflower is tender.

**Yields:** 4 servings  
**Per serving:** 64 calories, 2.6g fat, 3.5g fiber, 8.8g carbs
Mock "Potato" Salad
10 ozs cauliflower -- diced, cooked
1 stalk celery -- diced
1/4 each green pepper -- diced
1/2 each dill pickle -- diced
2 ounces mushrooms -- cooked or canned
1 tablespoon mustard
1/2 tablespoon onion flakes
½ teaspoon parsley
1/2 teaspoon salt
1 package sweetener
1/4 teaspoon Worcestershire sauce
1/4 teaspoon lemon juice

Simple instructions! Combine all ingredients.

Entire recipe: 127 calories, 2g fat, 10g fiber, 25g carbs

Italian Zucchini-Tomato Skillet
1 clove garlic
1 tablespoon oil
6 green onions -- sliced
1 cup chopped tomatoes
3 tablespoons chopped fresh parsley
1 tbsp chopped fresh basil
2 tablespoons grated parmesan cheese
2 medium zucchini squash -- sliced 1/4" thick

In a large skillet, cook garlic in hot oil for 30 seconds. Stir in squash. Cook and stir for 1.5 minutes. Stir in onions, cook and stir 1.5 minutes more until squash is crisp-tender. Stir in tomatoes, parsley, and basil; cook for 1 minute more until heated through. Transfer to serving dish; sprinkle with grated parmesan, and serve immediately.

Per Serving: 74 calories, 4g fat, 2g fiber, 7g carbs
II. Entrees

*Baked Parmesan Fish*

1 pound haddock  
½ teaspoon salt  
1/8 teaspoon ground black pepper  
¼ teaspoon paprika  
1 tablespoon parmesan cheese -- grated  
1/8 teaspoon tarragon  
3 green onions -- sliced  
1 tomato -- sliced  
2 tablespoons bread crumbs  
ICBINBS -- to taste

Preheat oven to 350°. Place haddock in an ungreased baking dish. Sprinkle with salt and pepper. In a bowl, blend together parmesan cheese, paprika, and tarragon. Spread over fish. Sprinkle with bread crumbs; spray ICBINBS to taste. Bake 20 minutes or until the fish flakes easily. Top with green onions and tomato.

**Yields:** 4 servings  
**Per serving:** 190 calories, 8g fat, 1g fiber
**Italian Style Vegetable Sauté**

1 medium green zucchini
1 medium yellow summer squash
1 large onion, halved and sliced
3 cloves garlic, minced
2 teaspoons dried oregano
PAM spray
2 teaspoons dried basil salt and pepper to taste
14oz can diced tomatoes (no salt added) or 2-3 medium fresh tomatoes

Halve zucchini and squash lengthwise, then slice. Spray non-stick skillet with PAM, and sauté onion and garlic on medium heat until softened, 2-3 minutes. Add zucchini and squash and continue to sauté another 3 minutes. Add tomatoes, and sprinkle with oregano, basil, salt and pepper. Stir to combine, then cover and simmer 3-5 minutes, until vegetables are tender but not overcooked.

**Entire Dish:** 222 calories, 3g fat, 15g fiber, 49g carbs

**Beef with Broccoli**

1 package seasoned beef strips
2 tablespoons soy sauce, low sodium
2 cloves garlic -- finely chopped
6 tablespoons beef broth – reduced sodium
6 cups broccoli flowerets 1 cup carrots -- cut in 1/4" strips
1 large onion -- cut in eighths
1/2 teaspoon red pepper flakes

Cut steak into thin strips; combine with soy sauce, garlic and 2 tablespoons broth. Cut flowerets into bite-size pieces. Heat large nonstick skillet over medium heat. Add beef with soy sauce mixture; stir-fry 3-5 minutes until beef is heated. Remove with slotted spoon to a platter, leaving any remaining liquid in pan; if no liquid you may want to add some water or soy sauce or a combination of both. Add broccoli, carrot and onion. Cover; cook 3 minutes, adding remaining broth as needed. Return beef to pan; stir-fry 1-2 minutes. Sprinkle with red pepper flakes.

**Yields:** 6 servings
**Per serving:** 116 calories, 3.4g fat, 3.2g fiber
**Vegetarian Stir Fry**

1/4 cup fat free chicken broth  
1 cup broccoli, cut into spears  
1 cup snow peas, threaded  
1 cup red onion, sliced  
1 cup bean sprouts  
1 cup red or yellow pepper, sliced  
nonstick cooking spray  
2 tsp sesame oil  
2 cloves garlic, minced  
1 tsp Lawry's seasoning salt  

Spray wok with nonstick cooking spray and preheat on high setting. Add red onion slices and stir fry over high heat approximately one minute, until fragrant. Add broccoli, snow peas, peppers, seasoning salt and garlic. Stir fry an additional minute, then add chicken broth and cover. Allow to steam for four minutes, stirring after two. Uncover wok and add bean sprouts. Stir fry one minute. Stir in sesame oil and promptly remove from heat. Serve immediately and enjoy with chopsticks!

**Yields:** 4 servings  
**Per servings:** 125 calories, 3g fat, 9g fiber, 24g carbs

**Pineapple Chicken**

2 tbsp cider vinegar  
8 oz can unsweetened crushed pineapple  
2 tbsp reduced-sodium soy sauce pepper to taste  
6 boneless, skinless chicken breast  

In a large baggie, combine the first 3 ingredients. Add chicken. Seal bag and turn to coat; refrigerate for 30 minutes. Place the chicken and marinade in an 11x7x2 baking dish sprayed with Pam. Cover and bake at 350 for 25 minutes.

**Yields:** 6 servings  
**Per serving:** 149 calories, 1g fat, 1g fiber
Food Substitution List (For The Recipe and 7 Day Plan)

I know the Cabbage Soup Diet menu this week is already pretty restricted...
But what should you do if there is something you just CANNOT and WILL NOT eat?
Rest assured – you’ll find a substitute here!

YOUR SOUP: If you dislike...then try...**

If you dislike cabbage, try a different diet! This is the Cabbage Soup Diet, for goodness sake!

If you dislike green peppers... go for red or yellow. They all taste differently.

If you dislike carrots... simply omit them.

If you dislike green onions... go for white, purple, or any other kind you can locate. Great anti-oxidants!

If you dislike celery... omit it or add more cabbage. Celery is a “negative calorie” veggie – try to eat it!

If you dislike canned tomatoes/Low Sodium V8 juice in your soup... omit them and add more water.

If you dislike mushrooms... simply omit them.

If you cannot find a Lipton’s soup mix... use any other spice-only packet, or just add your own spices.

**If you omit a veggie, add something you DO like! The more veggies, the merrier – and the healthier!

**THIS WEEK, DO NOT HAVE CORN, BEANS, PEAS, LEGUMES, AVOCADO, POTATOES (except Day 2).
OTHER DAYS: If you dislike...then try...

**On Day 2:** If you dislike baked potatoes...have a sweet potato, squash, or a yam (but only once and on this day)

**On Day 4:** If you dislike bananas...have kiwi, papaya, or apricots – fresh, not dried!

**On Day 4:** If you dislike/cannot drink skim milk...have light soy, rice, or coconut milk. Choose the one with the lowest sugars, lowest (or no) fat, and go for a plain flavor.

**On Day 5:** If you dislike tomatoes...have red pepper or grapefruit

**On Days 5/6:** If you dislike meat/are a vegetarian...have tofu, black beans, edamame, or avocado