

BASIC FAT BURNING SOUP From Sacred Heart Memorial Hospital.
Used for overweight heart patients to lose weight rapidly, usually before surgery.

This is a seven day easy to follow, different routine every day for the week. There is no opportunity to feel hungry. Ok to do along with prescribed medication. Check with your doctor.

SOUP INGREDIENTS: Organic vegetables are preferred if available

- 6 large spring onions or 1 large onion
- 1 large head of cabbage or bunch of kale
- 1 or 2 cans of organic tomatoes
- 6 carrots
- 1 bunch celery
- 300 grams green beans or 2 cans beans
- 2 green capsicums
- 1 packet vegetable soup mix (Massel or organic soup mix) or Tamari sauce
- Seasoning to taste: unprocessed salt, pepper, curry powder, parsley or any green herbs
- Tomato paste can be used to thicken (optional)

Cut vegetables into small to medium pieces and cover with water. Boil for 10 minutes. Turn to simmer and continue cooking until vegetables are tender. The soup can be eaten anytime you are hungry. Eat as much as you want, whenever you want. This soup will not add calories. The more you eat the more weight you will lose.

Caution: If eaten alone for an indefinite period, you will suffer malnutrition.

DAY 1: All fruits except bananas. Eat only the soup and fruits. Drinks may be unsweetened teas, pure cranberry juice or water.

DAY 2: All vegetables. Eat until you are stuffed with all the fresh raw or canned vegetables. Try to eat leafy vege and stay away from dry beans, peas and corn. Eat along with the soup. At dinner time reward yourself with a big baked potato (or sweet potato) with butter. Do NOT eat fruit.

DAY 3: Eat all the soup, fruits and vege you want. Do NOT have a baked potato.

DAY 4: Bananas and skim milk. Eat as many as 3 bananas and drink as many glasses of milk as you can along with the soup. Bananas are high in calories and carbohydrates and so is the milk, but on this day your body will need the potassium and carbohydrates, protein and calcium to lessen any cravings for sweets.

DAY 5: Beef and tomatoes. You can have 280gm – 550gm of beef or chicken and as many as 6 fresh tomatoes (or a can of organic tomatoes). Drink 6 – 8 glasses water. Eat the soup at least once this day.

DAY 6: Beef and vege. Eat until your heart's content of beef and vege. You can have 2-3 steaks with green leafy vege, but NO baked potato. Eat soup at least once.

DAY 7: Brown rice, unsweetened fruit juice and vege. Again eat all you want. Be sure to have the soup at least once this day.

At the end of the 7th day, if you have not cheated on the diet, you will have lost 4.5 to 7.5 kg. If you have lost more than 7.5 kg stay off the diet for at least 2 full days before resuming the diet again from Day 1 should you want to do so. It is not necessary to exercise to achieve this weight loss. A morning walk is encouraged, high intensity exercise is discouraged.

The 7 day eating plan can be used as often as you like. If correctly followed it will clear your system of impurities and give you a feeling of well being. Feeling lighter will help with energy. The diet is fast, fat burning and you will burn more calories than you take in.

It is best to leave about 2 weeks between the sessions as there are no fats in the diet. Our body needs fat intake in the form of omega 3, 6 and 9 fatty acids (fish oils, flaxseed, nuts and other seeds) monounsaturated fat (olive, rice bran, grape seed oils), and saturated fat (butter, cream and naturally occurring fat in flesh meats). We must eat nutritional fats with our foods to transport the fat soluble vitamins (A, E, D, K) to our cells. These fats are critically important for our eye and lung health, brain, skin, heart etc.

Everyone's digestive system is different, and this diet will affect everyone differently. After day 3 you may find you will have more energy. You may find your bowel movements have changed. A cup of bran fibre, or psyllium drink, may be needed to move the bowel. Although you may have black coffee, you may find you do not need the caffeine after the third day.

The basic fat burning soup can be eaten anytime you feel hungry. Eat as much as you like. Remember that the more you eat of the soup, the more you will lose. Instead of the beef, you may have boiled or baked chicken (no skin) or fish. If you don't have a problem with eating red meat, it is preferable to the white meats as it is higher in protein. If flesh meat is not liked, a pea or rice protein powder drink may substitute, however the flesh meats are preferable.

DEFINITE NO NO'S ON THE DIET:

Bread, alcohol of any type, carbonated drinks including diet drinks, fried foods, snack foods; sweetened fruit juice, sweet biscuits or crackers will stop the weight loss process. It is recommended to stop drinking alcohol 24 hours before going on the diet.

YOU MAY HAVE:

Black coffee, unsweetened tea, herbal teas, water, unsweetened fruit juice, cranberry juice (pure) and skim milk, as per the routine.

IMPORTANT TO KNOW:

Any prescribed medication will not hurt you on the diet. Check with your health professional if you are unsure, especially if you are on specialised drugs. If you are taking vitamin supplements or herbal medicines these can be taken as normal. However large quantities of fish oil or any supplement with sugars may affect the weight loss outcome.

For some people there may be a cleansing period after the first 2-3 days. You may find flu like symptoms, headaches, lethargy, itch or rash. This will be as a result of a detox reaction, and it is recommended to continue with the diet, take it easy, and take a day off work if necessary and rest or sleep.

Have an Epsom salt bath, warm shower, drink plenty of water. The symptoms will pass as the body cleans out. It's important to not mistake any symptoms for "flu" and take antibiotics when it may be a detox. If flu like symptoms are too severe, stop the program and start again at another time.