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WEIGHT WATCHERS DROP DIET

Basic fat Burning Soup:

INGREDIENTS:

1 lg. head of cabbage
2 green peppers
(run through blender)
1 pkg. Lipton onion soup mix
(beef flavored soup may be used)
6 lg. green onions

1 or 2 large cans of tomatoes
1 bunch of celery
Season with salt, pepper, parsley, etc.
if desired, or 6 bullion cubes

Directions:

Cut vegetables in small to medium pieces and cover ½ way with water. Boil for 10 min. Reduce to simmer and continue cooking until vegetables are tender. This soup can be eaten any time of the day. This soup will not add calories: the more you eat, the more you lose. If eaten alone for indefinite periods, you will suffer malnutrition. Fill a thermos in the morning if you will be away during the day.

DAY 1

All fruits except bananas. Your first day eat all the fruits you want except bananas. Cantaloupes and watermelons are lower in calories than most fruits the first day. Eat only your soup and fruits on the first day. Drink unsweetened tea, cranberry juice or water.

DAY 3

Mix day one and two. Eat all the soup, fruits, and veggies you want. No potato.

DAY 5

Beef and tomatoes. You may have 10-20oz of beef and a can of tomatoes or as many as 6 fresh tomatoes. Try to drink at least 5-8 glasses of water to wash away the uric acid. Eat your soup at least once this day.

DAY 7

Brown rice, unsweetened juices and vegetables. Again, stuff yourself. Be sure to

DAY 2

All vegetables. Eat until stuffed with fresh or cooked vegetables of your choice. Try to eat green leafy veggies and stay away from dry beans, peas, and corn. At dinner time reward yourself with a large baked potato, buttered. Eat all the soup you want; don't eat fruit.

DAY 4

Bananas and skimmed milk. Eat as many as 8 bananas and drink as much skimmed milk as you can along with your soup. Bananas are high in calories and carbohydrates, proteins and calcium to lessen your craving sweets.

DAY 6

Beef and veggies. Eat to your heart's content of beef and vegetables this day. Green leafy vegetables preferred. NO BAKED POTATO. Eat your soup.

you will begin to feel lighter by at least 10 and possibly 17 pounds and have an abundance of energy. Continue this plan as long as you will and feel the difference. This diet is a fast, fat burning diet and the secret is that you will burn more calories than you take in. It will flush your system of impurities and give you a feeling of well being. This diet does not lend itself to drinking any alcoholic beverages at any time because the removal of fat build-up in your system. Go off the diet at least 24 hours before any intake of alcohol. Because everyone's digestive system is different, this diet will affect everyone differently. After day three, you will have more energy, if you didn't cheat. After being on the diet several days, you will find your bowel movement has changed. Eat a cup of bran and fiber. Although you can have black coffee with this diet, you may find that you don't need caffeine after the third day.

DEFINITE NO'NO'S: NO BREAD, ALCOHOLIC BEVERAGES, AND NO CARBONATED BEVERAGES, NOT EVEN TAB OR OTHER DIET DRINKS...STICK WITH WATER, UNSWEETENED TEA, BLACK COFFEE, UNSWEETENED FRUIT JUICES, CRANBERRY JUICE AND SKIMMED MILK (on the day allowed), FRIED FOODS. The basic fat burning soup can be eaten at anytime, when you feel hungry. Eat all you wish, as often as you want. This soup will not add calories. The more you eat, the more you lose. You may eat broiled or baked chicken instead of beef (absolutely no skin on the chicken). If you prefer, substitute broiled fish for the beef on one of the beef days. You need high protein in the beef on the other day. Any prescribed medication will not hurt you on this diet. Continue this plan as long as you wish and feel the difference in both mental and physical disposition.