

Cabbage Soup Diet

The Cabbage Soup Diet is different and a little extreme, at least at the start. Here are all the details and a new cabbage soup diet pill announcement at the end of this article. In the world today, there are millions of people who are overweight. Obesity is on the rise, and many people are looking for a way to shed a few unwanted pounds quickly. There are many methods that those who want to lose weight can use, one being dieting. There are thousands of diets on the market today, one of the oldest being the cabbage soup diet. Those who choose to use this diet plan should be prepared for an extremely strict diet regime. There are many different recipes for cabbage soup, however the classic recipe includes cabbage, onions, peppers, garlic, celery, mushroom, carrots, and tomatoes simmered in vegetable stock. This unusual diet allows you to eat as much cabbage soup as you want throughout each day. Adding various fruits and vegetables on assigned days is the only variation to the menu. The only drinks that are allowed on program are water, unsweetened fruit juice on the days that fruit is assigned. Skim milk is allowed; on the days that it is assigned, and black coffee and plain tea. Here's the scoop on how this eating plan is structured: Day one of the cabbage soup diet allows you to add as much fruit as you want to the menu with the exception of bananas. Day two allows you to add vegetables to the menu, including one baked potato with a small amount of butter. Day three allows you to add fruits and vegetables to the menu. However, potatoes and bananas are to be excluded. Don't give up just yet. Day four of the cabbage soup experience allows you to add eight bananas to your menu, and as much skim milk as you want. Day five is a treat and a relief. You are allowed to add up to twenty ounces of beef to the menu and six tomatoes. Day six of this weight loss program allows you to add as much beef and vegetables as you like to the menu with the exception of potatoes. Day seven allows you to add brown rice and vegetables with the exception of potatoes and unsweetened fruit juice to the menu. It is important that you remember to spread the menu allowances throughout the day. Do not have all of them all for just one meal. It is also important to remember that this particular soup diet plan is meant to be used for only seven days. Using it any longer can lead to serious health problems. There has been a great controversy in the medical community regarding the cabbage soup diet. Some experts feel that this diet may be harmful to some people. Therefore, it caution should be used when considering this diet. Obviously, it is not recommended for everyone.

About the Author

Official website of the Upper House of the National Diet of Japan. Contains info on officers, political parties and groups, committees, laws.

Source: <http://www.productsherbal.com>