

# Pre-Fast Diet

Below is a pre-fasting diet which will help you prepare your body for a long fast. It not only cleanses the body from toxins, but stimulates metabolism of your body. You will probably lose seven to twelve pounds in one week, depending on your present body weight.

## Day One\*\*\*\*\*

FOOD: PFSoup, all fruits except bananas.

DRINK: unsweetened tea, cranberry juice, or water.

Your first day should consist of all the fruit you want, except bananas. Cantaloupes and watermelons are lower in calories than most fruits. Eat only your soup and fruits the first day.

## Day Two\*\*\*\*\*

FOOD: PFSoup, all vegetables. @dinner time, big baked potato w/butter.

DRINK: unsweetened tea, cranberry juice, or water.

Eat until you are stuffed with all the fresh, raw, or cooked vegetables of your choice. Try to eat green, leafy vegetables and stay away from dry beans, peas, and corn. Eat all the vegetables you want along with your soup. At dinner time on this day, reward yourself with a big baked potato and butter. Eat all the soup you want this day, but don't eat fruits.

## Day Three\*\*\*\*\*

FOOD: PFSoup, all vegetables, all fruit.

DRINK: unsweetened tea, cranberry juice, or water.

Mix day one and day two. Eat all the soup, fruit, and vegetables you want. You CAN'T have a baked potato this day.

**IF YOU HAVE EATEN AS ABOVE FOR THREE DAYS AND HAVE NOT CHEATED, YOU WILL FIND THAT YOU WILL HAVE LOST FIVE TO SEVEN POUNDS.**

## Day Four\*\*\*\*\*

FOOD: PFSoup, bananas.

DRINK: skimmed milk, (cheese substitute may be taken).

Bananas and skimmed milk. Eat as many as eight bananas and drink as many glasses of skimmed milk as you can on this day along with your soup. Bananas are high in calories and so is the milk, but on this particular day of our diet your body will need the potassium and the carbohydrates, proteins and calcium to lessen your craving for sweets.

**Day Five\*\*\*\*\***

FOOD: PFSoup, beef & tomatoes (or salad).

DRINK: water 6-8 glasses.

Beef and tomatoes (or salad). You may have 10-20 ounces this day. Try to drink as many as 6-8 glasses of water this day to wash away the uric acid in your body. Eat your soup at least once this day.

**Day Six\*\*\*\*\***

FOOD: PFSoup, beef, vegetables.

DRINK: unsweetened tea, cranberry juice, or water.

Beef and veggies. Eat to your heart's content of beef and vegetables this day. You can even have two or three steaks if you like with green, leafy vegetables but no baked potatoes. Be sure to eat soup at least once this day.

**Day Seven\*\*\*\*\***

FOOD: PFSoup, brown rice, vegetables.

DRINK: unsweetened fruit juices.

Brown rice, unsweetened fruit juices and vegetables. Again, stuff, stuff, stuff yourself. Be sure to eat soup at least once today.

**BY THE END OF THE SEVENTH DAY, IF YOU HAVE NOT CHEATED ON THE DIET, YOU WILL FIND THAT YOU HAVE LOST 10-17 POUNDS. IF YOU HAVE LOST MORE THAN 15 POUNDS, STAY OFF THE DIET FOR TWO DAYS BEFORE RESUMING.**

This seven day eating plan can be used as often as you like. As a matter of fact, if correctly followed, it will clean your system of impurities and give you a feeling of well-being as never before. After only days of this process, you will begin to feel lighter, at least 10 and possibly 17 pounds, and have an abundance of energy. Continue this plan as long as you wish and feel the difference. This diet is a fast, fat-burning diet. 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. Because everyone's digestive system is different, this diet will affect everyone differently.

**PFSoup Recipe**

6 large green onions, (scallions - but we used regular onions), 2 green peppers, 1 or 2 large cans of tomatoes, 1 bunch of celery, 1 large head of cabbage, 1 pkg of Lipton Onion Soup Mix. Season with salt, pepper, curry, parsley, etc. if desired, or 6 bouillon cubes.

(Note: Half of this recipe was made and used according to following instructions by two people for four days. We kept it continually hot in a crock pot.) Cut vegetables in small to medium pieces and cover with water. Boil fast for ten minutes. Reduce to simmer and continue cooking until vegetables are tender. This can be eaten anytime you are hungry. Eat as much as you want, whenever you want at 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 would suffer malnutrition. Fill a thermos in the morning if you will be away during day.