

Pre-fast Diet Guidelines

This is a day-by-day list of exactly what you can eat on each day of the diet:

Day 1

Cabbage soup

Eat only fruit, all the fruit you want except bananas

240ml (8ft oz) serving skimmed milk or low fat natural yogurt

Plain tea or coffee (or with artificial sweetener), unsweetened cranberry juice and water 1
tablespoon low or no-fat salad dressing

Day2

Cabbage soup

All you want - fresh, raw, or cooked vegetables of your choice. Stay away from dry
beans, peas, and sweet com

1 large baked potato

240ml (8ft oz) serving skimmed milk or low fat natural yogurt

Plain tea or coffee (or with artificial sweetener), unsweetened cranberry juice and water 1
tablespoon low or no-fat salad dressing

Day3

Cabbage soup

Combine days land 2

Eat all the fruit you want except bananas

All you want - fresh, raw, or cooked vegetables of your choice. Stay away from dry
beans, peas, and sweet com

No baked potato

240ml (8ft oz) serving skimmed milk or low fat natural yogurt

Plain tea or coffee (or with artificial sweetener), unsweetened cranberry juice and water 1
tablespoon low or no-fat salad dressing

Day4

Cabbage soup

3-6 bananas (This is supposed to lessen your desire for sweets.)

Five 240ml servings of skimmed milk. Can substitute low-fat natural yogurt for up to two
servings

Day5

Cabbage soup

Unlimited fish

Unlimited chicken/beef

Up to 6 tomatoes

240ml (8ft oz) serving skimmed milk or low fat natural yogurt

Plain tea or coffee (or with artificial sweetener), unsweetened cranberry juice and water 1
tablespoon low or no-fat salad dressing

Drink at least 6 to 8 glasses of water this day to wash the uric acid from your body.

Day6

Cabbage soup

Unlimited fish

Unlimited chicken/beef

Unlimited vegetables, including tomatoes

240ml (8fl oz) serving skimmed milk or low fat natural yogurt
Plain tea or coffee (or with artificial sweetener), unsweetened cranberry juice and water 1
tablespoon low or no-fat salad dressing

Day 7

Cabbage soup

All you want - fresh, raw, or cooked vegetables of your choice. Stay away from dry
beans, peas, and sweet corn

240ml (8fl oz) serving skimmed milk or low fat natural yogurt

Plain tea or coffee (or with artificial sweetener), unsweetened cranberry juice and water 1
tablespoon low or no-fat salad dressing

ALLOWED FOODS

Vegetables

Artichokes, Asparagus, Aubergine, Beans, Beetroot, Broccoli, Brussels Sprouts, Cabbage,
Carrots, Cauliflower, Celery, Courgettes, Cucumber, Spinach, Endive, Chicory, Sorrel,
Lettuce, Mushrooms, Onions, Parsley, Peppers, Radishes, and Turnips.

Fruits

Apples, Apricots, Berries, Blueberries, Cherries, Grapefruit, Grapes, Kiwi Fruit, Lemons,
Melons, Nectarines, Oranges, Peaches, Pineapple, Plums; Strawberries, and Tangerines.

• A limited number of tomatoes are allowed on day 5, and an unlimited number on day 6.

Dairy

You are only allowed to have either 240ml (8fl oz) low-fat yogurt or 240ml (8fl oz)
skimmed milk on each day. This means that if you eat 150ml (5fl oz) of low fat yogurt for
breakfast, then you cannot have any skimmed milk on that day, but you must have a further
90ml (3fl oz) low-fat yogurt to make up your daily allowance. Or if you choose to have
60ml (2fl oz) skimmed milk for lunch on day 2, then you must have a further 180ml (6fl oz)
later in the day - but no low-fat yogurt.

Miscellaneous

You are allowed to flavor your food with just about any no or low-calorie ingredient
when you choose. This includes fresh or dried herbs, hot sauces, soy sauce, vinegars,
ketchup, and lemon juice. Sugar is not allowed, but if you need a bit of sweetness, go
ahead and use a low-calorie sweetener.

CABBAGE SOUP RECIPE

Makes about 12 pints

1 cabbage

6 carrots

6 medium onions

6 spring onions

2 green or red peppers, de-seeded

3 large tomatoes

5 stalks celery, trimmed

1 -110g uncooked brown rice

• Salt and freshly-ground black pepper

Cut the vegetables into bite-sized pieces. Place in a large 12 pint pot and add enough cold
water to cover. Bring to a boil, and let simmer uncovered for about 10 minutes. Cover and
then simmer on a low heat until the vegetables are soft. This should take about an

hour. While the soup is simmering, cook the rice according to the instructions on the packet. When the soup is almost cooked, add the rice, and then season to taste with salt and pepper. Allow to cool, and then keep in the refrigerator or freezer, whichever is most convenient.

Rules

This diet is not difficult, but it is strict. There are a few rules that you must abide by if you want to lose weight successfully. Check with your doctor before starting this diet. The Cabbage Soup Diet is suitable for most people, with the exception of children and adolescents however, since it is such a fast weight loss regime, certain medical conditions may make it unsuitable for you. So do check with a physician or dietician. Make sure you eat at least two portions of cabbage soup every day. This is important because it contains many nutrients to keep you going through the week. Don't omit foods. Everything on the diet is there for a reason. The cabbage soup itself is extremely nutritious. The fruits and vegetables contain essential nutrients and fiber. The chicken and fish on days five and six help to boost the protein content of the diet, so you should try and eat at least one chicken dish and one fish dish on each of those days. And all those bananas on day four are there to provide you with vitamin A, niacin, iron, some protein, and plenty of potassium. Eat until you feel satisfied and then stop. No alcohol. When cooking chicken, remove all the skin. This is easy to do, and will make all the difference because the skin contains the fat that you want to avoid.

On each day you are allowed either skimmed milk or low-fat natural yogurt. You are not allowed to mix the two. The only exception to this rule is on day four, when you are allowed to replace one of your 240ml (8fl oz) of skimmed milk with a 240ml (8fl oz) serving of low-fat yogurt. Don't use flavorings or condiments that contain more than 25 calories per tablespoon. This is a seven day plan which includes intensive weight-loss and should therefore not be used for longer than a one week period. You must then have a break of at least two weeks before using it again.