

Cardiac Unit Recipe for Fast Weight Loss NO ALCOHOL ON THIS DIET

Because everyone's digestive system is different, this diet will affect everyone differently. After being on this diet for several days, if your bowel movements have changed eat a cup of bran. The basic fat burning soup can be eaten any time you feel hungry. Eat as much as you want. The more you eat, the more you will lose. It is a nutritious diet.

This seven day eating plan will clear your system of impurities and give you a feeling of well being as never before. After the process you will have an abundance of energy. Continue on this plan as long as you like

THIS DIET IS FAST AND FAT BURNING AND THE SECRET IS YOU WILL BURN MORE CALORIES THAT YOU TAKE IN. IT WILL FLUSH YOUR SYSTEM OF ALL IMPURITIES AND GIVE YOU A FEELING OF WELL-BING.

Remember:

No bread, alcohol, soft drinks of any kind and no fried food or oil. Drink plenty of water, approximately 6-8 glasses every day, along with black tea/coffee, skim milk, unsweetened fruit juices or cranberry juice. This is not a FAD diet. This diet is from the Sacred Heart Memorial Hospital and is used on their cardiac care unit for overweight patients, to lose weight prior to surgery.
GOOD LUCK AND ENJOY YOUR HEALTHY NEW WAY OF EATING.

BASIC FAT BURNING SOUP

Ingredients

- 2 large cans SPC crushed tomatoes (each can is the 810g size)
- 2 litres Campbell's or Maggi Beef Stock (comes in 500g & 1lt boxes)¹
- 2 packets Continental Spring Vegetable dry soup mix (Red packet)
- 1 whole bunch spring onions or 2 large brown onions
- 1 whole bunch celery
- 2 cans green french beans (Edgells Sliced Green beans – each can is 410g)
- 2 green french peppers (capsicums)²
- 1kg carrots

(¹ Maggi is the more flavoursome; ² can use 1 green & 1 red if you like)

Method

Chop all vegetables into small pieces. Combine all ingredients, add salt and pepper, stir well. Boil rapidly for 10 mins, then simmer until vegetables are tender. Add water if necessary or to make thinner soup. This 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 you will lose. Fill a thermos if you are going to be out during the day.

For drinks – unsweetened juices, tea, coffee, cranberry juice and water.
Drink plenty of water.

- **Day 1.** Any fruit except bananas. Cantaloupe, rockmelon and watermelon are lower in calories than most other fruits. Eat only soup (as much as you want) and fruit today.
- **Day 2.** All vegetables. Eat as much as you like of fresh vegetables, raw vegetables or canned vegetables. Try to eat green, leafy vegetables. Stay away from dry beans (e.g. baked beans, kidney beans etc.), peas and corn. Eat vegetables along with soup. At dinner time, reward yourself with a jacket potato and butter. **DON'T EAT ANY FRUIT**
- **Day 3.** Eat all the soup, fruit and vegetables you want today. Don't have the jacket potato today.

If you have eaten as above for three days and not cheated, you should have lost between 2.5-3.5 kg.

- **Day 4.** Bananas and skimmed milk. Eat at least 3 large bananas and drink as much milk as you can today. Eat as much soup as you want. Bananas are high in calories and carbohydrates, as is the milk, but you will need the potassium and carbohydrates today.
- **Day 5.** Beef and tomatoes. You may have $\frac{1}{2}$ to $\frac{3}{4}$ of a kg of beef today, or skinless chicken or fish if you prefer, and as many as 6 tomatoes. Eat soup at least once today.
- **Day 6.** Beef and vegetables. Eat to your hearts content of beef, or chicken, or fish and vegetables today. You can even have 2-3 steaks (grilled) if you like with green leafy vegetables. No baked potato. Be sure to eat soup at least once today.
- **Day 7.** Brown rice, vegetables and fruit juice. Be sure to eat well and eat as much soup as you can.

By the end of the seventh day, if you have not cheated on the diet, you should have lost 5-8.5 kg (inactive patients will lose less due to inactivity). If you lose more than 7.5kg, **STAY OFF** the diet for 2 days; then start at day 1 again.