

## **T - J Miracle Diet Soup**

One of the secrets of the effectiveness of this 7-day plan is that the foods eaten take more calories to burn than they give the body in caloric value, so eat as much as you want.

NO CRACKERS  
NO BREADS  
NO SUGARED SODAS

TEA AND COFFEE  
WITHOUT CREAM OR SUGAR



### **DAY ONE: ALL FRUITS EXCEPT BANANAS**

Your first day will consist of all the fruit you want, except bananas. Two fruits which are lower in calories than most other fruits are watermelon and cantaloupe. Should you eat only the melons, your chances for losing 3 pounds are great.

### **DAY TWO: ALL VEGETABLES**

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 vegetables such as dry beans, peas and corn. These vegetables are good for you but not if you are trying to reduce caloric intake.

**SURPRISE**, you may have a large baked potato with butter on your vegetable day.

### **DAY THREE: FRUITS AND VEGETABLES**

Same as day one and two, except for the potato.

### **DAY FOUR: BANANAS AND MILK**

Eat as many as 8 bananas and drink as many as 8 glasses of skim milk on this day. Along with your soup. I am sure that you have heard that bananas are very high in calories and carbohydrates, protein and calcium which will lessen any craving for sweets.

### **DAY FIVE: BEEF AND TOMATOES**

You may have 10-12 oz. of beef and 6 tomatoes on your fifth day. Try to drink at least 6 glasses of water in order to wash away the uric acid in your body.

### **DAY SIX: BEEF AND VEGETABLES**

Eat until your heart is content of beef and vegetables (no potatoes, please).

### **DAY SEVEN: BROWN RICE, UNSWEETENED FRUIT JUICES AND VEGETABLES**

Again, stuff, stuff and stuff.