

T- J Miracle Diet Soup

Loma Linda Hospital promises that with this eating plan T-J, you can eat as much as you wish, and lose 10-17 pounds and feel like a million in only 7 days. It works, but you must follow the daily plan.

6 large onions
2 green peppers
2 cans (16 oz.) whole tomatoes
1 large head of cabbage
6 to 8 stalks of celery
4 large carrots
1 to 2 packages dry onion soup mix



Cut vegetables into medium size pieces. In a large Dutch oven or kettle, add vegetables and cover with water. Let soup come to a boil and add your soup mix or other herb seasonings, if you wish. After soup has boiled for at least 10 minutes, lower the heat and allow to simmer until vegetables are soft.

The soup can be eaten at any time that you feel hungry. Eat as much as you wish and as often as you like at any time of the day. This soup will not add calories, so eat all you want (the more you eat, the more you will lose).

The SEVEN DAY eating plan can be used as often as you like without fear of feeling ill. As a matter of fact, if followed correctly, it will flush your system of impurities and give you a feeling of well-being you never thought possible. After only seven days of this program you begin to feel lighter because you will be lighter by at least 10 - 17 pounds and have an abundance of energy. Continue this plan for as long as you wish and notice the difference in both mental and physical disposition.

NOTE: This diet is on two pages of my cookbook. I used this diet and had some success but it is only a start to a good way of eating. Living with a family that loves sweets is not a good environment to lose those extra pounds. This diet does give you lots of energy and a jump start on losing weight.