

# Diet Cabbage Soup Recipe Weight Loss



## 7-Day Cabbage Soup Diet Lose 10 lbs.

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### Day 1

Eat only fruits.  
Except bananas.



### Day 2

Start the day with a baked potato.  
Then eat only vegetables.  
Except corn and other starchy  
vegetables.



### Day 3

Eat only fruits & vegetables.  
Except bananas & starchy  
vegetables.



### Day 4

Eat only bananas,  
Milk & yogurt.



### Day 5

Eat only tomatoes (6-8)  
and protein like fish, chicken or  
turkey.



### Day 6

Eat only protein and  
veggies (no starchy  
veggies.)

### Day 7

Eat only fruits, vegetables, and



**Diet cabbage soup recipe weight loss** has gained immense popularity among those seeking a quick and effective way to shed pounds. This soup is not just a fad; it's a wholesome, low-calorie meal option that can be easily prepared at home. It's packed with vegetables that are high in fiber and low in calories, making it a favorite for those on weight loss journeys. In this article, we will delve into the details of the cabbage soup diet, its benefits, the recipe, and tips for maximizing your weight loss efforts.

# **The Cabbage Soup Diet: An Overview**

The cabbage soup diet is a short-term weight loss plan that involves the consumption of cabbage soup as a primary food source. This diet typically lasts for seven days and focuses on promoting rapid weight loss through a low-calorie intake. The soup is primarily made from cabbage and various vegetables, providing a nutritious base that can help you feel full while cutting calories.