

A word of caution, this diet may contain items that you are allergic to such as milk. If so then avoid them. All the claims made below have not been verified by myself or this office. It's an example I received from another doctor and has worked well for most patients. If you stick with this for 1 month you'll feel better and lose a bunch of weight, but use common sense and don't over do it.

“Sacred Heart Diet”

This 7-day eating plan can be used as often as you like. If correctly followed, it will clean out your system of impurities and give you a feeling of well-being. You may feel sluggish your first week as you detox.

SOUP:

Try to use organic ingredients when able. Later on you may add 1 lb of hamburger or chix for flavor if the soup is not enough protein for you.

- 2 lg cans of stewed or crushed tomatoes
- 1/2 large cooking onion chopped
- 2 large can/box organic chicken or beef broth
- 1 pkg. Lipton Soup mix (chicken noodle)
- 1 bunch of celery
- 1 bag frozen green beans (peas, spinach, etc), add as many bags as you like, just watch calories.
- 2 lbs. Carrots or 1 lb carrots and bag of broccoli straws
- 2 Green, Red or Yellow Peppers

Season as you like: salt, pepper, Italian seasoning, and parsley or use a cookbook for ideas. A food processor is a must. Some like big pieces, some like small. Add water if needed. Boil fast for 10 minutes then let sit till cool. This should make for tender veggies that are not overcooked. This soup can be eaten anytime you are hungry during the week. Eat as much as you want, whenever you want.

DRINKS:

- Unsweetened juices, try to find organic juices.
- Tea (also herbal)
- Coffee
- Skim milk
- Water, water, water (filtered or reverse osmosis)

DAY ONE

Any fruit (except bananas). Cantaloupes and watermelon are lower in calories than most other fruits. Eat only soup and fruit today.

DAY TWO

All vegetables. Eat until you are stuffed with fresh raw or cooked veggies. Try to eat green leafy veggies and stay away from dry beans, peas or corn. Eat veggies along with the soup. At dinnertime tonight reward yourself with a big baked potato and butter. Don't eat any fruits through today.

DAY THREE

Eat all the soup, fruit and veggies you want. Do not have a baked potato.

DAY FOUR

Bananas and skim milk: Eat bananas and drink milk today along with the soup. Bananas are high in calories and carbohydrates, as is the milk but on this particular day, your body will need the potassium and carbs. Protein and calcium is to lessen the cravings for sweets.

DAY FIVE

Beef and tomatoes: you may have 10 to 20 ounces of beef and a can of tomatoes, or as many as 6 tomatoes on this day. Eat the soup at least once today.

DAY SIX

Beef and veggies, eat to your heart's content of the beef and veggies today. You can even have 2-3 steaks if you like with green leafy veggies but no baked potato. Be sure to eat the soup at least once today.

DAY SEVEN

Brown rice, unsweetened fruit juice and veggies, again, be sure to stuff yourself and eat the soup. You can add cooked veggies to your rice if you wish.

NO: bread, alcohol, soft drinks (diet or regular), fried foods, McDonalds, Wendy's etc.

Continue on the diet as long as you wish and feel the difference both mentally and physically.

By the end of the 7th day, if you have not cheated on this diet, you should have lost 5 to 10 pounds. If you have lost more than 15 pounds, stay off the diet for two days before resuming the diet again.

This diet is fast. The secret lies within the principle that you will burn more calories than you take in. It will flush your system of impurities and give you a feeling of well-being. This diet does not lend itself to drinking any alcoholic beverages at any time.

Due to the variety of digestive systems in individuals, this diet will affect everyone differently. You may also feel a little sluggish as you detox. Make sure your drinking plenty of fluids. After being on the diet for several days, you will find that your bowel movements have changed. Eat a cup of bran or fiber if needed. Although you can have black coffee with this diet, you may find that you don't need caffeine after the third day.

The basic fat burning soup can be eaten anytime you feel hungry during the seven days. Eat as much as you wish. Remember the more you eat, the more you will lose. You can eat broiled, boiled or baked chicken instead of the beef. Absolutely no skin on the chicken. If you prefer, you can substitute broiled fish for the beef on only one of the beef days. You need the high protein in the beef for the other days.

DO NOT - DO NOT

No bread, alcohol, carbonated drinks (including diet drinks). Remember, absolutely no fried foods.

DO - DO - DO - DO

Drink plenty - at least 6 to 8 glasses - of water a day, as well as any combination of the following beverages: black coffee, unsweetened fruit drinks, cranberry juice and skim milk.