

WONDER SOUP – 7-DAY DIET WEIGHT LOSS SOUP

INGREDIENTS:

- **64 oz.** water

(add more if needed)

- **6** large onions

- **2** green peppers

- **3** whole tomatoes

- **1** cabbage

- **1** bunch celery

- Add herbs and seasoning as desired.

Directions for making – Wonder Soup

Step-by-Step Instructions for making this Wonder Soup:

- Chop up 6 onions, not too thinly
- Chop 2 large green peppers into pieces
- Slice 3 tomatoes in to small pieces
- Cut 1 full large cabbage into bite size pieces
- Slice up 1 large bunch of celery and discard the end
- For added flavor, add some cut up pieces of carrots and/or mushroom
- Add herbs and seasoning of your choice to enhance the taste of your wonder soup
- Boil 64 oz. of water, mix all ingredients in the boiling water and let it cook on medium heat for about 45 minutes. To add volume to your wonder soup, simply add a little more water.

Enjoy the soup hot and store the rest away in the refrigerator. This wonder soup can also be enjoyed after the 7 day diet, as desired.

Visit: www.my7daydiet.com

Nutrition Facts			
7 Day Diet Weight Loss Soup			
Serving Size: (1 Cup Serving)			
Amount Per Serving			
Calories 71	Calories from Fat 29		
% Daily Value*			
Total Fat 3.26g	5%		
Saturated Fat 0.62g	3%		
Polyunsaturated Fat 0.98g			
Monounsaturated Fat 1.41g			
Cholesterol 0mg	0%		
Sodium 316mg	13%		
Potassium 0mg			
Total Carbohydrates 7.69g	3%		
Dietary Fiber 1.7g	7%		
Sugars 4.04g			
Protein 3.92g			
Vitamin A	0%		
Vitamin C	24%		
Calcium	4%		
Iron	3%		
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	300g
Dietary Fiber		25g	30g