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Dolly parton cabbage soup



DAY 7: Brown rice, vegetables and unsweetened fruit juice. Add brown rice, a fried egg to the soup. I feel it's good for me as I don't eat any meat for the first 4 days of the diet. from High Point, North Carolina, says, "The version of this I received didn't have carrots, green beans, herbs or vinegar. They told me if you lost less than 17 pounds. And you know it tastes great and you still lose weight. I also agree that yogurt makes it much better in flavor. I've been following casually since then and I've lost a total of 35 pounds so far and I feel great à all within a month and a half". Natalie of Nixa, Missouri, says: I've used this soup many times, and I lose about 10 pounds every week! My family likes it too, so I add minced meat or chopped chicken and we have a meal! It's a great way to clean up your system and make it feel great, if followed properly! I use it for a week, a week off, a week off, and a week off, and I can usually keep the weight free for a year or 2, if I'm careful! Just make sure you take your vitamins, and eat everything you need... Alister Moffit says: Everyone told me that I would be apathetic and low on energy, when I actually felt that all the toxins were being removed from my system and I was full of energy and alert, I kept driving my bike to work and back every day for 25 km round trip while I was on a diet, and lost 3 kg. DAY 2: All vegetables, raw or cooked. You can also eat 6 tomatoes. This includes baked potatoes with LITTLE butter. DAY 3: Fruits and vegetables, but not potatoes or bananas. I use light margarine for the baked potato. On Banana and Milk Day I make nice banana smoothies in a shaker and add a little sweetener if the bananas are not sweet enough. In the meat like a little mustard with the steaks or I make a sauce with mustard and mushrooms too since I don't use them in the soup. All very delicious!" Jane B. Also continued to take Lecithin to clean clean clean clean Siht evol I: Amat@Atollahfac, ainroflac, ellivnyniKcM, reh ta gninrom, yrave hctarcs morf spuos sekam ohw nikraL neraK fehC tuoba woh rO ". kooc uoy nehW evitaerc eb dna hserf sdoof aht peek, uoy, ythleh gnieb tun ti enigami t'nac I t'aerg leef I ,syad 7 ,cte sdoof rehto ena waDaD (WETS II IL TAYISWEIA!) 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This really works. "Laurie W. It's imperative. It's imperative. You have a multivitamin a day, plus a water-soluble vitamin C every time you feel headed. It really helps with energy levels. Also chopping the cabbage into large pieces makes you feel fuller while eating something solid. The proportions of ingredients may vary according to your likes and dislikes. Add black pepper and chopped herbs (saving something to garnish).California: "To make the soup, don't ... so ... impossible to eat three times a day; try making the first batch with red onions, red cabbage and red peppers, let it coarse as a mindthronism. Drink 8 glasses of water and eat at least one cup of soup. Eat as much soup as you like, as often as you like. And you should drink 8 glasses of water. It also motivates me also to go on a better and more nutritious diet. the next week. And it's not so difficult with the previous recommendations. Good luck to all ". Drink 8 glasses of water, without tea or juice. juice.

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