

DAY 1: MON

Eat only soup and fruit (no bananas).

DAY 2: TUES

Eat only soup and vegetables. No fruit.
Eat a potato with a bit of butter for supper.

DAY 3: WED

Eat soup, fruit and vegetables.

DAY 4: THURS

Eat soup, bananas or sweet potatoes.
Eat at least three bananas or sweet potatoes (steamed) - to keep the cravings at bay.

RULES

- You may drink unsweetened tea and coffee – skimmed milk only
- You must drink at least 8 glasses of water per day
- Discontinue alcohol at least 24 hours before starting the plan
- No beans, no peas, no sweetcorn, no potatoes (unless specified), no avos
- No salt, no bread, no alcohol, no fizzy drinks, no diet drinks
- You can eat as much soup as you like during the week.

DAY 5: FRI

Eat soup, 500 g steak and six tomatoes.

DAY 6: SAT

Eat soup, vegetables and steak/fish/chicken.
Eat as much as you like. No potatoes.

DAY 7: SUN

Eat soup, brown rice and vegetables.
Eat as much as you like. You may drink unsweetened fruit juice.

THE SOUP:

- 900g tomatoes
- 6 x large onions
- 2 x OXO beef stock cubes
- 1 x packet of white onion soup
- 1 x bunch of celery
- 2 x tins of green beans
- 1 kg of carrots
- Cube the veggies (or blend it if you prefer it); dissolve the stock cubes in boiling water and add all ingredients in a large pot/slow cooker or pressure cooker and fill with water.
- Cook until the veggies are soft.