

# **Diet Plan - Weightloss77 - Lose 7 pounds in 7 Days**

## **Day 1... Fruit.**

Eat as much fruit as you want - all kinds except bananas.

## **Day 2... Vegetables.**

Eat as many vegetables as you want (raw or boiled) except corn and dry beans. Eat one big baked potato with butter.

## **Day 3... Fruit and Vegetables.**

Eat as many vegetables (raw or boiled) except corn, dry beans and potatoes, and as much fruit (except bananas) as you want.

## **Day 4... Bananas and Milk.**

Eat max 8 bananas and drink one glass (25cl) of skimmed milk.

## **Day 5... Beef and Tomatoes.**

Eat as much steak and tomatoes as you want. At least as much tomato as beef (weight wise). Drink one glass (25cl) of water for every tomato.

## **Day 6. Beef and Vegetables.**

Eat as much steak and raw or boiled vegetables as you want (except corn, dry beans and potatoes).

## **Day 7... Brown Rice and Vegetables.**

Eat brown rice with vegetables, and drink pure natural fruit juice (orange juice with pulp, unfiltered apple juice, etc).

Besides this, you can eat as much of **The Soup** as you want - the more soup you eat, the more weight you will lose. You can also drink as much water, diet sodas and black coffee without sugar as you like.

Don't switch or replace any of the ingredients, and don't cheat if you want to reach the full potential of Weightloss77.

*For further information, tips and recipes please go to [www.Weightloss77.com](http://www.Weightloss77.com).*

## **The Soup - Weightloss77 - Loose 7 pounds in 7 Days**

Chop in small pieces: 1 head of cabbage, 2 onions, 2 green peppers, 1 celery and one can of skinned tomatoes. Put it all in a pot with 1 or 2 vegetable bouillon cubes and enough water to completely cover the vegetables. Heat up and boil for 10 to 20 minutes, until the vegetables are done.

The soup can be served like that, or blended if preferred.

*For further information, tips and recipes please go to [www.Weightloss77.com](http://www.Weightloss77.com).*