

SPOKANE SACRED HEART HOSPITAL DIET FOR OVERWEIGHT HEART PATIENTS

Following is a 7-day eating plan can be repeated as often as you like. If followed correctly it will clean your system of impurities and give you a feeling of well being you never thought possible. After only 7 days of this process you will begin to feel lighter because you will **BE** lighter by at least 10, maybe 17 pounds, and have an abundance of energy. Continue this plan for as long as you wish and feel the difference in both medical and physical disposition.

DAY 1: T-J soup plus all the fruit you want except bananas.

(Two fruits lower in calories than most fruits are watermelon and cantaloupe.)

DAY 2: T-J soup plus vegetables. Eat until you are stuffed with all fresh or raw cooked vegetables of your choice. Try to eat green leafy vegetables and stay away from dry beans, peas, and corn. These are good for you but not if you are reducing your calorie intake. You may also have a large baked potato with butter on your vegetable day.

DAY 3: T-J soup plus fruits and vegetables, same as Day 1 and Day 2, except no potato.

DAY 4: T-J soup plus as many as 8 bananas and drink as much as 8 glasses of skim milk.

Bananas are high in carbohydrates and will lessen any craving for sweets.

DAY 5: T-J soup plus 10 to 20 ounces of beef and 6 tomatoes.

Try to drink at least 8 glasses of water*.

DAY 6: T-J soup plus beef and vegetables. Eat until your heart is content. **NO POTATO!**

DAY 7: T-J soup plus brown rice (try mixing in soup), unsweetened fruit juice and vegetables.

Again, **STUFF STUFF STUFF** yourself.

If you have not cheated on the diet, you will have lost 10-17 pounds. T-J Soup can be eaten any time you feel hungry. Eat as much as you wish and as often as you like. This soup will not add calories. The more you eat the more you will lose. If after several days you find difficulty with bowel movements, eat a cup of bran and/or fibre. You are also encouraged to drink unsweetened tea, unsweetened fruit juices, cranberry juice.

Water flushes toxins that are being released from your system, and also slows hunger. Drink lots of it!

*Click [HERE](#) to calculate your personal daily requirements.

NO BREAD . . . NO ALCOHOL . . . NO CARBONATED BEVERAGES . . . DAIRY . . .

Some coffee is okay but . . . – black only.

CONTINUE this plan a long as you wish.

If you have lost more than 15 pounds, break for two days before resuming from **DAY 1**.

You may substitute broiled fish for beef on one of the beef days; you need the high protein in beef the other day.

T-J Miracle Soup:

1/2 large onion 1/2 large head of cabbage 1/2 green pepper 3 large celery stalks

3 whole tomatoes (fresh or canned)

Season with pepper, parsley, oregano, curry, bay leaves, etc. and dry onion soup mix. Use as little salt as you can bear. Cut vegetables and cover with water in large pot. Boil for 10 minutes. Cover, lower heat and simmer until vegetables are soft.