

Cabbage Diet

Day 1

Breakfast: Black Coffee or tea

Lunch: 2 eggs, Cabbage salad with lemon and olive oil, 1 tomato, 1 cup of tomato juice

Dinner: 1 piece of fresh fish grilled, broiled or fried, Cabbage salad with olive oil and lemon

Day 2

Breakfast: Black Coffee or tea

Lunch: Fresh fish, Cabbage salad with lemon and olive oil

Dinner: 1 piece of chicken breast, boiled or grilled
1 cup of non-fat yogurt

Day 3

Breakfast: Black Coffee or tea

Lunch: 1 egg, Carrots, Cheese

Dinner: Apples

Day 4

Breakfast: Black Coffee or tea

Lunch: Parsnip fried or grilled, Apples

Dinner: 1 egg, Boiled chicken breast, Cabbage salad w/lemon and olive oil

Day 5

Breakfast: Carrots, Lemon juice

Lunch: Fresh fish, grilled or fried, 1 cup of tomato juice

Dinner: Fresh fish, Cabbage salad with lemon and olive oil

Day 6

Breakfast: Black coffee or tea, Lemon juice

Lunch: Chicken breast, grilled or boiled, Cabbage salad with lemon and olive oil

Dinner: 2 eggs, Carrots

Day 7

Breakfast: Tea

Lunch: Chicken breast, grilled or boiled, Fruit of choice

Dinner: Choice of any day, except for day three

