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how to make cabbage soup diet recipe

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How to Make Cabbage Soup Diet Recipe: A Complete Guide

The **cabbage soup diet**has been a go-to solution for people looking to shed a few pounds quickly. Its low-calorie, nutrient dense approach offers a simple yet effective way to reset your eating habits. Whether you're a seasoned cook or a kitchen novice, this guide will walk you through every step of creating the perfect cabbage soup diet recipe, from selecting ingredients to serving suggestions.

Why Cabbage Soup? The Science Behind the Diet

Cabbage is a cruciferous vegetable packed with fiber, vitamins C and K, and a range of phytonutrients. Its high water content and low calorie count make it an ideal base for a weight loss plan. The diet's structure—alternating between a "full" day of soup and a "free" day of lean protein—helps maintain metabolic flexibility while keeping your body in a mild caloric deficit.

Key benefits include:

- Rapid weight loss (often 2–3 pounds per week)
- Improved digestion due to high fiber
- Reduced inflammation from antioxidants
- Ease of preparation and minimal grocery list

Ingredients You'll Need

Below is a standard list that works for a 7 day cycle. Feel free to adjust portion sizes based on your appetite and caloric needs.

1. 1 medium head of cabbage (about 1.5 pounds)
2. 2 medium carrots, diced
3. 1 large onion, finely chopped
4. 2 cloves garlic, minced
5. 1 teaspoon dried oregano
6. 1 teaspoon dried basil
7. 1/2 teaspoon black pepper
8. 1 teaspoon salt (or to taste)
9. 4 cups low sodium vegetable broth
10. 1 cup diced tomatoes (canned or fresh)
11. 1 tablespoon olive oil
12. Optional: 1 cup diced zucchini or bell pepper for extra veggies
13. Optional: 1 cup cooked lentils or beans for protein on "free" days

Step by Step Cooking Instructions

Preparation

1. Wash the cabbage thoroughly and remove any wilted outer leaves. Cut it into quarters, then thinly slice each

quarter. This helps the cabbage soften quickly in the pot.

2. Peel and dice the carrots into small cubes. This ensures even cooking and a pleasant texture.

3. Peel and finely chop the onion. Mince the garlic cloves. Having all ingredients prepped saves time and reduces kitchen clutter.

Cooking the Soup

1. Heat the olive oil in a large pot over medium heat. Add the chopped onion and garlic, sautéing until the onion turns translucent (about 3–4 minutes). The garlic should release a fragrant aroma but not burn.
2. Introduce the diced carrots and any optional veggies (zucchini, bell pepper). Cook for another 3–5 minutes, stirring occasionally.
3. Add the sliced cabbage, dried oregano, basil, salt, and black pepper. Stir everything together so the spices coat the vegetables.
4. Pour in the vegetable broth and diced tomatoes. Bring the mixture to a gentle boil.
5. Reduce the heat to low, cover the pot, and let the soup simmer for 20–25 minutes. The cabbage should be tender but still hold a slight bite.
6. Check for seasoning and adjust salt or pepper as needed. If the soup is too thick, add a splash more broth or water.
7. Once cooked, allow the soup to cool slightly before portioning. For a 7 day cycle, divide the soup into 7 equal containers.

Serving Suggestions

On “full” days, simply heat a portion in the microwave or on the stove. For an extra touch, garnish with a sprinkle of fresh herbs or a squeeze of lemon juice.

On “free” days, pair the soup with a lean protein source—such as grilled chicken breast, baked fish, or a boiled egg—to meet your daily protein requirement. This keeps the diet balanced and prevents muscle loss.

Meal Plan for a 7 Day Cycle

Below is a sample schedule that alternates between “full” and “free” days. Adjust the timing of meals based on your personal routine.

- Day 1 – Full Day: 3 cups of cabbage soup (breakfast, lunch, dinner)
- Day 2 – Free Day: 3 cups of soup + 1 cup of grilled chicken + 1 cup steamed broccoli
- Day 3 – Full Day: 3 cups of soup
- Day 4 – Free Day: 3 cups of soup + 1 cup of baked salmon + 1 cup of mixed greens
- Day 5 – Full Day: 3 cups of soup
- Day 6 – Free Day: 3 cups of soup + 1 cup of turkey breast + 1 cup of sautéed spinach
- Day 7 – Full Day: 3 cups of soup

Feel free to swap the protein sources on free days to keep meals interesting.

Nutrition Breakdown

Below is a rough estimate of the nutritional content for one cup (approximately 240 ml) of the cabbage soup recipe:

- Calories: 45
- Protein: 2 g
- Fat: 1.5 g

- Carbohydrates: 9 g
- Fiber: 3 g
- Vitamin C: 35% of the Daily Value (DV)
- Vitamin K: 30% of the DV
- Potassium: 10% of the DV

Because the soup is low in calories, it's crucial to pair it with adequate protein and healthy fats on free days to avoid nutrient gaps.

Tips for Success

1. Keep It Fresh

Store the soup in airtight containers in the refrigerator for up to 5 days. For longer storage, freeze individual portions in freezer safe bags.

2. Add Variety

Experiment with different herbs (parsley, thyme, dill) or spices (cayenne, paprika) to keep the flavor profile exciting. Swap out carrots for sweet potatoes or butternut squash for a sweeter note.

3. Monitor Your Body

While the cabbage soup diet can yield rapid weight loss, it's not suitable for everyone. Pay attention to how your body feels and consult a healthcare professional if you have any medical conditions.

4. Stay Hydrated

Because the soup is high in water content, you may feel fuller with less fluid intake. However, it's still essential to drink plenty of water throughout the day to support digestion and kidney function.

Frequently Asked Questions

Is the cabbage soup diet safe for long term use?

It's designed for short term, cyclical use. Extended adherence may lead to nutrient deficiencies, so it's best to use it as a reset strategy rather than a permanent diet.

Can I add protein to the soup on full days?

Traditionally, the full day limits protein to keep calorie intake low. However, if you're not looking for rapid weight loss, you can add a small portion of lean protein (e.g., a boiled egg) to increase satiety.

What if I'm vegetarian?

The soup itself is vegetarian. On free days, you can replace animal protein with tofu, tempeh, or a plant based protein powder to maintain the same caloric balance.

Will I gain weight if I eat this diet?

When followed correctly, the diet's caloric deficit typically leads to weight loss. However, overeating during free days or adding high calorie sauces can offset the benefits.

Conclusion

The cabbage soup diet recipe offers a straightforward, low calorie approach to weight loss that many people have found effective. By combining simple, wholesome ingredients with a clear meal plan, you can enjoy the benefits of a

nutrient dense, low fat diet without sacrificing flavor. Remember to listen to your body, stay hydrated, and pair the diet with balanced meals on free days to maintain overall health. With careful planning and mindful eating, this recipe can serve as a powerful tool in your wellness journey.

Tags: #make #cabbage #soup #diet #recipe