

Published based on [Soup Diet to Lose Weight in One Week](#)

Soup Diet to Lose Weight in One Week

Most people want to have [fast weight loss](#). However, people seem to forget specifics such as how fast. When it comes right down to it, what is the maximum weight a person can lose without risking his or her health?

Two pounds per week is the maximum amount of weight a person can lose in seven days. This is because your body still needs to function with the help of calories, so you can't totally remove them from your diet. Hence, the two pounds per week rule.

Still, you'll find that some diets are actually very effective when it comes to rapid weight loss. An example is the soup diet which can make a person burn off around 10 pounds in a week. Now, continue reading if you want to learn more about this diet.

First Day

Eat as many soups as you want. Different recipes work with different people although basically, it should contain low-calorie vegetables like cabbage and carrots. Fruits are also allowed for the first day except for banana. Limit yourself to water.

Tuesday

When the second day rolls in, you can start eating vegetables and soup. No fruits for this part of the diet.

Third Day

Fruits, vegetables and soup should be eaten on the third day except for baked potatoes.

Thursday

You can only eat bananas on the fourth day. For the whole day, you should only eat about eight pieces. Of course, soup is also allowed and you can eat as much as you want.

Day Five of Diet

During the fifth day, you can start eating fish or skinless chicken maximum of 30 ounces. About six tomatoes can also be consumed for the whole day. You must stick to water for your liquid needs and only eat the soup once today.

Saturday

Soup is allowed once today. A combination of vegetables and beef should be eaten, however refrain yourself from eating baked potatoes.

Seventh Day

Brown rice and vegetables are would be your menu for the last day. However, your drink will still be limited to water.

So that's [how to lose weight fast](#). If you're on a schedule, then this diet system must be the best method for you. However, it would be ideal for you to first seek the opinion of a nutritionist before signing up for the soup diet. Regardless of how easy it might sound, the soup diet can still make a person feel starved. However, it's guaranteed that sticking to the diet will help lose the pounds in a week. Keep in mind that you don't want to lose weight by putting your health at risk.

You can also find this article published on [Soup Diet to Lose Weight in One Week](#), and on the tag pages [how to lose weight in a week](#), [lose weight](#), [rapid weight loss](#).