



14-DAY

RAPID SOUP DIET

Drop Up To 14lbs in 14 Days

Welcome to the 14-Day Rapid Soup Diet!

Congratulations on investing in your health and picking up the 14-Day Rapid Soup Diet!

I'm going to make this short and sweet, so you can get started with the program ASAP.

Below you'll see a 7-day meal plan.

Breakfast, lunch and dinner is all laid out for you.

Simply follow it for the next 7 days, then repeat it one more time for the entire 14-Day program.

This isn't meant to be hard.

You get to eat delicious, tasty meals every single day.

And in the process, you'll start reprogramming your body to run on fat instead of sugar and carbs.

When that happens, it's only a matter of time before you lose all the weight you want.

14-Day Soup Challenge Guidelines

1. No snacking. Stick with breakfast, lunch and dinner. Eat a little more at your meals in order to hold you over to the next meal. This will get easier as your body gets used to the meal plan.

2. Get at least 12 hours between dinner and breakfast the next morning. If you finish dinner at 8 pm. Don't eat again until at least 8 am. There you go, you just fasted for 12 hours :)
3. Don't eat if you're not hungry. You never need to force yourself to eat a meal. These foods will fill you up, so if it's lunchtime and you're not hungry, don't make yourself eat. Listen to your stomach, it'll always tell you the truth.
4. Get enough salt. Your body needs salt. Especially when you cut out the processed carbs, your body will start releasing more fluids (aka water weight). With that, your body loses a lot of salt. So aim to get at least 1-2 tsp. per day. The best options are sea salt or pink Himalayan salt.
5. Before you start the program, weigh yourself and take your measurements. Use a tape measure and measure the distance around your stomach, waist, and thighs. This way you'll be able to track your progress over the next 14 days and beyond.

Approved Drinks for the Rapid Soup Diet

1. Water
2. Sparkling water
3. Lemon water
4. Hot tea
5. Unsweetened iced tea
6. Coffee (*no milk, sugar, sweeteners*). Use 1 tsp. of heavy whipping cream or coconut oil if you'd like.
7. Apple cider vinegar (*1 tbsp. mixed with 12 oz. lukewarm water*)

This plan is based on eating healthy protein, good fats, and carbs from veggies.

When you do this, it'll help lower your inflammation, blood sugar, blood pressure, and your body will start burning your stored fat for energy.

More importantly, you'll have more energy, nagging aches and pains will start to go away, your brain fog will disappear, and you'll FEEL better than you ever have before.

That's how powerful the food you eat is.

I'm glad to have you on board for the next two weeks, so...

Let's get started.

Below you will see meal options for breakfast, lunch, and dinner.

Simply choose one for each meal. If you find a recipe you really like, you can make it more than once.

However, I do recommend trying all the recipes first.

Then you can stick with the ones you like the best!

Breakfast (*If You're Fasting, Skip These*)

Chaffles (Cheese & Egg Waffles)



Ingredients:

- 2 eggs (beaten)
- ¼ cup shredded cheddar cheese
- 1 tbsp. butter

Directions:

1. Combine the beaten eggs and cheddar cheese
2. Pour the mixture into a warm waffle iron
3. Let it cook for 2 minutes
4. Remove and spread butter on top

Notes:

- The cook time will vary depending on your waffle maker. Usually between a minute and a half and two minutes is best.
- Shred your own cheese if possible. Store bought cheddar cheese has caking agents, chemicals, and some even have sawdust (yep, sawdust) in them. But real cheese and work your forearms shredding it yourself :)
- You can use more eggs if you like. I have a big waffle maker, so I've done up to 4 eggs at a time in one chaffle.

Sausage, Cheese & Egg Muffins



Ingredients:

- 10 eggs
- 1 cup shredded cheddar cheese
- 4 sausage links (cooked)

Directions:

1. Preheat oven to 350 degrees
2. Line a muffin tin with non-stick, insertable baking cups, or grease the tin with butter
3. Chop up the cooked sausage into small pieces and add them to the muffin tins
4. Combine the eggs and shredded cheese in a big bowl, whisk. Add salt and pepper if desired.
5. Pour the batter on top of the sausage, evenly in the tins.
6. Bake for 15-25 minutes, depending on the size of the muffin tin

Veggie Breakfast Casserole, servings = 4**Ingredients:**

- 12 eggs
- ½ cup heavy whipping cream
- 7 oz. shredded cheese
- 1 tsp. onion powder
- 3 oz. cherry tomatoes
- 1 oz shredded parmesan cheese
- Salt and pepper

Directions:

1. Preheat the oven to 400 degrees F
2. Grease a baking dish with butter. Add eggs, cream, shredded cheese and onion powder to a medium sized bowl.
3. Whisk to combine and season with salt and pepper
4. Pour the egg mixture into the baking dish.

5. Add tomatoes and parmesan cheese on top
6. Bake in the oven for 30-40 minutes or until golden brown on top. Cover with a piece of aluminum foil if the casserole is getting too brown around the edges before it's cooked through

Low-Carb Granola w/ Greek Yogurt & Berries



Ingredients:

- ½ cup chopped almonds
- ¼ cup sesame seeds
- ½ cup almond flour
- ¼ cup cocoa nibs
- ¼ cup unsweetened shredded coconut
- 1 tbsp. coconut oil

- 1 tsp. vanilla extract
- ¼ cup water
- 1 tsp. cinnamon

Directions:

1. Preheat oven to 300 degrees
2. Mix all the dry ingredients in a bowl
3. Heat the coconut oil, stir in the water and vanilla
4. Mix the wet and dry ingredients together
5. Line a baking sheet with parchment paper and spread the mixture evenly across the baking sheet
6. Bake for 30 minutes
7. Stir/spread around the mixture every 10 minutes so it doesn't burn
8. Serve over 1-2 cups of plain Greek yogurt
9. Add a small handful of raspberries, blackberries, or blueberries if desired.

Strawberry Coconut Cream Smoothie



Ingredients:

- 1/2 cup coconut cream
- 2 oz. fresh strawberries

- 1 tsp. vanilla extract

Directions:

1. Mix all ingredients in a blender and enjoy!

Mushroom & Bacon Omelet



Ingredients:

- 3 eggs
- 1 tbsp. butter
- 1 oz. shredded cheese
- 2 slices cooked bacon
- 4 large mushrooms, sliced
- Salt and pepper

Directions:

1. Crack the eggs into a mixing bowl with a dash of salt and pepper. Whisk the eggs until smooth
2. Melt the butter in a frying pan. Add the mushrooms, stirring until tender, and then pour in the egg mixture.
3. When the omelet begins to cook, sprinkle cheese on top
4. Using a spatula, carefully ease around the edges of the omelet, and then fold it over in half. When it starts to turn golden brown underneath, slide the omelet onto a plate

Keto French Toast, Servings = 2**Bread:**

- 1 tsp. butter
- 2 tbsp. almond flour
- 2 tbsp. coconut flour
- 1 ½ tsp baking powder
- 1 pinch salt
- 2 eggs
- 2 tbsp. heavy whipping cream

Batter:

- 2 eggs
- 2 tbsp. heavy whipping cream
- ½ tsp. ground cinnamon
- 1 pinch salt
- 2 tbsp. butter

Directions:

1. Grease a large mug or glass dish with a flat bottom with butter

2. Mix together all the dry ingredients in the mug with a fork or spoon
3. Crack in the egg and stir in the cream. Combine until smooth and make sure there aren't any lumps
4. Microwave on high for 2 minutes. Check to see if the bread is done in the middle. If not, microwave for another 15 seconds
5. Let it cool and remove from the mug. Slice in half.
6. In a bowl, whisk together the eggs, cream and cinnamon with a pinch of salt.
7. Pour over the bread slices and let them get soaked. Turn them around a few times so the bread slices absorb as much of the egg mixture as possible.
8. Fry in plenty of butter and serve immediately.

Lunches

Giant Cobb Salad

Ingredients

- Spinach, romaine lettuce or salad greens mix
- 2 hardboiled eggs
- ¼ avocado
- 1-2 tbsp. Blue cheese crumbles
- 6 cherry tomatoes
- 1-2 tbsp. MCT or avocado oil
- Pink Himalayan or sea salt
- Pepper

Directions

- Combine all the ingredients to make a big salad.
- Use as much greens/salad greens mix as you like. I usually do 4-8 cups.
- For the salad dressing, pour 1-2 tbsp. of MCT oil or avocado oil on the salad, following by a generous sprinkling of sea salt and pepper

Notes:

- The amount of food you eat for lunch depends on how hungry you are. If you're really full from breakfast, don't force yourself to eat. If you're somewhat hungry, maybe you only use one hardboiled egg instead of two. Or maybe you use less cheese and avocado.
- If you're more hungry, maybe you use ½ avocado and an extra egg
- This isn't based on counting calories, so listen to your body. If you're really hungry, eat more. If you're not as hungry, eat less

Avocado Burger



Ingredients:

- 1-2 ground beef patties
- 1-2 eggs
- ½ avocado
- Tomato

Directions:

1. Grill your burger patties
2. Fry 1-2 eggs in butter
3. Take ½ avocado and mash in a bowl
4. Place the mashed avocado on top of the burger, followed by the fried egg
5. Add other desired condiments, such as tomato, lettuce, mustard, salsa, or bacon

6. Sprinkle salt on top if desired

Fried Cabbage with Crispy Bacon

Ingredients:

- 10 oz. bacon
- 1lb green cabbage
- 2 oz. butter
- Salt and pepper

Directions:

1. Chop cabbage and bacon into small pieces
2. In a large frying pan, fry the bacon until crispy
3. Add cabbage and butter and fry until soft and golden brown.
Season with salt and pepper.

Bacon, Egg & Cheese Sandwich



Ingredients:

- 2 eggs
- 1 oz. slice of cheese (your preference)
- 1 slice cooked bacon
- ½ avocado

Directions:

1. Using a mini-waffle maker, pour one beaten egg into the waffle maker.
2. Close and let cook for one minute
3. When it's golden brown, remove the mini-waffle and make one more. These are going to be your bread.
4. When both mini-waffles are done, make a sandwich using a slice of bacon and slice of cheese. Additional toppings may include lettuce, tomato, or cold cuts instead of the bacon.
5. Serve with ½ avocado and veggies of your choice.

Keto Turkey Plate

Ingredients:

- 6 oz. deli turkey. Warning: most lunch meats are browned in vegetable or canola oil. You don't want these. Make sure to read the labels, the only ingredients should be the meat itself and maybe a few spices.
- 1 avocado sliced
- 2 oz. cheddar cheese
- 3 oz. cream cheese
- Salt and pepper

Directions:

1. Slice the cheddar cheese lengthwise, so you can wrap 1-2 slices of turkey around it.
2. Spread some cream cheese on the cheddar cheese.
3. Wrap the turkey around the cheese and eat with your hands
4. You can add the avocado to the wrap, or eat it on the side with a fork.

Fried Chicken with Broccoli and Butter, Servings = 4



Ingredients:

- 5 oz. butter, divided
- 1 ½ pounds boneless chicken thighs
- Salt and pepper
- 1lb broccoli
- 1 tsp. garlic powder

Directions:

1. Melt half the butter in a large frying pan
2. Generously season th chicken with salt and pepper, then add to the pan. Flip the chicken until browned on both sides, approximately 20-25 minutes.
3. Remove from pan and keep warm under aluminum foil or on low heat in the oven.
4. While the chicken is cooking, rinse and trim the broccoli. Chop into bite-sized pieces.
5. In a separate frying pan, melt the remaining butter and mix in the garlic powder, salt, and pepper. Add the broccoli and cook for a few minutes until it becomes tender.

6. Serve the chicken and broccoli with an extra spoonful of butter melting on top

Ground Beef & Green Beans

Ingredients:

- 10 oz. ground beef
- 9 oz. fresh green beans
- 3 ½ oz. butter
- Salt and pepper

Directions:

1. Heat up a frying pan with 1 tbsp. butter. Brown the ground beef until it's almost done. Add salt and pepper.
2. Lower the heat, add more butter and fry the beans for 5 minutes in the same pan. Continue to stir the ground beef.
3. Season beans with salt and pepper. Add in the remaining butter and cook until both the ground beef and beans are done.

Dinners

Low-Carb Turkey Soup, Servings = 4

Ingredients:

- 3 tbsp. coconut oil
- 1 yellow onion
- 1 oz. fresh ginger, grated
- 1lb ground turkey
- 1 tbsp. green curry paste
- 1 green or yellow bell pepper
- 27 oz. coconut milk
- 2 cups water
- 2 tsp. salt
- ½ tsp. pepper
- 4 oz. fresh green beans

Directions:

- 1.** Finely chop onion and ginger. Sauté in oil in a large skillet or sauce pan until onions are translucent.
- 2.** Add ground turkey and stir until fully cooked. Add curry paste and bell peppers and stir until incorporated.
- 3.** Add the remaining ingredients, except for the beans, and bring to a boil. Lower the heat and let simmer for about 20 minutes.
- 4.** Trim the beans and chop coarsely. Add to soup towards the end and cook until tender.

Low-Carb Philly Cheesesteak Soup

Serves 6

Cook time: 40 minutes

Ingredients:

- Butter – 3 tbsp.
- Green bell pepper, thinly sliced – 1
- Mushrooms, thinly sliced – 4 oz.
- Salt and pepper
- Thinly sliced deli roast beef, coarsely chopped – 1lb
- Beef broth – 4 cups
- Cream cheese, softened – 4 oz.
- Shredded white cheddar cheese – 6 oz.

Directions:

1. In a large saucepan over medium heat, melt the butter. Add peppers and mushrooms, sprinkle with salt and pepper. Cook for 3-4 minutes until tender.
2. Add the roast beef and mix well. Stir in the broth and bring to a simmer. Cook for 10 minutes.
3. Place the cream cheese in a blender and add ¼ cup of hot broth from the pan. Blend until smooth and the cream cheese is melted. Pour the mixture back into the pan and stir in the shredded cheese until melted.
4. Let cook for another 2-4 minutes, then serve.

Cream of Cauliflower with Turmeric and Pepitas Soup



Cook and prep time: 50-60 minutes

Ingredients:

- 1 large head cauliflower, chopped
- 6 oz. full fat coconut milk
- 2 cloves garlic, diced
- 1 small spanish onion, roughly chopped
- 2 tsp. Turmeric
- 1 tsp. cumin
- 3-4 tbs. coconut oil, melted
- sea salt and pepper to taste
- 4 cups vegetable broth
- 1 tsp. Sea salt
- 1/8 cup raw pumpkin seeds (Pepitas)

Directions

1. Preheat oven to 400° F.
2. In Large bowl, blend cauliflower, oil, salt and pepper.
3. Bake on baking sheet in oven for 30 minutes.

5. Transfer cauliflower to a large pot. Add Vegetable Broth.
6. Add the rest of the ingredients, except for the pumpkin seeds, and cover while cooking on low for approximately 20 minutes.
7. Turn off heat, and using an immersion blender, blend soup until creamy.
8. Top with pumpkin seeds before serving into bowls.
9. Salt and pepper to taste.

Broccoli Cheddar Soup

Serves 6

Cook and prep time: 30 min.

Ingredients:

- Broccoli – 20 oz.
- Olive oil – 1 tbsp.
- Butter – 3 tbsp.
- Red onion, roughly chopped – 1
- Garlic cloves, chopped – 3
- Salt – ½ tsp.
- Ground black pepper – ¼ tsp.
- Paprika powder – ½ tsp.
- Cayenne pepper – 1 pinch
- Chicken broth or water – 2 cups
- Heavy whipping cream – 2/3 cup
- Cheddar cheese – 3.5 oz.

Directions:

1. Clean and cut the broccoli and separate the florets from the stalk. Roughly chop the stalks and cut the florets into small pieces.
2. Heat the olive oil with one-third of the butter in a pot or saucepan. When melted, add the chopped onion and broccoli stalks.
3. Fry on medium heat until they start to brown. Add garlic cloves.
4. Season with salt, pepper, paprika and cayenne pepper. Combine well and cook for another minute.
5. Add broth and stir well. Cover and cook for 5 minutes.
6. Transfer the cooked vegetables into a food processor and pulse. Slowly add the broth and keep mixing until you get a smooth and creamy soup.
7. In the same pot heat the rest of the butter and fry the broccoli florets.
8. Pour the blended soup mixture into the pot. Combine well and add more salt and pepper if needed. If the soup seems too thick, you can add some water.
9. Allow the mixture to come to a boil and then simmer for a few minutes.
10. Add cream and cheese and mix well. Cook until cheese has melted. Serve hot.

Hearty Mixed Vegetable Soup



Serves 6

Prep and cook time: 1 hour

Ingredients:

- 5 Cups organic vegetable broth
- 1 cup green beans, cut in half
- 1 Medium yellow onion, diced
- 1 8 oz. can diced tomatoes in juice
- 2 Carrots sliced
- 1 Parsnip, cubed
- 2 yellow zucchini diced
- 3 cloves garlic chopped
- 2 Tbsp. Italian Herbs (basil, rosemary, oregano)
- 2 tbsp. Fresh Italian Parsley (for garnish)
- 2 Tbsp. sea salt
- 1/2 tsp. Fresh ground pepper
- 3 Tbsp. Avocado Oil

Directions:

1. In large stockpot, heat oil and add garlic, seasonings and onion. Saute for 5 minutes on low.
2. Add in remainder of vegetables with tomatoes, heat for an additional 5 minutes.
3. Add broth and cover. Simmer for 40 minutes on low, or until vegetables are tender.
4. Serve in bowls, garnish with parsley.

Italian Beefy Tomato Soup (crock-pot)



Serves 8

Cook and prep time: 15 minutes prep + 8 hours in crockpot

Ingredients

- 1 - 2 pound grass-fed beef chuck roast (pot roast)
- 3 Tbsp. apple cider vinegar
- 3 cups beef stock or broth (can use homemade, all natural or organic)
- 1 8 oz. can tomato

- 1 Tbsp. Arrowroot powder
- 3 cloves garlic diced
- 1 cup mixed mushrooms
- 2 carrots, chopped
- 1 small yellow onion sliced
- 1 tsp. dried basil
- 1 tbsp. italian parsley
- 1 1/2 tbsp. sea salt
- 1 8 oz. Can diced tomatoes in juice
- 1/2 tsp. Fresh ground pepper
- 1 large bunch of fresh italian parsley for garnish

Directions

1. Set slow cooker on low for 8 hours.
2. Add all ingredients into slow cooker except 1/2 cup of beef broth and arrowroot powder and cover. Also save fresh parsley for garnish after cooking.
3. Cook for 6 hours.
4. After 6 hours, whisk arrowroot powder with beef broth in a small bowl and blend into crock pot, stirring gently. Separate meat into large chunks with 2 forks.
5. Cook for 2 more hours.
6. Top with fresh parsley before serving.

Chilled Cucumber Yogurt Soup with Greens



Serves 4

Prep time: 10 minutes

Ingredients:

- 2 cups pea shoots
- 2 cups, cucumbers, peeled, seeded and chopped
- 1 avocado, pitted, cut into cubes
- 1 cup plain kefir or plain greek yogurt
- 1 tsp. onion powder
- 1/2 tsp. celery salt
- 1 tbsp. avocado oil
- 1 garlic clove, diced
- Salt and pepper to taste

Directions

1. Place all ingredients from the list above in your high- speed blender, except for 1/2 of the pea shoots.
2. Blend in high speed blender or food processor until creamy.
3. Serve immediately in bowls, salt and pepper to taste, and garnish with remaining pea shoots.