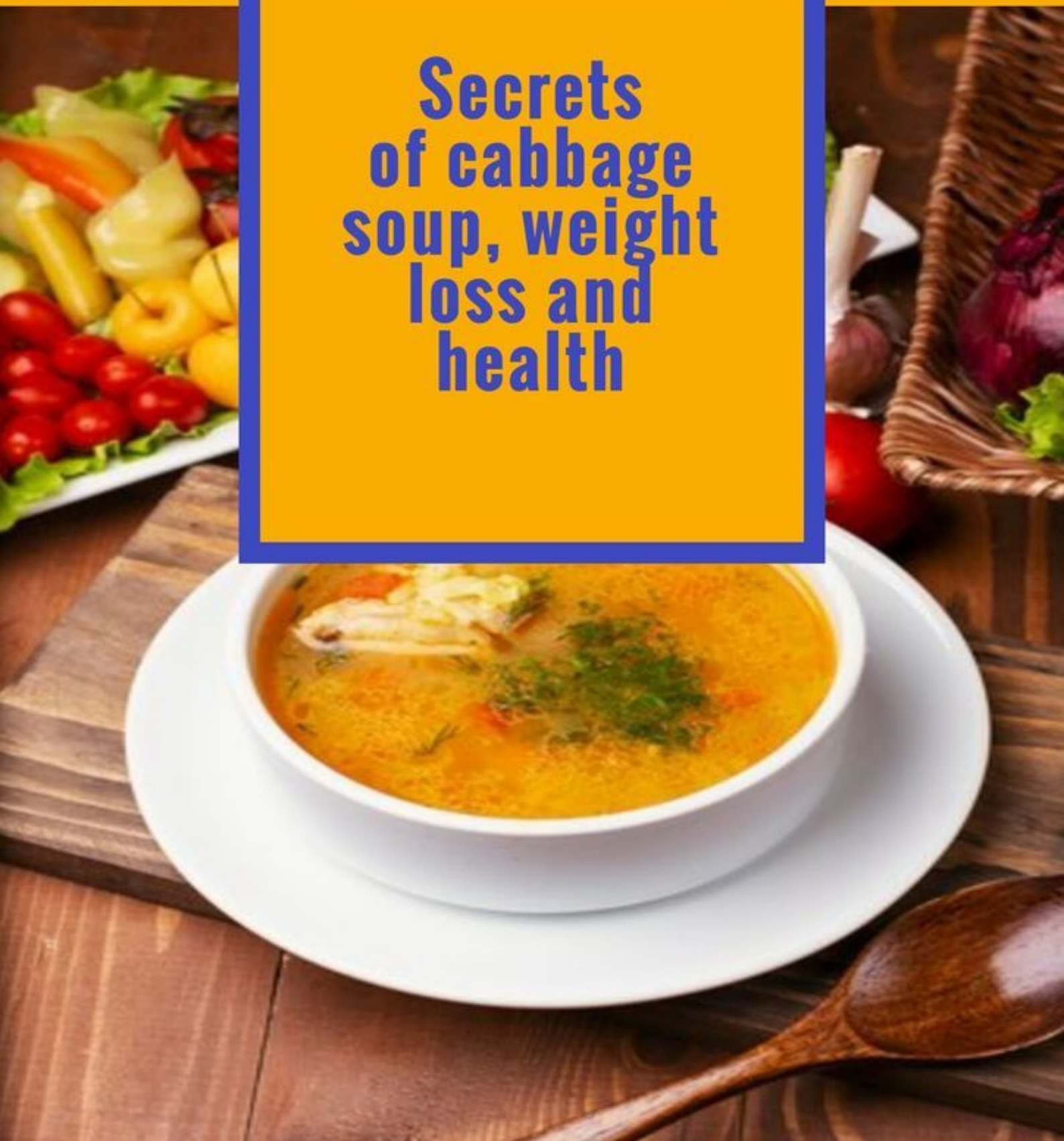


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Алексей Сабадырь

**Secrets
of cabbage
soup, weight
loss and
health**



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«Издательские решения»

Сабадырь А.

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The book contains extensive information about the nutritional properties of cabbage, the effect of this amazing product on metabolism and metabolism, as well as ways to prepare delicious and healthy dishes based on it. Examines the benefits of cabbage soup for weight loss, various ways of preparing it, and its effect on general health. Ridero and the author of the book are not responsible for the information provided. The book is for informational purposes only and does not call for action.

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Chapter 1: Basic Principles of the Cabbage Soup Diet

Every person seeking to lose weight has been faced with the thought of which diet to choose. There are many methods and approaches to losing weight, but one of the most effective and time-tested is the cabbage soup diet.

Many of you may have heard that the cabbage soup diet is one of the most popular and effective diets for quick weight loss. However, before we get into the details, let's look at how this diet works.

The basic principle of the cabbage soup diet is that you eat cabbage soup over a period of time, usually 7 to 10 days. Your diet also includes other low-calorie foods such as fruits and vegetables. The main idea is to consume fewer calories than you expend, thereby stimulating the body to burn fat reserves.

One important aspect of the cabbage soup diet is the high fiber content of cabbage. Fiber helps speed up the digestion process and facilitates intestinal motility, helping to cleanse the body of toxins and waste. In addition, fiber provides a feeling of fullness, which helps control appetite and reduce the number of calories consumed.

Now that we understand the basic principles of how the cabbage soup diet works, let's take a closer look at how it affects the body and what results you can expect from this weight loss method.

Chapter 2: Nutritional Benefits of Cabbage and Why It Helps Lose Weight

Cabbage is one of the most popular and healthy vegetables in the world. It is widely used in the cooking of different nations; it is the main ingredient in many dishes and salads. Cabbage has many health benefits, including high levels of vitamins, minerals and nutrients that not only help improve overall health but also promote weight loss.

One of the best known phytochemicals found in cabbage is glucosinolate. This substance helps break down fat cells in the body, which in turn helps lower cholesterol and burn excess fat. In addition, cabbage is rich in fiber, which helps improve digestion, speeds up metabolism and stimulates the elimination of toxins and waste from the body.

Another important nutrient found in kale is vitamins C, K and U, which help strengthen the immune system, increase energy levels and stimulate an active metabolism. In addition, cabbage

contains many minerals such as calcium, iron, magnesium and potassium, which are essential for healthy bones, normal heart and muscle function, and maintaining blood glucose levels.

Thanks to its unique properties, cabbage helps reduce weight and improve the general condition of the body. Its regular consumption helps speed up metabolism, enrich the body with important nutrients and improve the functioning of the gastrointestinal tract. As a result, a person feels a surge of strength and energy, gets rid of excess weight and improves his overall physical and emotional state.

Thus, cabbage is an excellent source of nutrients that promotes weight loss and overall health. Thanks to a combination of unique phytochemicals, vitamins, minerals and fiber, it helps the body find balance and harmony, which in turn leads to weight loss and increased vitality.

Chapter 3: Creative Cabbage Soup Recipes

Cabbage is an incredibly healthy and tasty vegetable. It contains a large amount of vitamins and minerals, ideal for preparing various dishes. Cabbage soup is not only tasty, but also a very healthy dish. In this chapter, we will share with you some creative cabbage soup recipes that are sure to surprise you.

Cabbage soup with chicken and curry.

For this dish you will need:

- 1 chicken fillet
- 500 g fresh cabbage
- 2 carrots
- 1 onion
- 3—4 potatoes
- 2 tbsp. l. tomato paste
- 1 tbsp. l. curry
- 1 liter chicken broth
- salt, pepper, herbs to taste

Preparation:

In a frying pan, fry finely chopped onion, finely chopped cabbage and carrots. Cut the chicken into pieces and fry in oil until golden brown. Place everything in a saucepan, add chopped potatoes, tomato paste, curry and chicken broth. Cook over low heat until done. Serve sprinkled with herbs.

Creamy cauliflower soup with coconut milk.

To prepare creamy cauliflower soup, you

you will need:

- 1 head cauliflower
- 1 onion
- 3 cloves garlic
- 1 can coconut milk

olive oil, salt, pepper to taste

Preparation:

Divide the cauliflower into inflorescences and wash them first. Fry finely chopped onion and garlic in olive oil. Add cauliflower and stir-fry for a few minutes. Pour coconut milk over everything and cook over low heat until done. Place everything in a blender and puree until smooth. Serve with bread crumbs and herbs.

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