



The Soup Slim Down II: 7 Day Soup Challenge

Patty Oneil

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Welcome to the 7 day Soup Slim down challenge, to obtain that sleek slim look we always wanted. We'll have to cut down on some of our favorite foods to jump start the week long slim down. The average weight loss for a 7 day soup fast is about 5 to 10lbs in a week – individual results depend on the participant's starting weight and existing lifestyle. The slim down challenge is based on soup fasting. You'll have to decrease the consumption of high in carbohydrate foods too lose weight in 7 days. So, are you up for the challenge? Well, let's get started!

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