

Darrick Bynum Black Cabbage Soup 7 Day! Meal Plan

ARE YOU READY TO

LOSE FAT?

Thank you for downloading the Darrick Bynum Black Cabbage soup diet. It contains 7-day Meal routine you can easily follow to achieve your desired Fat loss.

Fat loss is one of the most searched terms on Google, this means that there are a lot of people who desire to lose some body fluids, fats or adipose tissues. There have been several methods to this approach, but most times they fail to produce desired results, forcing a lot of people to believe Fat loss is a hoax.

The Darrick Bynum Black Cabbage Soup will completely change your mindset and you will see results if you follow the 7 day Meal routine effectively.

Please Note: You must follow the guide as it is written; this is to ensure the entire process works for you.

Now, I assume you are prepared to lose some body Fat and you won't have to go through the rigorous processes available on the internet to achieve that.

Firstly, you have to eat enough Darrick Bynum Black Cabbage soup. The more cabbage soup you take, the better the chances of improving results. 7-10 bowls of Cabbage soup a day would be an absolute jump start to seeing the results you really desire.

You should eat 6-8 times a day, spread this out with an interval of 2-4 hours and ensure you drink sufficient amount of water. Minimum of one gallon of water every day works like a charm.

During this process, if you notice weakness or suspect symptoms of flu, you should immediately drink some Gatorade.

Also note that, you will visit the rest room frequently, but not too often to become an embarrassing attitude. If this doesn't happen to you, it means you are not taking enough Darrick Bynum Black Cabbage soup. You should up your soup intake to enhance the Fat loss performance. This soup is only for 7 days but you can re do it after 45 days.

Fitness Disclaimer

Not all exercise programs are suitable for everyone. Check with your doctor before beginning any fitness program to avoid/reduce the risk of injury. Perform these exercises at your own risk. DarrickBynum.com/Fight Fit Inc. will not be responsible or liable for any

injury sustained as a result of using any fitness program presented and/or discussed on the Darrickbynum.com blog/website, via email communications or in video format.

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One Last Thing

Before you start the process, it would be of great importance to have photographs of yourself to really see the effect after completing the Darrick Bynum Black Cabbage soup diet. This will enable you spot the changes to your body.

If you are a lady, you can take photographs in sports bra and yoga shorts while men would be great on shorts only. Front view, side View and Back View!

Send you're before and After to us and starting and ending weight, we want to share your results to people who need to be motivated.

Post the images on Facebook, informing your friends that you just started the Darrick Bynum Black cabbage soup , a soup with a lot of healthy requirements. It is heathier than most soup available on the internet.

The Darrick Bynum Black cabbage is carefully prepared to have proteins and healthy fats, all of these are important in weight loss.

Digging Dip

Like you read earlier, you won't be doing any rigorous exercises but you would do some cardio workouts to maximize your weight loss.

Recommendations FITNESS WORKOUTS

Carry out a 45 minutes cardio workout for 6 days.

Best Practice: Perform Interval Training for best result.

1. Jog 2 miles.
2. Aerobic Exercise 45 minutes.
3. Walk for 45 minutes a day.

Extras

A) These are workouts you can do alongside your cardio workouts.

300 - 700 Jumping jacks a day (You don't have to do this at a go, you can break it at intervals)

200 Crunches - Day 1

225 Crunches - Day 2

250 Crunches - Day 3

275 Crunches - Day 4

300 Crunches - Day 5

325 Crunches - Day 6

500 Crunches - Day 7

B) Squat and try to get your "backside" to the floor. If you have a knee problem, you can do chair squats.

50 Squats - Day 1

75 Squats - Day 2

100 Squats - Day 3

50 Squats - Day 4

80 Squats - Day 5

150 Squats - Day 6

To maintain your weight or even achieve better results, go to derrickbynum.com and try out the online coaching program.

Supplement Recommendations: Better Results

Without the proper tools you can't get the job done!

Fat Burst Supplement Weight Loss Pack!

1. **Pur Native Protein** (Nutristat) this will help you build muscle and keep your muscle during your workouts. How to take it? I recommend you take 1-2 scoops in 12 Oz water and drink after your cardio workouts or weight training. Not any other protein shakes will work because most protein shakes not grass-fed and lactose free. Pur native Protein Is the best on the market for health purposes.

Place Order at www.Proteinheadquarters.com

Use Code: **Darrick10** – 10% off Discount

2. **Darrick Bynum Ultra Gut Pro weight loss** –

With superior patented technology, our living organisms reach deep into your intestinal tract where they are needed most. Our formula will even reach your large intestine.

80% of your immune system is in your gut, and when Ultra Gut (the good guys) are abundant in your body, it becomes harder for the bad guys to settle in. Ultra Gut replenishes beneficial bacteria for optimal digestive and immune health, helps balance yeast growth, and promotes daily relief from gas, bloating, and irregularity. Life should be easy.

LIFT YOUR MOOD AND ENERGY LEVELS. Fatigue and irritability are often a result of poor vitamin and nutrient absorption. Ultra Gut helps create a microenvironment inside your digestive system that promotes full mineral absorption so you can finally feel like your happy, energetic, and vibrant self.

RELIEVE YOUR SENSITIVE STOMACH. Ultra Gut is released at consistent levels throughout the day and throughout your GI tract;

LOSE WEIGHT improves your metabolism and accelerates fat loss. Get your gut back into equilibrium so your waistline will follow. Order here

Discounted Price \$40.00

Order - <https://www.etalrx.com/>

Code (Darrickdiscount)

3) Darrick Bynum Phone or Email Consultation \$25 for 30 Minutes!

Why you can't Lose Weight?

There are thousands of people in the Chicago area struggling with weight loss. Most have tried just about everything with little long term success. If you stop and think about it ... is losing weight a one size fits all things? Darrick Bynum Hormone Weight Loss Specialist said that every Client is different, and we work hard to make sure you achieve the results you're looking for.

Finally, the 7-day diet routine and grocery list are enclosed in this program. We offer this for free, to show people who really want to lose weight that we can guide them through the process and give them exactly what they want. You would also get a link to exclusively watch Chef Cutting teach you how to practically make the soup as well as a grocery list and nutritional fact sheets.

We recommend that you do this once in a month only.

Grocery List

Derrick Bynum Black Cabbage Soup

Soup 7 Day Meal Plan

1. 1 Medium Cabbage
2. 3 Medium Red Onions
3. 8 Large Florets Broccoli- Fresh
4. 8 Garlic Cloves
5. Olive oil
6. 2 can Black Beans – 19 fl oz
7. 2 can diced tomatoes (28 fl oz)
8. Paprika
9. Cinnamon
10. Thyme
11. salt and pepper to taste
12. 1 no fat yogurt
13. Cilantro
14. Veggies (you Choose)
15. Brown Rice
16. Chicken Breast / Fish
17. fruit (Any Kind) Will need Apple and Banana
18. Steak (if you choose this meat)
19. Fresh Vegetable Soup
20. 1 Small Red potatoes

Nutritional Info

- Servings Per Recipe: 10
- Amount Per Serving
- Calories: 104.7

- Total Fat: 2.2 g
- Cholesterol: 2.2 mg
- Sodium: 802.5 mg
- Total Carbs: 18.2 g
- Dietary Fiber: 5.9 g
- Protein: 6.9 g

Derrick Bynum Black Cabbage Soup Meal

Introduction

Easy and tasty soup, and filling too!

Minutes to Prepare: 15

Minutes to Cook: 30

Number of Servings: 15

Ingredients

- 1 medium 1/2 cabbage
- 1 medium red onion
- 2 Lrg florets of broc.
- 5 Cups of water
- 3 garlic cloves (chopped)
- 2 tbls olive oil
- 1 can black beans (19 fl oz)
- 1 can diced tomatoes (28 fl oz)
- 1 Dash Paprika
- 1 Dash Cinnamon
- 1 Dash thyme
- 1 tsp salt and pepper to taste
- 1 Red potato

Batch for 28 Cups

- 1 medium cabbage
- 3 medium red onion
- 8 Lrg florets of broc.
- 14 cups of water
- 8 garlic cloves (chopped)
- ½ cup olive oil
- 2 can black beans (19 fl oz)
- 2 can diced tomatoes (28 fl oz)
- 1 tsp Paprika
- 1 tsp Cinnamon
- 1 tsp thyme
- 2 tbls salt and pepper to taste
- 2 Small Red Potato

Directions

Chopped all vegetables and sautéed in heated olive oil (except cabbage) Add 5 cups of water, add the thyme, cinnamon, and Paprika with the tomatoes in a large 4qt. pot. Sauté cabbage in some of the soup liquid and then add to soup. Then add the drained black beans. Bring to a boil cover and let simmer 30 minutes. (Continual) You can add more water at the end but the flavor will weaken if you add too much. Always taste as you make this soup.

Serve with the no fat yogurt and cilantro to garnish on top if desired.

Number of Servings: 15

Tips while on the Diet

Must Drink a Gallon of water a day when your eating this soup.

If you feel dehydrated, drink Gatorade.

More soup you eat the more you will lose. I recommend to eat 5- 10 or more soups a day for maximum Results!

Cardio - I recommend you do 6 Days of cardio at 30- 45 minutes a day. Type of Cardio - Jogging 2- 4 miles, walking 3-5 miles, Zumba or Interval Training

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7 Day Darrick Bynum Black Cabbage Soup Meal Plan

Day 1	Cabbage and black bean soup + Unlimited amounts of vegetables (excluding legumes, corn and potato). (Pur native) 1 scoop in 12oz water
Day 2	Cabbage and black bean soup + Unlimited amounts of fruits (excluding dried fruits). One Protein (Pur native) 2 scoops 12oz water
Day 3	Cabbage and black bean soup + unlimited fruits and vegetables + one protein shake (Pure Native) 2 scoops 12oz water- Unlimited Meats
Day 4	Cabbage and black bean soup + unlimited meats + baked potato
Day 5	Cabbage and black bean soup + Unlimited Meats + one course of 1/2 cup brown rice + 3 oz. of either baked fish or chicken and one apple+ One Protein (Pur native) 2 scoops 12oz water- Unlimited Veggies
Day 6	Cabbage and black bean soup + Unlimited fruits and one protein shake+ One Protein (Pur native) 2 scoops 12oz water- Unlimited Meats
Day 7	Cabbage and black bean soup + Unlimited fresh vegetables + one course of 1/2 cup brown rice + 3 oz. of either baked fish or Unlimited of chicken

Note:

Alcohol, tobacco and caffeine should be avoided in 7 days.
Must eat about 7-15 Servings a day of Black Cabbage soup.

Take the **Ultra Gut Pro**. Take 1 pill with each meal a total of 4 times day. Take with food. Ultra pro gut must be refrigerated after opening because of special live cultures.