

# JORIE WEIGHT LOSS CENTER

*Eigram, Inc.*

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## MODIFIED PROTEIN

### CHICKEN VEGETABLE SOUP DIET

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**BEGIN THE DAY WITH A VEGETABLE OMELETTE, SIZE NOT IMPORTANT**

#### ONE ROTISERIE CHICKEN

(From Jewel or Dominicks, pre-cooked)

Or Chicken Breast with Broth in can or your own cut up fresh chicken

#### VEGETABLES

(from vegetable list on diet sheet) or

Broccoli, Cauliflower, Celery, Brussell Sprouts, Asparagus,  
Cabbage, Onions, Endive, Escarole, Kale, Mushrooms, Okra, Peppers  
Spinach, Green Beans, Tomato

#### SPICES

Garlic, Cilantro or Oregano

Optional: Cumin or Curry, Cayene Pepper

#### OTHER OPTIONS

Crushed Tomatoes and or low fat American Cheese

Cut up chicken into bite size pieces. Throw out the skin and any fat pieces. Place in deep pan and add water. Depending on amount of soup desired, adjust quantity of chicken and water.

Add any or all the vegetables and spices and bring to a boil. Lower

Heat and cook for 20 minutes then add cheese if desired. Cook for another 10 minutes.

Serve hot.

Eat Daily for Lunch or Dinner. In between you can eat Sliced Turkey Breast or Roast Beef from Deli, Hard Boiled Egg, Cooked Shrimp or plain white tuna, Sliced low fat cheeses, Raw Vegetables, Salad with only spices and vinegar.

#### BEVERAGES

Coffee black or with powdered creamer and Equal or Splenda, Diet soda pop, but not brown in color and water, water, water.

Quantities not important. Follow for 3 to 7 days. Minimum one pound a day weight loss.  
Rest for three to four days and repeat again.