

# DR. OZ'S TWO-WEEK RAPID WEIGHT LOSS PLAN

## RECIPES

### Breakfast Smoothie

- 2 tablespoons rice protein powder
- 2 tablespoons ground flaxseeds
- ½ cup frozen berries
- ½ banana
- 1 cup unsweetened vanilla almond milk

### Vegetable Broth

For every three quarts of water add:

- 1 large onion, chopped
- 2 carrots, sliced
- 1 cup of winter squash cut into large cubes
- 1 cup of root vegetables: any of the following: turnips, parsnips, and rutabagas for sweetness
- 2 cups of chopped greens: any of the following: kale, parsley, beet greens, collard greens, chard, dandelion,
- 2 celery stalks
- ½ cup of cabbage
- 4 ½-inch slices of fresh ginger
- 2 cloves of whole garlic (not chopped or crushed)
- Sea salt, to taste

Add all the ingredients at once and place on a low boil for approximately 60 minutes. It may take a little longer. Simply continue to boil to taste.

Cool, strain (throw out the cooked vegetables), and store in a large, tightly-sealed glass container in the fridge.

Heat gently and drink up to 3–4 cups a day.

Makes: 2 quarts or 8 cups

Prep time: 30 minutes

Cook time: 60 minutes