

Healthy Soup Options for Lunch or Dinner

LCHF/Keto + Whole Foods/Cardiometabolic

Green Chicken & Vegetable Soup – Easy: 15 minutes

Makes 4 Servings

Carbs: 19 g. / Fiber: 5 g / Protein: 31 g / Fat: 9 g. / Cal: 280

Ingredients:

- 1 medium onion
- 2 whole carrots
- 3 stalks celery
- 4-6 cloves garlic
- 1 TBSP organic extra virgin olive oil
- 1 bunch cilantro, stems removed
- 3-4 serrano peppers with the seeds and pulp removed
- 6-8 cups organic chicken broth
- 1-2 tsp cumin
- 2-3 tsp dried oregano
- ¼ tsp pepper
- 12 oz organic chicken, cooked and shredded (organic, lean, grass-fed, non GMO)
- 2-3 cups chopped zucchini (about 3-4 small)

Instructions:

1. Chop onions, carrots, and celery into large chunks. Place in a food processor, along with half the garlic, and pulse until finely chopped
 2. Heat oil in a large soup pot or Dutch oven over medium heat and add the vegetables. Sauté for 8-10 minutes or until tender
 3. While veggies are cooking, blend the remaining garlic with the cilantro, serrano peppers, and 2 cups of the broth in a blender, set aside
 4. Once veggies are tender, season with cumin, oregano, and black pepper. Sauté on medium to low heat for 2-4 minutes to develop the flavor
 5. Add the shredded chicken, zucchini, remaining chicken broth, and the cilantro mixture to the pot
 6. Bring to a boil, then reduce to a simmer for 10 more minutes or until zucchini is tender
- **To save time, use a store-bought organic rotisserie chicken

Curried Broccoli Soup – Easy: 15 minutes

Makes 6 Servings (1 serving = ~ of 1 cup or 8 ounces)

Carbs: 17 g. / Fiber: 4 g / Protein: 6 g / Fat: 13 g. / Cal: 193

Ingredients:

- 2 TBSP organic ghee or organic coconut oil – If using canned coconut milk, make sure the can is BPA-free. If using ghee, select a brand made with organic butter from grass-fed cows
- 4 leeks, white and light-green ends only, cleaned, trimmed & thinly sliced
- 1 large yellow onion, roughly chopped
- 3 medium shallots, roughly chopped
- 1 ½ lbs broccoli, trimmed and cut into uniform-sized pieces
- 4 cups organic bone broth or stock of choice
- 1 TBSP curry powder
- ½ tsp sea salt + ¼ TSP black pepper
- 1 cup full-fat coconut milk

Recipes Retrieved from: <https://www.dietdoctor.com> and “Renew” – IFM Food Plan

Make big batches of soups to make for easy prep with the leftovers. For storage use mason jars to freeze soups and place the jar in the freezer with the lids still off. Once the soup freezes you may put the lid on the next day and leave the soup in the freezer until you are ready to eat

Instructions:

1. In a large stockpot, melt the ghee or coconut oil over medium heat
2. Add the leeks, onion, and shallots, and sauté until softened, 5 to 10 minutes. Toss in the chopped broccoli and add the broth. Top off with some water if the veggies aren't fully submerged. Bring the soup to a boil over high heat, and then lower the heat to a simmer. Continue cooking for 20 minutes or until the veggies are soft
3. Add the curry powder and season with salt and pepper to taste. Turn off the burner and cool the soup slightly. Use an immersion blender to puree the ingredients together or put divided portions into a blender and puree until smooth
4. Return soup to pan, add the coconut milk, and stir to incorporate. Turn the heat up to medium high to bring the soup back to a boil before serving

Keto No-Noodle Chicken Soup

8 Servings – 30 minutes

Net Carbs: 3% (4 g.) / Fiber: 1 g. / Fat: 71% (40 g) / Protein: 26% (33 g.) / Cal: 509

Ingredients:

- 4 oz. butter (organic, kerrysgold butter is a great brand)
- 2 TBSP. dried minced onion
- 2 celery stalks, chopped
- 6 oz. mushrooms, sliced
- 2 minced garlic cloves
- 8 cups chicken broth
- 1 medium sized carrot, sliced
- 2 tsp dried parsley
- 1 TSP salt
- ¼ TSP ground black pepper
- 1 ½ rotisserie chicken, shredded
- 5 oz. green cabbage, sliced into strips

Instructions:

1. Melt the butter in a large pot, over medium heat
2. Add dried onion, chopped celery, sliced mushrooms and garlic into the pot and cook for 3-4 minutes.
3. Add broth, sliced carrot, parsley, salt and pepper. Simmer until vegetables are tender
4. Add cooked chicken and cabbage. Simmer for an additional 8-12 minutes until the cabbage “noodles” are tender

Vegan Kale & Spinach Soup – Easy: 15 minutes

Makes 4 Servings –

Net Carbs: 6% (14 g.) / Fiber: 11 g / Protein: 5% (11 g) / Fat: 89% (92 g)/ Cal: 914

Ingredients:

- ½ cup organic coconut oil
- 8 oz. kale
- 8 oz. fresh spinach
- 2 avocados
- 3 ½ cups coconut milk or coconut cream (if you don't like coconut milk you can use heavy cream or full-fat sour cream)
- 1 cup water
- fresh mint or dried mint (optional)

Recipes Retrieved from: <https://www.dietdoctor.com> and “Renew” – IFM Food Plan

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- 1 tsp salt
- ¼ tsp ground black pepper
- Juice of one fresh lime

Ingredients to Fry the Kale:

- 3 oz. kale
- 2 garlic cloves, chopped
- 2 TBSP organic coconut oil
- ½ tsp ground cardamom (green)
- salt and pepper

Instructions:

1. Melt the coconut oil in a hot, thick-bottomed pot or pan.
2. Sauté the spinach and 8 oz kale briefly. The vegetables should shrink and get a little color, but no more. Remove from the heat.
3. Add water, coconut milk, avocado and spices. Blend with a hand blender until creamy.
4. Add lime juice, add more spices if you want.
5. Fry 3 oz kale and garlic in coconut oil on high heat until the garlic turns golden. Add cardamom, salt and pepper. add to the soup and serve.

Recipes Retrieved from: <https://www.dietdoctor.com> and “Renew” – IFM Food Plan

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