

KETO SOUP DETOX

Fat-Flushing Protocol



Keto Soup Detox



Welcome to the Keto Soup Detox!

I'm going to get right into it because the main goal here is for you to get started ASAP, so we can start getting rid of the fat, the extra weight, and the nagging aches and pains.

Below you're going to find the entire Keto Soup Detox plan.

As you'll see, it's VERY straight forward and simple.

You're going to eat 3 meals a day. Breakfast, lunch and soup for dinner.

If you want to speed things up, you can skip one meal and fast during the day. The easiest way to do that is to skip breakfast in the morning.

Again, this is your choice. I'd recommend starting with breakfast, lunch and dinner. Then if you want to try fasting later on, you can simply remove one meal.

The meal plan below follows a very simple, yet proven, dietary strategy.

And that is eating plenty of healthy protein, good fats, and vegetables.

What this does is keep your insulin levels low. Insulin is a storage hormone and we want to keep it as long as possible.

That's because when insulin levels are low, your body will burn more fat.

On top of that, in the absence of sugar, your body will start burning your stored fat for energy throughout the day.

That's why we don't want to snack during the day. Instead, let your body feast on your fat, which is just stored energy waiting to be burned.

Next, you'll want to have the Belly Flush drink below 20 minutes before each meal.

Belly Flush Drink

- 2 tsp. apple cider vinegar
- Juice from ½ lemon
- 8 ounces lukewarm water

You'll want to drink this through a straw, because the acidity of apple cider vinegar can do damage to the enamel on your teeth over time.

Again, have this 20 minutes before each meal.

Other acceptable drinks on this plan are:

1. Water
2. Sparkling Water
3. Coffee (no milk, creamer, or sugar)
4. Tea
5. Unsweetened Iced Tea
6. Carbonated water with lemon or lime

That's it, I don't want to overcomplicate this with a bunch of different rules, that will only confuse you more.

Simply have the Belly Flush drink 20 minutes before each meal...

Stick with the approved beverages above...

Cut out the snacking...

And follow the meal plan below.

With the meal plan, you'll see 10 recipes for breakfast, lunch and dinner.

You can mix and match the recipes and choose whatever ones you like.

I recommend trying them all first, then stick with the ones you like the best.

You'll notice that some of the recipes make more than one serving. So you can always have the leftovers the next day, or later on in the week.

And remember, the most important thing is that you simply do your best.

You're not going to be perfect, so don't beat yourself up or be too hard on yourself.

Simply follow the plan the best you can.

And feel free to ask me questions along the way!

Let's get started!

Josh

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Breakfast

1. Scrambled Eggs with Bacon and Spring Onions



Serves 2

Cook and Prep time: 10 minutes

Ingredients:

- 4 eggs
- 2 tbsp butter
- 2 slices bacon
- 2 stalks scallions, chopped
- Salt and pepper to taste
- Hot sauce of choice if all natural(optional)

Directions

1. Melt butter in saucepan on medium high heat.
2. Add bacon, stir and cook until crispy.
3. In a small bowl, whisk eggs and pour into saucepan with bacon, stirring constantly until eggs are cooked through.
4. Add salt and pepper to taste.
5. Divide between two bowls, top with scallions (and hot sauce if using).
6. Serve immediately.

Nutrition Facts

Servings 2.0

Amount Per Serving

calories 285

% Daily Value *

Total Fat 25 g 38 %

Saturated Fat 12 g 58 %

Monounsaturated Fat 8 g

Polyunsaturated Fat 3 g

Trans Fat 0 g

Cholesterol 410 mg 137 %

Sodium 304 mg 13 %

Potassium 183 mg 5 %

Total Carbohydrate 1 g 0 %

Dietary Fiber 0 g 0 %

Sugars 1 g

Protein 15 g 30 %

Vitamin A 108 %

Vitamin C 0 %

Calcium 9 %

Iron 11 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

2. Egg, Spinach and Mushroom Pie



Serves 6

Cook and Prep time: 25 minutes

Ingredients:

- 8 eggs
- 2 tbsp butter
- 2 cups chopped spinach
- 1/4 cup button mushrooms, sliced very thin
- Salt and pepper to taste

Directions

1. Melt butter in saucepan on medium high heat.
2. Add mushrooms and spinach, stir and cook until wilted. Approximately 4 minutes.
3. In a small bowl, whisk eggs, salt and pepper and pour into saucepan.
4. Reduce heat to low and cover.
5. Let cook until center is set. Approximately 12 minutes.
6. Turn off heat for 3 minutes to set.
7. Cut into triangles.
8. Serve immediately.

Nutrition Facts

Servings 6.0

Amount Per Serving

calories 132

% Daily Value *

Total Fat 10 g 16 %

Saturated Fat 4 g 22 %

Monounsaturated Fat 4 g

Polyunsaturated Fat 1 g

Trans Fat 0 g

Cholesterol 258 mg 86 %

Sodium 148 mg 6 %

Potassium 148 mg 4 %

Total Carbohydrate 1 g 0 %

Dietary Fiber 0 g 1 %

Sugars 0 g

Protein 9 g 18 %

Vitamin A 63 %

Vitamin C 2 %

Calcium 10 %

Iron 7 %

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3. Spicy Mexican Eggs and Greens Skillet



Serves 2

Cook and Prep time: 20 minutes

Ingredients:

- 4 eggs
- 2 tbsp. butter
- 2 tbsp. fresh cilantro, chopped
- 1 small jalapeno, seeded and chopped
- 4 tbsp. Goat cheese, or organic cheddar
- 1 tsp. Cumin seasoning
- Salt and pepper to taste
- 2 tsp. All natural Salsa

Directions

1. Heat butter in skillet on medium high heat.
2. In a small bowl, whisk eggs, salt and pepper, cumin and jalapenos.
3. Pour into skillet, keep flipping until eggs are done.
4. Top skillet with cheese.
5. Cover and let cheese melt, then top with chopped cilantro before serving.
6. Drizzle with salsa before serving

Nutrition Facts

Servings 2.0

Amount Per Serving

calories 304

% Daily Value *

Total Fat 25 g 39 %

Saturated Fat 13 g 65 %

Monounsaturated Fat 8 g

Polyunsaturated Fat 2 g

Trans Fat 0 g

Cholesterol 411 mg 137 %

Sodium 397 mg 17 %

Potassium 188 mg 5 %

Total Carbohydrate 2 g 1 %

Dietary Fiber 0 g 2 %

Sugars 1 g

Protein 16 g 33 %

Vitamin A 117 %

Vitamin C 14 %

Calcium 13 %

Iron 16 %

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4. Avocado, Fruit and Cheese Boats



Serves 2

Prep time: 15 minutes

Ingredients:

- 2 avocados, pitted, halved
- 4 cherry tomatoes, cut in half
- 2 tbsp pomegranate seeds
- 2 tbsp cilantro, chopped
- 2 tbsp. Crumbled feta
- 1 tsp. Apple cider vinegar
- Pepper to taste

Directions:

1. Blend in a medium bowl, all ingredients except for avocados.
2. Scoop mixture into halved avocados, and serve immediately.

Nutrition Facts

Servings 2.0

Amount Per Serving

calories 284

% Daily Value *

Total Fat	23 g	36 %
Saturated Fat	5 g	23 %
Monounsaturated Fat	14 g	
Polyunsaturated Fat	3 g	
Trans Fat	0 g	
Cholesterol	8 mg	3 %
Sodium	183 mg	8 %
Potassium	819 mg	23 %
Total Carbohydrate	16 g	5 %
Dietary Fiber	11 g	43 %
Sugars	11 g	
Protein	6 g	13 %
Vitamin A		15 %
Vitamin C		34 %
Calcium		7 %
Iron		4 %

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5. Coconut Berry Chia Pudding



Serves 2

Prep time: 10 minutes + 8 hours overnight refrigeration time

Ingredients

- 4 Tbsp. chia Seeds
- 1 1/2 cups coconut milk
- 1/2 cup coconut cream
- 1 tsp. vanilla extract
- 2 Tbsp. granulated stevia sweetener (optional)
- 1/4 cup mixed blackberries and blueberries

Directions

1. Blend all ingredients, except use only half of the blueberries, in a glass bowl and cover. (you'll use the rest of the blueberries to top it off with before serving)
2. Refrigerate for 1 hour then stir. Put back in the refrigerator for 1-2 hours, or overnight.
3. Spoon into bowls, top with additional berries.

Nutrition Facts

Servings 2.0

Amount Per Serving

calories 447

% Daily Value *

Total Fat 36 g 55 %

Saturated Fat 26 g 132 %

Monounsaturated Fat 1 g

Polyunsaturated Fat 7 g

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 72 mg 3 %

Potassium 131 mg 4 %

Total Carbohydrate 23 g 8 %

Dietary Fiber 11 g 43 %

Sugars 5 g

Protein 8 g 16 %

Vitamin A 8 %

Vitamin C 2 %

Calcium 211 %

Iron 10 %

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6. Tri-Colored Breakfast Muffins



Serves 6

Cook and prep time: 45 minutes

Ingredients

- 8 eggs
- 2 tbsp melted butter
- 1/2 cup unsweetened flax or unsweetened almond milk
- 1/4 cup tomatoes, chopped
- 1 small green pepper, chopped
- 3 green zucchini, shredded (approximately 1 1/2 cups)
- 2 slices bacon, cooked and chopped
- 1 tsp. Pepper
- 1 tsp onion powder
- 1/2 cup crumbled goat cheese (optional)

Directions

1. Preheat oven to 400 F.
2. Grease insides of muffin tin with melted butter
3. Blend all ingredients into a large bowl.
4. Spoon into muffin cups.
5. Bake for 40 minutes or until golden brown.

6. Top with crumbled goat cheese for last 5 minutes.
7. Let sit for 5 minutes before serving.

Nutrition Facts

Servings 6.0

Amount Per Serving

calories 165

% Daily Value *

Total Fat 12 g 19 %

Saturated Fat 5 g 26 %

Monounsaturated Fat 4 g

Polyunsaturated Fat 2 g

Trans Fat 0 g

Cholesterol 262 mg 87 %

Sodium 170 mg 7 %

Potassium 158 mg 5 %

Total Carbohydrate 4 g 1 %

Dietary Fiber 1 g 4 %

Sugars 2 g

Protein 11 g 21 %

Vitamin A 46 %

Vitamin C 33 %

Calcium 11 %

Iron 9 %

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7. Greens and Nuts Omelet



Serves 2

Prepare and cook time: 10 minutes

Ingredients

- 5 eggs
- 2 tbsp. butter
- 1 cup spinach, chopped
- 1/4 cup mixed pine nuts and walnuts, chopped
- Salt and pepper to taste

Directions

1. Melt butter in a skillet on medium heat.
2. Beat eggs in separate bowl.
3. Add all vegetables and nuts to skillet, cook while stirring for 3 minutes.
4. Pour in eggs, and swirl around to coat the edges of the pan.
5. Cook for approximately 3 minutes on high, flip gently and cook for an additional 2 minutes.
6. Cut in half and serve immediately.
7. Add salt and pepper to taste.

Nutrition Facts

Servings 2.0

Amount Per Serving

calories 344

% Daily Value *

Total Fat 31 g 47 %

Saturated Fat 11 g 56 %

Monounsaturated Fat 8 g

Polyunsaturated Fat 9 g

Trans Fat 0 g

Cholesterol 403 mg 134 %

Sodium 301 mg 13 %

Potassium 290 mg 8 %

Total Carbohydrate 3 g 1 %

Dietary Fiber 1 g 5 %

Sugars 0 g

Protein 18 g 34 %

Vitamin A 178 %

Vitamin C 4 %

Calcium 38 %

Iron 11 %

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8. Layered Avocado, Tomato and Egg Scramble



Serves 2

Prep and Cook time; 15 minutes

Ingredients

- 4 eggs
- 2 tbsp. Butter
- 1 avocado, sliced
- 4 slices tomato
- 2 thin slices of red onion
- 4 leaves of lettuce of choice
- 1 tsp black sesame seeds or chia seeds
- Salt and pepper to taste

Directions

1. In heated skillet melt butter.
2. Whisk eggs, salt and pepper to taste and scramble in skillet.
3. On 2 plates, arrange and layer the lettuce, top with scrambled eggs, then onion, avocado and seeds.

4. Salt and pepper to taste.

Nutrition Facts

Servings 2.0

Amount Per Serving

calories 401

% Daily Value *

Total Fat 32 g 50 %

Saturated Fat 12 g 60 %

Monounsaturated Fat 14 g

Polyunsaturated Fat 4 g

Trans Fat 0 g

Cholesterol 403 mg 134 %

Sodium 306 mg 13 %

Potassium 737 mg 21 %

Total Carbohydrate 14 g 5 %

Dietary Fiber 7 g 28 %

Sugars 4 g

Protein 16 g 31 %

Vitamin A 135 %

Vitamin C 24 %

Calcium 24 %

Iron 13 %

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9. Soft Boiled Eggs and Wilted Greens



Serves 2

Cook and prep time: 15 minutes

Ingredients

- 4 eggs
- 2 tbsp. Avocado oil
- 2 cups kale
- 1 cup spinach
- 6 cherry tomatoes, cut in half
- 1/4 cup pea shoots
- Salt and pepper to taste

Directions:

1. Bring a pan of water to full boil.
2. In a separate skillet, heat avocado oil on low.
3. Add eggs to water, cover and turn to low. Set timer for 5 minutes.
4. Add greens, (except pea shoots) salt and pepper and tomatoes to skillet, cook over medium heat until timer goes off for eggs.

5. Transfer greens to 2 plates, top with 2 eggs. Top with pea shoots.

Nutrition Facts

Servings 2.0

Amount Per Serving
calories 313

% Daily Value *

Total Fat	24 g	37 %
Saturated Fat	5 g	24 %
Monounsaturated Fat	14 g	
Polyunsaturated Fat	4 g	
Trans Fat	0 g	
Cholesterol	372 mg	124 %
Sodium	328 mg	14 %
Potassium	684 mg	20 %
Total Carbohydrate	9 g	3 %
Dietary Fiber	3 g	14 %
Sugars	14 g	
Protein	16 g	33 %
Vitamin A	426 %	
Vitamin C	99 %	
Calcium	121 %	
Iron	12 %	

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10. Fresh Herbed Eggs with Feta Cheese



Serves 2

Cook time: 10 minutes

Ingredients:

- 4 eggs
- 4 tbsp feta cheese crumbles
- 2 sprigs fresh dill, chopped
- 2 tbsp butter
- Pepper to taste

Directions:

1. Stir together lightly, the eggs and dill in a small bowl. Set aside.
2. Heat butter in skillet on medium.
3. Gently pour egg mixture into skillet, top with feta and cover.
4. Cook on medium until center of eggs are set.
5. Serve immediately, add fresh ground pepper if desired.

Nutrition Facts

Servings 2.0

Amount Per Serving

calories 317

% Daily Value *

Total Fat 25 g 39 %

Saturated Fat 13 g 66 %

Monounsaturated Fat 7 g

Polyunsaturated Fat 2 g

Trans Fat 0 g

Cholesterol 418 mg 139 %

Sodium 484 mg 20 %

Potassium 155 mg 4 %

Total Carbohydrate 3 g 1 %

Dietary Fiber 0 g 1 %

Sugars 1 g

Protein 19 g 38 %

Vitamin A 113 %

Vitamin C 2 %

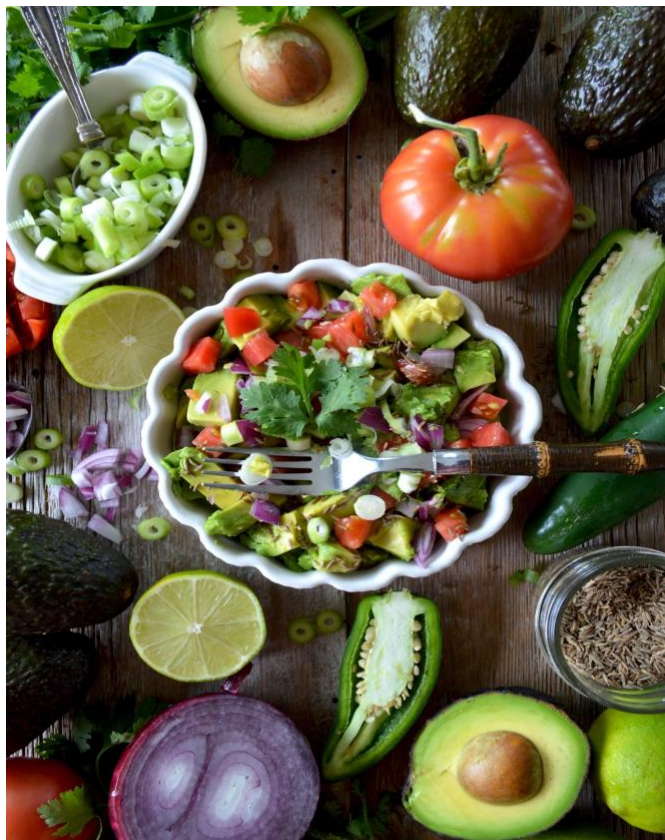
Calcium 20 %

Iron 11 %

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Lunches

1. Rainbow Colored Avocado Salad



Serves 2

Prep time: 15 minutes

Ingredients:

Salad:

- 3 cups mixed greens
- 1 firm avocado, diced
- 1/8 cup red onion, diced
- 3 sprigs fresh cilantro, diced
- 6 cherry tomatoes, halved

Dressing:

- 1/4 cup avocado oil
- 2 limes, juiced

- 2 tbsp apple cider vinegar
- 1 tsp garlic powder
- 1 tsp cumin
- Salt and pepper to taste

Directions:

1. In a small bowl, whisk all dressing ingredients together and set aside.
2. In a large bowl, blend gently all salad ingredients, then pour dressing over the top.
3. Blend together and serve in 2 bowls.

Nutrition Facts

Servings 2.0

Amount Per Serving

calories 407

% Daily Value *

Total Fat 39 g 60 %

Saturated Fat 5 g 24 %

Monounsaturated Fat 27 g

Polyunsaturated Fat 5 g

Trans Fat 0 g

Cholesterol 1 mg 0 %

Sodium 14 mg 1 %

Potassium 564 mg 16 %

Total Carbohydrate 15 g 5 %

Dietary Fiber 7 g 28 %

Sugars 7 g

Protein 3 g 7 %

Vitamin A 62 %

Vitamin C 59 %

Calcium 7 %

Iron 9 %

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2. Chia Seeds and Nuts Power Cup



Serves 3

Prep Time: 10 minutes + keep in refrigerator overnight

Ingredients:

- 1 cup flax or almond milk
- 1/2 can full fat coconut milk
- 5 tbsp chia seeds
- 3 tbsp pepitas (raw pumpkin seeds)
- 3 tbsp raw cashews
- 3 tbsp raw almonds, sliced
- 3 tbsp berries of choice (blueberries, blackberries, strawberries or raspberries)
- Stevia drops to taste

Directions:

1. In a glass bowl, blend liquid ingredients, chia seeds and stevia.
2. Cover bowl and refrigerate for 6 hours, or overnight.
3. In a separate bowl, blend seeds and nuts. Set aside for morning.
4. In the morning, take chia mixture out of the fridge, blend together to get out the lumps, and pour into 2 cups or bowls.
5. Top each bowl with the nut and seed mixture, then top with berries before serving.

Nutrition Facts

Servings 3.0

Amount Per Serving

calories 346

% Daily Value *

Total Fat 27 g 42 %

Saturated Fat 9 g 46 %

Monounsaturated Fat 2 g

Polyunsaturated Fat 7 g

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 63 mg 3 %

Potassium 132 mg 4 %

Total Carbohydrate 19 g 6 %

Dietary Fiber 10 g 41 %

Sugars 2 g

Protein 9 g 18 %

Vitamin A 4 %

Vitamin C 3 %

Calcium 161 %

Iron 11 %

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3. Spice Rubbed Chicken Wings



Serves 4 (as an appetizer)

Prep and cook time: 1 hour

Ingredients:

- 3 pounds chicken wings
- 2 tsp garlic powder
- 2 tbsp paprika
- 2 tsp cumin
- 3 tsp chili powder
- 1 tsp mixed salt and pepper

Directions:

1. Preheat oven to 375 F.
2. In a large Ziploc baggie, combine all seasonings.
3. Add chicken wings to baggie and close. Shake and move wings around to coat with seasonings.
4. Lay separated onto a baking sheet.
5. Bake for 50 minutes.

Nutrition Facts

Servings 4.0

Amount Per Serving
calories 246

% Daily Value *

Total Fat	17 g	26 %
Saturated Fat	5 g	23 %
Monounsaturated Fat	6 g	
Polyunsaturated Fat	4 g	
Trans Fat	0 g	
Cholesterol	75 mg	25 %
Sodium	125 mg	5 %
Potassium	308 mg	9 %
Total Carbohydrate	4 g	1 %
Dietary Fiber	2 g	8 %
Sugars	1 g	
Protein	19 g	39 %
Vitamin A		47 %
Vitamin C		2 %
Calcium		6 %
Iron		15 %

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4. Salmon Salad



Serves 2

Prep time: 20 minutes

Ingredients:

- 1 can wild caught salmon
- 2 hard boiled eggs, chopped
- 3 cups mixed salad greens
- 4 cherry tomatoes, halved

Dressing:

- 1/8 cup olive oil
- 1 lemon, juiced
- 1 sprigs dill weed, chopped
- 1 pinch garlic powder
- Salt and pepper to taste

Directions:

1. In a small bowl, whisk ingredients for dressing, set aside.
2. Drain salmon, and blend gently with greens, eggs, and tomatoes.
3. Drizzle each bowl with dressing and lightly toss before serving.

Nutrition Facts

Servings 2.0

Amount Per Serving
calories 298

% Daily Value *

Total Fat 22 g 33 %

Saturated Fat 4 g 20 %

Monounsaturated Fat 11 g

Polyunsaturated Fat 2 g

Trans Fat 0 g

Cholesterol 125 mg 42 %

Sodium 346 mg 14 %

Potassium 153 mg 4 %

Total Carbohydrate 5 g 2 %

Dietary Fiber 2 g 8 %

Sugars 9 g

Protein 23 g 46 %

Vitamin A 10 %

Vitamin C 24 %

Calcium 2 %

Iron 3 %

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5. Grilled Chicken Greek Salad



- 4 cups romaine or mixed greens
- 1 cup red leaf lettuce, torn
- 1 grilled chicken breast, sliced thin, set aside.
- 4 tbsp. feta cheese, crumbled
- 4 tbsp red onion, sliced thin

Dressing

- juice of one lemon
- 4 tbsp olive oil
- 1/2 tsp garlic powder
- 2 tbsp apple cider vinegar
- pepper to taste

Directions

1. In two bowls, add lettuce, feta, and onion. Blend lightly.
2. Lay 1/2 of sliced chicken breast on each salad.
3. Whisk dressing ingredients in a small bowl and drizzle over each salad before serving.

Nutrition Facts

Servings 2.0

Amount Per Serving

calories 422

% Daily Value *

Total Fat 33 g 51 %

Saturated Fat 7 g 36 %

Monounsaturated Fat 20 g

Polyunsaturated Fat 4 g

Trans Fat 0 g

Cholesterol 50 mg 17 %

Sodium 441 mg 18 %

Potassium 379 mg 11 %

Total Carbohydrate 12 g 4 %

Dietary Fiber 3 g 10 %

Sugars 4 g

Protein 20 g 41 %

Vitamin A 415 %

Vitamin C 42 %

Calcium 47 %

Iron 4 %

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6. Shrimp, Lime and Cilantro Skillet



Serves 4

Cook and prep time: 25 minutes

Ingredients:

- 16 raw, wild caught shrimp, deveined tail off
- 2 tbsp avocado oil
- 1 cup vegetable broth
- 1 lime
- 3 sprigs cilantro, chopped
- 1 clove garlic, diced
- 1 small jalapeno, seeded and sliced (optional)
- 1 tsp cumin
- Salt and pepper to taste

Directions:

1. Rinse and pat dry shrimp with paper towel.
2. Heat oil in pan on medium high heat.
3. Add shrimp to pan, and add cumin, garlic, and salt and pepper.
4. Keep turning shrimp while cooking for 5 minutes, until shrimp is pink.
5. Add broth, jalapeno if using, and lime juice, stir and cook for an additional 20 minutes.
6. Before serving, stir in fresh cilantro.
7. Serve in bowls.

Nutrition Facts

Servings 4.0

Amount Per Serving

calories 173

% Daily Value *

Total Fat 8 g 13 %

Saturated Fat 1 g 7 %

Monounsaturated Fat 5 g

Polyunsaturated Fat 1 g

Trans Fat 0 g

Cholesterol 206 mg 69 %

Sodium 839 mg 35 %

Potassium 29 mg 1 %

Total Carbohydrate 4 g 1 %

Dietary Fiber 1 g 2 %

Sugars 1 g

Protein 19 g 38 %

Vitamin A 5 %

Vitamin C 10 %

Calcium 10 %

Iron 6 %

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7. Bison Meatballs over Arugula



Serves 4

Cook Time: 25 minutes

Ingredients

- 3 cups arugula
- 1.5 lbs. ground Bison
- 3 tbs. Avocado oil
- 4 tbsp spanish onion, chopped
- 1 tsp. Oregano
- 1 clove garlic, finely diced
- 1 tsp. basil
- 1 tsp salt
- 1 tsp black pepper

Directions

1. In a bowl, combine all ingredients, except the avocado oil and the arugula.
2. Heat the avocado oil on very low in a large skillet.
3. In a bowl, blend all other ingredients, except for the arugula, with the bison by hand.
4. Shape the meatballs with your hands, and form a ball approximately the size of a tablespoon.
5. Drop gently the meatballs into the skillet.
6. Keep turning gently with a spatula so they don't stick to the pan as the meatballs cook.
7. Continue to do this until they are all cooked. Will take approximately 12 minutes.
8. Divide arugula onto 4 plates. Serve meatballs over the top of the arugula.
9. Salt and pepper to taste if needed.

Nutrition Facts

Servings 4.0

Amount Per Serving
calories 387

% Daily Value *

Total Fat 27 g	42 %
Saturated Fat 7 g	36 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 75 mg	25 %
Sodium 676 mg	28 %
Potassium 82 mg	2 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 1 g	2 %
Sugars 1 g	
Protein 35 g	70 %
Vitamin A	8 %
Vitamin C	4 %
Calcium	7 %
Iron	17 %

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8. Tomato Caprese Salad



Serves 2

Prep time 10 minutes

Ingredients

- 4 oz. (one large ball) fresh buffalo mozzarella cheese, cut into small pieces
- 1 cup mixed greens
- 12 cherry tomatoes, halved
- 5 fresh basil leaves, sliced in thin shreds

Dressing:

- 2 tbsp. balsamic vinegar
- 1 tsp. apple cider vinegar

- 3 tbsp. olive oil
- 1/2 tsp. garlic powder
- Salt and pepper to taste

Directions:

1. Whisk dressing ingredients into a small bowl, and set aside.
2. Blend cheese, tomatoes, and basil into a large bowl.
3. Lightly blend dressing into salad.
4. Serve in 2 large bowls.

Nutrition Facts

Servings 2.0

Amount Per Serving

calories 383

% Daily Value *

Total Fat 35 g 54 %

Saturated Fat 15 g 74 %

Monounsaturated Fat 15 g

Polyunsaturated Fat 2 g

Trans Fat 0 g

Cholesterol 10 mg 3 %

Sodium 348 mg 15 %

Potassium 283 mg 8 %

Total Carbohydrate 6 g 2 %

Dietary Fiber 1 g 6 %

Sugars 24 g

Protein 9 g 19 %

Vitamin A 30 %

Vitamin C 25 %

Calcium 8 %

Iron 3 %

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9. Sweet and Sour Chicken Stir Fry



Serves 4

Prep and cook time: 25 minutes

Ingredients:

- 2 chicken breast fillets, cut into small slices
- 3 tbsp. Avocado oil
- 1 small onion, yellow, diced
- 2 cloves garlic, chopped
- 1 cup button mushrooms
- 1 cup celery, diced
- 1 cup broccoli florets
- 1 cup bok choy
- 2 tbsp. Apple cider vinegar
- 4 tbsp. water
- 3 tbsp. Tamari sauce

Directions:

1. In a wok or skillet, heat oil on medium.
2. Add garlic and onion, and stir fry for 5 minutes.
3. Add apple cider vinegar and chicken and stir while cooking for approximately 5 minutes.
4. Add remaining ingredients, and continue to stir fry for approximately 10-15 more minutes.
5. Serve immediately in bowls.

Nutrition Facts

Servings 4.0

Amount Per Serving

calories 168

% Daily Value *

Total Fat 12 g 18 %

Saturated Fat 2 g 8 %

Monounsaturated Fat 7 g

Polyunsaturated Fat 2 g

Trans Fat 0 g

Cholesterol 21 mg 7 %

Sodium 403 mg 17 %

Potassium 321 mg 9 %

Total Carbohydrate 6 g 2 %

Dietary Fiber 2 g 7 %

Sugars 3 g

Protein 11 g 22 %

Vitamin A 21 %

Vitamin C 31 %

Calcium 17 %

Iron 2 %

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10. Cucumber Sesame Chicken Salad



Serves 2

Prep time: 15 minutes

Ingredients:

- 1 chicken breast, cooked, cooled and chopped into chunks
- 1 large english cucumber, sliced thin
- 2 cups romaine, chopped
- 2 tbsp. Black sesame seeds
- 1 tsp. Chia seeds

Dressing:

- 3 tbsp. Avocado oil
- Juice of one lime
- 2 tsp. Apple cider vinegar
- 1 pinch garlic powder
- 5 drops of stevia
- Salt and pepper to taste

Directions:

1. Put chicken, romaine, cukes and seeds into a large bowl and blend.
2. Whisk dressing into a small bowl, and pour over salad.
3. Serve immediately.

Nutrition Facts

Servings 2.0

calories 366

% Daily Value *

Total Fat 29 g 44 %

Saturated Fat 4 g 19 %

Monounsaturated Fat 17 g

Polyunsaturated Fat 6 g

Trans Fat 0 g

Cholesterol 35 mg 12 %

Sodium 102 mg 4 %

Potassium 490 mg 14 %

Total Carbohydrate 14 g 5 %

Dietary Fiber 3 g 14 %

Sugars 6 g

Protein 17 g 33 %

Vitamin A 22 %

Vitamin C 39 %

Calcium 29 %

Iron 14 %

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Amount Per Serving

Dinner Soups

1. Mixed Seafood Soup



Serves 6

Cook time: 50 minutes

Ingredients:

- 4 cups vegetable broth, or stock
- 3 tbsp. Avocado oil
- 10 deveined medium raw shrimp, tail off
- 10 clams, rinsed, in shell
- 1 14.5 oz. Can diced tomatoes in juice
- 1 small onion, diced
- 1 yellow zucchini, diced
- 1 small green pepper, diced
- 2 stalks scallions, diced. Green and white parts.
- 2 cloves garlic, diced
- 1 tsp. Fennel seeds
- 1/2 tsp. paprika
- 1 tsp. Basil

- 1 bay leaf
- 1 tsp. Sea salt
- Black pepper to taste

Directions:

1. In large stock pot, saute oil, garlic, onion, zucchini, green pepper and seasonings for 5 minutes. (set scallions aside for garnish)
2. Add clams, and shrimp. Cover for 5 minutes and simmer on low.
3. Pour in broth and cover. Simmer on low for 40 minutes.
4. Serve in bowls, topped with scallions.

Nutrition Facts

Servings 6.0

Amount Per Serving
calories 123

% Daily Value *

Total Fat 8 g 12 %

Saturated Fat 1 g 4 %

Monounsaturated Fat 5 g

Polyunsaturated Fat 1 g

Trans Fat 0 g

Cholesterol 27 mg 9 %

Sodium 474 mg 20 %

Potassium 284 mg 8 %

Total Carbohydrate 5 g 2 %

Dietary Fiber 1 g 3 %

Sugars 2 g

Protein 8 g 16 %

Vitamin A 7 %

Vitamin C 23 %

Calcium 4 %

Iron 6 %

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2. Cream of Cauliflower with Turmeric and Pepitas Soup



Serves 3

Cook and prep time: 50-60 minutes

Ingredients:

- 1 large head cauliflower, chopped
- 6 oz. full fat coconut milk
- 2 cloves garlic, diced
- 1 small spanish onion, roughly chopped
- 2 tsp. Turmeric
- 1 tsp. cumin
- 3-4 tbs. coconut oil, melted
- sea salt and pepper to taste

- 4 cups vegetable broth
- 1 tsp. Sea salt
- 1/8 cup raw pumpkin seeds (Pepitas)

Directions

1. Preheat oven to 400° F.
2. In Large bowl, blend cauliflower, oil, salt and pepper.
3. Bake on baking sheet in oven for 30 minutes.
5. Transfer cauliflower to a large pot. Add Vegetable Broth.
6. Add the rest of the ingredients, except for the pumpkin seeds, and cover while cooking on low for approximately 20 minutes.
7. Turn off heat, and using an immersion blender, blend soup until creamy.
8. Top with pumpkin seeds before serving into bowls.
9. Salt and pepper to taste.

Nutrition Facts

Servings 6.0

Amount Per Serving
calories 207

% Daily Value *

Total Fat	17 g	27 %
Saturated Fat	14 g	69 %
Monounsaturated Fat	1 g	
Polyunsaturated Fat	1 g	
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	121 mg	5 %
Potassium	460 mg	13 %
Total Carbohydrate	12 g	4 %
Dietary Fiber	3 g	11 %

Sugars 4 g
Protein 3 g 5 %
Vitamin A 0 %
Vitamin C 81 %
Calcium 6 %
Iron 11 %

3. Ginger Lemon Chicken Broth



Serves 8

Cook and prep time: 1 and 1/2 hours.

Ingredients:

- 6 cups water
- 1 whole chicken, rinsed
- 1 3 " knob of fresh ginger, peeled and sliced thin
- 2 cloves garlic, sliced
- 2 lemons, sliced thin
- 1 tsp. Sea salt

Directions:

1. Put all ingredients into a large stock pot.

2. Cover and simmer for 1 hour + 30 minutes on low to medium heat.
3. Remove chicken from pot.
4. Remove bones from chicken and store chicken in a separate container for up to 3 days. The chicken can be added to the soup, or it can be used in other dishes.
5. Serve broth in cups or bowls.

Nutrition Facts

Servings 8.0

Amount Per Serving
calories 54

% Daily Value *

Total Fat 2 g 2 %
Saturated Fat 0 g 1 %
Monounsaturated Fat 1 g
Polyunsaturated Fat 0 g
Trans Fat 0 g
Cholesterol 25 mg 8 %
Sodium 283 mg 12 %
Potassium 15 mg 0 %
Total Carbohydrate 2 g 1 %
Dietary Fiber 0 g 0 %
Sugars 1 g
Protein 11 g 22 %
Vitamin A 0 %
Vitamin C 9 %
Calcium 8 %
Iron 2 %

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4. Hearty Mixed Vegetable Soup



Serves 6

Prep and cook time: 1 hour

Ingredients:

- 5 Cups organic vegetable broth
- 1 cup green beans, cut in half
- 1 Medium yellow onion, diced
- 1 8 oz. can diced tomatoes in juice
- 2 Carrots sliced
- 1 Parsnip, cubed

- 2 yellow zucchini diced
- 3 cloves garlic chopped
- 2 Tbsp. Italian Herbs (basil, rosemary, oregano)
- 2 tbsp. Fresh Italian Parsley (for garnish)
- 2 Tbsp. sea salt
- 1/2 tsp. Fresh ground pepper
- 3 Tbsp. Avocado Oil

Directions:

1. In large stockpot, heat oil and add garlic, seasonings and onion. Saute for 5 minutes on low.
2. Add in remainder of vegetables with tomatoes, heat for an additional 5 minutes.
3. Add broth and cover. Simmer for 40 minutes on low, or until vegetables are tender.
4. Serve in bowls, garnish with parsley.

Nutrition Facts

Servings 6.0

Amount Per Serving
calories 130

% Daily Value *

Total Fat 7 g 11 %

Saturated Fat 1 g 4 %

Monounsaturated Fat 5 g

Polyunsaturated Fat 1 g

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 1938 mg 81 %

Potassium 340 mg 10 %

Total Carbohydrate 15 g 5 %

Dietary Fiber 4 g 15 %

Sugars 5 g

Protein 2 g 3 %

Vitamin A 78 %

Vitamin C 24 %

Calcium 12 %

Iron 7 %

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5. Italian Beefy Tomato Soup (crock-pot)



Serves 8

Cook and prep time: 15 minutes prep + 8 hours in crockpot

Ingredients

- 1 - 2 pound grass-fed beef chuck roast (pot roast)
- 3 Tbsp. apple cider vinegar
- 3 cups beef stock or broth (can use homemade, all natural or organic)
- 1 8 oz. can tomato
- 1 Tbsp. Arrowroot powder
- 3 cloves garlic diced
- 1 cup mixed mushrooms
- 2 carrots, chopped
- 1 small yellow onion sliced
- 1 tsp. dried basil
- 1 tbsp. italian parsley
- 1 1/2 tbsp. sea salt
- 1 8 oz. Can diced tomatoes in juice

- 1/2 tsp. Fresh ground pepper
- 1 large bunch of fresh italian parsley for garnish

Directions

1. Set slow cooker on low for 8 hours.
2. Add all ingredients into slow cooker except 1/2 cup of beef broth and arrowroot powder and cover. Also save fresh parsley for garnish after cooking.
3. Cook for 6 hours.
4. After 6 hours, whisk arrowroot powder with beef broth in a small bowl and blend into crock pot, stirring gently. Separate meat into large chunks with 2 forks.
5. Cook for 2 more hours.
6. Top with fresh parsley before serving.

Nutrition Facts

Servings 8.0

Amount Per Serving
calories 249

% Daily Value *

Total Fat 15 g	23 %
Saturated Fat 6 g	31 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 53 mg	18 %
Sodium 1368 mg	57 %
Potassium 383 mg	11 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 4 g	17 %
Sugars 2 g	
Protein 20 g	39 %
Vitamin A	67 %
Vitamin C	12 %
Calcium	27 %
Iron	58 %

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6. Chilled Cucumber Yogurt Soup with Greens



Serves 4

Prep time: 10 minutes

Ingredients:

- 2 cups pea shoots
- 2 cups, cucumbers, peeled, seeded and chopped
- 1 avocado, pitted, cut into cubes
- 1 cup plain kefir or plain greek yogurt
- 1 tsp. onion powder
- 1/2 tsp. celery salt
- 1 tbsp. avocado oil
- 1 garlic clove, diced
- Salt and pepper to taste

Directions

1. Place all ingredients from the list above in your high- speed blender, except for 1/2 of the pea shoots.
2. Blend in high speed blender or food processor until creamy.
3. Serve immediately in bowls, salt and pepper to taste, and garnish with remaining pea shoots.

Nutrition Facts

Servings 4.0

Amount Per Serving
calories 155

% Daily Value *

Total Fat	10 g	16 %
Saturated Fat	2 g	9 %
Monounsaturated Fat	6 g	
Polyunsaturated Fat	1 g	
Trans Fat	0 g	
Cholesterol	3 mg	1 %
Sodium	253 mg	11 %
Potassium	264 mg	8 %
Total Carbohydrate	9 g	3 %
Dietary Fiber	6 g	24 %
Sugars	4 g	
Protein	9 g	17 %
Vitamin A		26 %
Vitamin C		147 %
Calcium		9 %
Iron		2 %

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7. Skillet Cream of Tomato Soup with Herbs



Serves 4

Prep and cook time: 30 minutes

Ingredients:

- 1 cup full fat plain yogurt
- 4 cups chopped tomatoes
- 4 tbsp. Butter
- 1 small yellow onion, chopped
- 1 clove garlic, diced
- 1 tsp. Salt
- 4 tbsp. Fresh parsley
- Fresh ground pepper to taste

Directions:

1. In skillet, melt butter on medium heat. Saute onion, and garlic for 5 minutes.
2. Add in the rest of the ingredients except the yogurt.
3. Simmer on medium, stirring while cooking for 10 minutes.
4. Transfer carefully to blender or food processor. Blend on low for 45 seconds.
5. Pour back into the skillet and add yogurt.
6. Heat while stirring for an additional 7-10 minutes.
7. Serve and top with additional parsley if desired.

Nutrition Facts

Servings 4.0

Amount Per Serving

calories 203

% Daily Value *

Total Fat 16 g 25 %

Saturated Fat 10 g 50 %

Monounsaturated Fat 3 g

Polyunsaturated Fat 1 g

Trans Fat 0 g

Cholesterol 53 mg 18 %

Sodium 622 mg 26 %

Potassium 531 mg 15 %

Total Carbohydrate 11 g 4 %

Dietary Fiber 2 g 10 %

Sugars 7 g

Protein 4 g 8 %

Vitamin A 184 %

Vitamin C 34 %

Calcium 31 %

Iron 3 %

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8. Classic Turkey Soup



Serves 8

Cook and Prep time: 90 minutes

Ingredients

- 2 Turkey drumsticks
- 2 Turkey wings

- 1/4 cup grass fed butter
- 6 cups chicken stock or broth
- 1 small onion, diced
- 2 small carrots, diced
- 2 stalks celery, diced
- 2 cloves garlic diced
- 1 tsp. onion powder
- 1 tsp. fresh ground sage
- Salt and Pepper to taste

Directions

1. In a large stock pot add butter, garlic, and sage and cook while stirring for 3 minutes on medium high heat being careful garlic does not burn.
2. Add legs, and wings to pan and cook on one side for 5 minutes, then flip and cook for 5 minutes on other side until golden brown. *Note- they will not be cooked through at this time.
3. Add broth, and the remainder of ingredients to the pot and cover.
4. Simmer on low for 1 hour.
5. Before serving, remove bones if desired and separate turkey and put back into the pot.
6. Serve in bowls.

Nutrition Facts

Servings 8.0

Amount Per Serving
calories 374

% Daily Value *

Total Fat 21 g	32 %
Saturated Fat 8 g	40 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 178 mg	59 %
Sodium 611 mg	25 %
Potassium 125 mg	4 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 1 g	2 %

Sugars 1 g
Protein 44 g 87 %
Vitamin A 57 %
Vitamin C 2 %
Calcium 3 %
Iron 9 %

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9. Turkey and Butternut Squash Soup

Serves 6

Prep and cook time: 45 minutes

Ingredients:

- 2 cups leftover, or pre-cooked roasted turkey, cut into chunks
- 1 cup, butternut squash, diced
- 2 tbsp. Olive oil
- 1 small yellow onion, diced
- 1 clove garlic, diced
- 6 cups vegetable or chicken broth
- 2 stalks celery
- 1 tbs. Thyme
- 1 tsp. Cumin
- Salt and pepper to taste

Directions:

1. In a large stock pot, add oil, onion, garlic, spices, and celery. Cook for 5 minutes.
2. Add remaining ingredients to pot.
3. Cover and simmer for 40 minutes on low.

Nutrition Facts

Servings 6.0

Amount Per Serving

calories 200

% Daily Value *

Total Fat 8 g 13 %
Saturated Fat 2 g 11 %
Monounsaturated Fat 3 g
Polyunsaturated Fat 0 g
Trans Fat 0 g
Cholesterol 69 mg 23 %
Sodium 710 mg 30 %
Potassium 159 mg 5 %
Total Carbohydrate 10 g 3 %
Dietary Fiber 4 g 4 %
Sugars 2 g
Protein 24 g 47 %
Vitamin A 51 %
Vitamin C 104 %
Calcium 3 %
Iron 7 %

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10. Clam Chowder

Serves 4

Prep and Cook time: 55 minutes

Ingredients:

- 2 6.oz cans baby clams, rinsed
- 1 8 oz. bottle of clam juice
- 2 slices bacon
- 2 tbsp. butter
- 3 cups unsweetened flax milk
- 3 stalks celery, diced
- 1 clove garlic, diced
- 1 small yellow onion, diced
- 1 small potato, peeled, diced
- 1/2 cup heavy cream
- 1 tsp. Celery salt

- 1 tsp. Dried thyme

Directions:

1. In a large stock pot, melt butter, and add in potato, garlic, onion, celery, bacon and seasonings. Cook on low for 5 minutes.
2. Add clam juice, and clams and cook on low for 3-4 minutes..
3. Add milk. Cover and cook for 20 minutes. Stirring occasionally.
4. Add cream and continue to simmer for an additional 15 minutes.
5. Serve immediately.
6. Add salt and pepper to taste.

Nutrition Facts

Servings 4.0

Amount Per Serving
calories 317

% Daily Value *

Total Fat 13 g	20 %
Saturated Fat 6 g	32 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 30 mg	10 %
Sodium 665 mg	28 %
Potassium 276 mg	8 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 1 g	3 %
Sugars 3 g	
Protein 35 g	71 %
Vitamin A	60 %
Vitamin C	17 %
Calcium	30 %
Iron	86 %

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