



## Gourmet Meal Prep and Personalized Meal Plans for Peak Performers

---

### Soup Diet Recipes

For a successful soup diet, look no further than these soup recipes. These easy dishes cook up into warm and soothing soups packed with fiber and protein — and none of the extra carbs.

When preparing the soups, look for high-quality ingredients like pastured animal bones and vegetables with few antinutrients. Not only will every bite be packed with healthy fats, but you'll also avoid brain fog and inflammation. Since soups don't oxidize very quickly, they also make the perfect meal prep option.

Make these hot (and cold!) soup-diet friendly recipes year-round for meals that will warm you from the inside out.

The key to success, if you want to shed a few extra pounds, is to keep your carb intake as low as possible and to get most of your energy (calories) from healthy fats and proteins.

#### Precautions:

People taking prescription medication should consult with their health care provider.

Although soup diet results are not long term, thousands of people continue to use the soup diet for rapid weight loss.

Do not follow the soup diet for more than 5-7 consecutive days.

#### Soup Diet - Daily Meal Plan

[For more information see this page!](#)

**On rising:** Drink a glass of water on rising. If you have a slow metabolism add a generous squeeze of fresh lemon juice to the water. It will jump-start your liver.

**Breakfast:** Have one portion of soup.

**Mid Morning Snack (optional):** Have a fist-sized (your own) portion of any tropical (except banana) or stone fruit you like. Avocado is a great choice.

**Lunch:** Have one portion of soup.

**Mid Afternoon Snack (optional):** Have a fist-sized (your own) portion of any citrus or stone fruit you like. Avocado is a great choice.

**Dinner:** Have one portion of soup.

For more healthy [meal planning inspiration](#) see The Herb Academy's online [Healthy Meal Planning Masterclass](#).

Take your weight-loss to the next level, create your own [10-Week Keto Transformation Plan](#).



## Easy Chicken & Kale Vegetable Soup

Prep	Cook	Ready in	Servings
10 min	45 min	55 min	8

### Ingredients

947 ml	Chicken broth (stock) (organic)
8 medium stalk(s)	Celery (sliced)
6 medium	Carrots (sliced)
1 medium	Yellow onion (diced)
1 bunch	Kale (finely chopped, including stems)
2 breast	Chicken breast, boneless, skinless (sliced into strips)
1 pinch	Sea salt
1 dash	Black pepper

### Instructions

Place all ingredients, except the kale in a large pot over med heat and cook for about 45 mins or until chicken is fully cooked.

Once the chicken is fully cooked, you should be able to shred it very easily. I simply used the back of a wooden spoon and pressed the cooked chicken against the side of the pot. You could also use a fork or tongs to break the chicken apart and into shreds.

Then stir in your kale and serve piping hot!

To Make Your Own Broth:

I saved and froze all the leftover bones from rotisserie chickens I had picked up at the grocery store (this is a "fast food" staple for me when I don't have anything to eat). I added those frozen carcasses to water in my biggest pot and added sea salt, fresh cracked pepper, 2 Tbs apple cider vinegar (this helps to extract the nutrients from the bones), carrots, celery, and cilantro (you could also add the leftover veggie pulp from your juices or the peels and scraps that you don't use in your recipes).

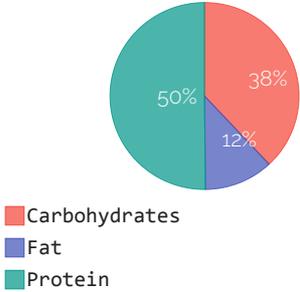
I boiled it on med heat for several hours adding more water as needed due to evaporation. Once it was cool, I strained everything out and poured my broth into mason jars with about one inch of room from the top. Once the broth has cooled, you can use a spoon to skim any of the fat from the top. I put 2 jars in the fridge to use the following week and 3 jars in the freezer for later.

Nutrition Facts	
Per Portion	
<b>Calories</b>	139
Calories from fat	16.4
Calories from saturated fat	3.1
<b>Total Fat</b>	1.8 g
Saturated Fat	0.3 g
Trans Fat	0
Polyunsaturated Fat	0.6 g
Monounsaturated Fat	0.3 g
<b>Cholesterol</b>	33 mg
<b>Sodium</b>	476 mg
<b>Potassium</b>	780 mg
<b>Total Carbohydrate</b>	13.2 g
Dietary Fiber	3.7 g
Sugars	3.4 g
<b>Protein</b>	17.4 g

Dietary servings  
Per Portion

Meat 0.6  
Vegetables 2.8

Energy sources



Recipe from: [Linda Wagner](#)



## Nourishing GAPS Soup

Prep	Cook	Ready in	Servings
15 min	1 h 5 min	1 h 20 min	6

### Ingredients

<b>908 gm</b>	Chicken thighs, boneless, skinless (organic, chopped into 1-inch cubes, or shred after cooking)
<b>681 gm</b>	Chicken bones (sustainably sourced)
<b>16 cup</b>	Water (to fill pot)
<b>454 gm</b>	Carrots (sliced)
<b>2 cup cubes</b>	Winter squash (, or other basic veggies: cabbage, sauteed mushrooms, frozen peas)
<b>1 bunch</b>	Green onion, scallion, ramp (or chives, finely chopped)
<b>1 tbsp</b>	Sea salt
<b>6 drop(s)</b>	Lemon grass essential oil (or basil essential oil)
<b>1 piece, 1-inch</b>	Ginger root (finely grated, optional)
<b>1 clove(s)</b>	Garlic (optional)

### Instructions

Place bones, water and sea salt into pot or Instant Pot. If IP, seal lid, close steam vent, press Soup button (30 minutes).

Otherwise, cook broth for 2-3 hours in a pot and strain.

If using IP, allow pressure to release on its own for 15 minutes; then press Cancel, open vent, and when steam is done escaping, open lid. Using a ladle or tongs remove bones to large bowl. Allow pot to cool slightly, then strain broth into two 1/2-gallon jars (place metal spoon inside to prevent cracking\*) or storage container. Rinse out Instant Pot or cooking pot.

Add chicken and carrots (and any additional desired raw vegetables, excluding already cooked winter squash) to pot. Add 1/2 gallon broth. Set aside 3 cups additional broth. Simmer until chicken is cooked through and carrots are tender, about 30 minutes, stirring occasionally. In IP, replace lid, close vent, press Soup button and adjust time to 5 minutes. When timer goes off, allow pressure to release on its own for 15 minutes. Then press Cancel and open steam vent. Shred chicken using two forks, if thighs were left whole. (It will almost fall apart).

Place the 3 cups broth (set aside earlier) into blender, still warm. Add essential oil (and optional ginger and garlic). Blend on medium speed for 10 seconds. Add blender contents to soup pot that contains chicken, stirring to combine. Add optional leftover winter squash and any sauteed veggies or lightly cooked peas. Taste, adding sea salt if needed.

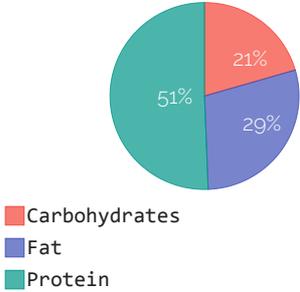
Serve, garnished with lots of green onions or chives.

Nutrition Facts	
Per Portion	
<b>Calories</b>	237
Calories from fat	68
Calories from saturated fat	13.1
<b>Total Fat</b>	7.6 g
Saturated Fat	1.5 g
Trans Fat	0
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	1.7 g
<b>Cholesterol</b>	109 mg
<b>Sodium</b>	1378 mg
<b>Potassium</b>	772 mg
<b>Total Carbohydrate</b>	12.2 g
Dietary Fiber	2.8 g
Sugars	4.8 g
<b>Protein</b>	30 g

Dietary servings  
Per Portion

Meat 1.7  
Vegetables 2.1

Energy sources



Recipe from: [Eat Beautiful](#)



## Homemade Bone Broth

Prep	Cook	Ready in	Servings
10 min	24 h	24 h 10 min	1

### Ingredients

<b>1 1/3 kg</b>	Chicken bones (or 1 turkey frame)
<b>2 small</b>	Yellow onion (peeled, cut into quarters)
<b>2 medium</b>	Carrots (peeled, scrubbed, cut into large chunks)
<b>3 medium stalk(s)</b>	Celery (washed, cut into large chunks)
<b>4 clove(s)</b>	Garlic (peeled, smashed)
<b>1 piece, 1-inch</b>	Ginger root (washed, peeled, optional)
<b>1 leaf</b>	Bay leaf
<b>10 peppercorn</b>	Peppercorn (optional)
<b>1 tbsp</b>	Apple cider vinegar
<b>16 cup</b>	Water (to fill slow cooker)

### Instructions

Place bones and chicken feet, if using, into a large stock pot.

Add onions, carrots, celery, garlic, bay leaf and peppercorns.

Fill pot with enough filtered water to cover the bones.

Add apple cider vinegar (this helps leach minerals and collagen from the bones as it cooks and is a crucial ingredient).

Bring to a boil and skim the scum that rises to the top with a large spoon.

Reduce heat to LOW and simmer, covered, for 24 hours adding additional boiling water, if needed, to keep the bones submerged.

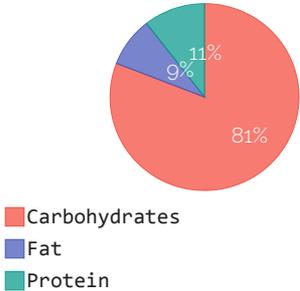
After 24 hours, remove from heat and allow the broth to cool slightly before straining through a fine-mesh strainer. Broth may be stored in Mason jars with lids in the fridge for up to 5 days (remove layer of hardened fat before use).

Nutrition Facts	
Per Portion	
<b>Calories</b>	159
Calories from fat	13.7
Calories from saturated fat	2.9
<b>Total Fat</b>	1.5 g
Saturated Fat	0.3 g
Trans Fat	0
Polyunsaturated Fat	0.7 g
Monounsaturated Fat	0.3 g
<b>Cholesterol</b>	0.5 mg
<b>Sodium</b>	200 mg
<b>Potassium</b>	966 mg
<b>Total Carbohydrate</b>	32 g
Dietary Fiber	7.5 g
Sugars	12.6 g
<b>Protein</b>	4.2 g

Dietary servings  
Per Portion

Vegetables 6.2

Energy sources





## Protein Broccoli Chowder

Prep	Cook	Ready in	Servings
5 min	15 min	20 min	4

### Ingredients

<b>681 gm</b>	Chicken breast, boneless, skinless (or turkey, fish, eggs- use your favourite protein)
<b>1 head</b>	Broccoli, raw (chopped)
<b>1 medium head</b>	Cauliflower (chopped)
<b>1/2 medium</b>	Red onion
<b>1 clove(s)</b>	Garlic
<b>1 medium stalk(s)</b>	Celery
<b>1 bunch</b>	Spinach
<b>1 tsp minced</b>	Ginger root
<b>1 tbsp</b>	Liquid aminos
<b>1 dash</b>	Black pepper
<b>1/8 tsp</b>	Cumin
<b>1 cup</b>	Coconut milk
<b>3 cup</b>	Vegetable stock/broth (or chicken broth)

### Instructions

Place all ingredients except for coconut milk and spinach in a pot, cover and simmer until broccoli and cauliflower are just tender, 5-10 minutes.

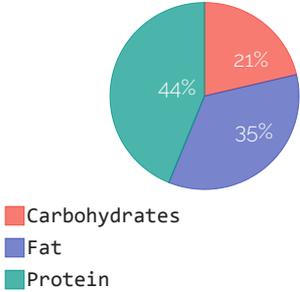
Add in coconut milk and spinach, stir. Blend with an immersion blender or dump everything into a blender and blend to desired consistency.

Nutrition Facts	
Per Portion	
<b>Calories</b>	429
Calories from fat	150
Calories from saturated fat	125
<b>Total Fat</b>	16.6 g
Saturated Fat	13.9 g
Trans Fat	0
Polyunsaturated Fat	4.6 g
Monounsaturated Fat	9.4 g
<b>Cholesterol</b>	97 mg
<b>Sodium</b>	1252 mg
<b>Potassium</b>	1715 mg
<b>Total Carbohydrate</b>	22.9 g
Dietary Fiber	8.1 g
Sugars	5.6 g
<b>Protein</b>	47 g

### Dietary servings Per Portion

Meat 1.9  
Vegetables 6.5

### Energy sources





## Turmeric Chicken No Noodle Soup

Prep	Cook	Ready in	Servings
15 min	1 h 10 min	1 h 25 min	6

### Ingredients

454 gm	Chicken breast, boneless, skinless
6 cup	Bone broth, Organic (preferably chicken)
1 tbsp	Avocado oil (or coconut oil)
1/2 medium	Yellow onion (diced)
3 clove(s)	Garlic
1 piece, 1-inch	Ginger root (grated)
4 medium	Carrots (peeled and sliced)
4 medium stalk(s)	Celery (chopped)
1 medium head	Green cabbage (shredded)
1 medium	Zucchini (chopped)
1 tbsp, ground	Thyme, dried
1 tbsp	Oregano, dried
1/2 tsp	Turmeric, ground
1 tsp	Sea salt
1 whole lemon(s)	Lemon juice

### Instructions

Cook chicken breasts and four cups of the chicken bone broth in the Instant Pot using this method, or your preferred method. Remove the chicken breasts from the broth. Set aside to cool, shred, then store in the fridge if you are not making the soup right away. Reserve the remaining bone broth for the soup. You can also use shredded chicken from a whole chicken.

In a large soup pot or dutch oven, heat oil over medium-high heat. Once hot, lower the heat to medium and add onion, garlic, and ginger. Cook for approximately five to six minutes, or until softened.

Add carrots, celery, and cabbage. Stir and cook for an additional six to eight minutes.

Stir in zucchini, remaining two cups of bone broth, and the four cups of bone broth used to cook the chicken. You may need to strain the broth used to cook the chicken.

Raise the heat to medium-high and bring to a boil. Once boiling, lower the heat to medium-low, cover, and simmer for 20 minutes.

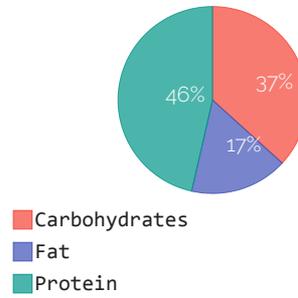
Add spices, lemon juice, and shredded cooked chicken, cover, and continue simmering for an additional 20 to 30 minutes. The longer it simmers, the better it tastes!

Nutrition Facts	
Per Portion	
<b>Calories</b>	223
Calories from fat	37
Calories from saturated fat	6.4
<b>Total Fat</b>	4.1 g
Saturated Fat	0.7 g
Trans Fat	0
Polyunsaturated Fat	0.8 g
Monounsaturated Fat	2.1 g
<b>Cholesterol</b>	43 mg
<b>Sodium</b>	685 mg
<b>Potassium</b>	785 mg
<b>Total Carbohydrate</b>	20.5 g
Dietary Fiber	5.3 g
Sugars	9.6 g
<b>Protein</b>	25.9 g

Dietary servings  
Per Portion

Meat 0.8  
Vegetables 5.1

Energy sources



Recipe from: [Clean Eating Veggie Girl](#)



## Paleo Thai Chicken Zoodle Soup

Prep	Cook	Ready in	Servings
5 min	15 min	20 min	6

### Ingredients

1 tbsp	Butter, unsalted
1/2 onion(s)	Sweet onion (chopped)
1 medium pepper(s)	Jalapeno pepper (chopped)
1 1/2 tbsp	Green curry paste
2 clove(s)	Garlic (minced)
6 cup	Bone broth, Organic (chicken based)
1 can(s) (15oz)	Coconut milk (full fat)
1 medium pepper(s)	Red bell pepper (thinly sliced)
454 gm	Chicken thighs, boneless, skinless (thinly sliced against the grain)
2 tbsp	Fish sauce ('Red Boat' brand is good for paleo)
1/2 cup	Cilantro (coriander) (chopped; or parsley)
2 medium	Zucchini (spiralized)
1 fruit	Lime (cut into 8 wedges)

### Instructions

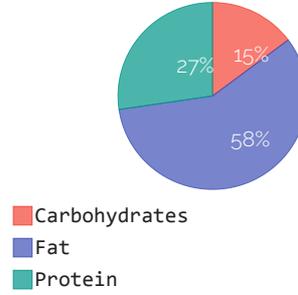
1. In a large sauce pan, heat butter over medium heat until melted and shimmering. Add onions and sauté until just translucent, about 5 minutes.
2. Stir in jalapeño, curry paste and garlic and sauté until fragrant, about 1 minute. Add chicken broth and coconut milk, whisking until fully combined. Bring to a boil, then reduce heat to medium and add red pepper, chicken and fish sauce. Let simmer with the lid on until chicken is cooked through, about 5 minutes. Stir in cilantro.
3. To serve, ladle soup over the zoodles. The heat of the soup will make the zoodles tender. If you are not serving it all at once, only use enough zoodles for each bowl of soup you are serving. The rest will keep well in a covered container for a day.
4. Serve each with a squeeze of lime.

Nutrition Facts	
Per Portion	
<b>Calories</b>	342
Calories from fat	198
Calories from saturated fat	146
<b>Total Fat</b>	22.0 g
Saturated Fat	16.3 g
Trans Fat	0.1 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	2.0 g
<b>Cholesterol</b>	60 mg
<b>Sodium</b>	814 mg
<b>Potassium</b>	628 mg
<b>Total Carbohydrate</b>	12.6 g
Dietary Fiber	1.8 g
Sugars	5.5 g
<b>Protein</b>	23.4 g

### Dietary servings Per Portion

Fruit	0.2
Meat	0.8
Vegetables	1.8

### Energy sources



Recipe from: [All Day I Dream About Food](#)



## Low Carb Congee

Prep	Cook	Ready in	Servings
15 min	40 min	55 min	2

### Ingredients

<b>1/4 medium head</b>	Cauliflower (cut into florets)
<b>2 cup</b>	Chicken broth (stock), low sodium
<b>1 breast</b>	Chicken breast, boneless, skinless
<b>1 medium egg</b>	Egg, hard boiled (or century egg if you like; peeled and cut into small dice)
<b>1 medium egg</b>	Egg (or salted duck egg; peeled and cut into small dice)
<b>3/4 tsp</b>	Salt
<b>1/4 tsp</b>	White pepper (ground)
<b>1 green onion (stem)</b>	Green onion, scallion, ramp (chopped)

### Instructions

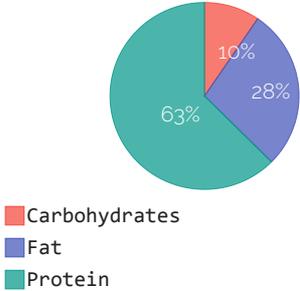
1. Put chicken breast into the 2 cups of chicken broth in a pot. Bring to boil over high heat.
2. In the meantime, put the cauliflower florets into a food processor and pulse till fine rice grain size.
3. Put the cauliflower grains into the chicken soup and continue to simmer for about 20 minutes.
4. Remove the chicken breast from the pot and shred the chicken, then return the chicken shreds back to the pot.
5. Add salt, pepper and the chopped century egg and salted duck egg into the pot. Stir through and simmer another 3-4 minutes.
6. Serve hot with a sprinkling of spring onions on the top.

Nutrition Facts	
Per Portion	
<b>Calories</b>	221
Calories from fat	62
Calories from saturated fat	19.9
<b>Total Fat</b>	6.9 g
Saturated Fat	2.2 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.2 g
Monounsaturated Fat	2.6 g
<b>Cholesterol</b>	236 mg
<b>Sodium</b>	1620 mg
<b>Potassium</b>	842 mg
<b>Total Carbohydrate</b>	5.3 g
Dietary Fiber	1.4 g
Sugars	2.2 g
<b>Protein</b>	35 g

Dietary servings  
Per Portion

Meat	1.3
Meat Alternative	0.5
Vegetables	1.4

Energy sources



Recipe from: [Still Feeling Peckish](#)



## Bouillion Mix Recipe - Vegetable Broth Mix

This Vegetable Broth or Bouillion Mix Recipe has none of the additives of store-bought cubes and packets thus it will keep your belly happy and healthy.

Prep	Cook	Ready in	Servings
5 min	0 min	5 min	14

### Ingredients

- 2 tbsp Celery seed
- 4 tbsp Parsley, dried
- 2 tbsp Garlic powder
- 2 tbsp Sea salt, fine
- 2 tbsp Savory, ground (use summer savory -- not the winter variety. If necessary; you can substitute thyme, marjoram, or sage.)
- 2 tsp Marjoram (dried)
- 2 tsp, ground Thyme, dried
- 1 tsp Black pepper
- 1 tsp Turmeric, powder
- 1 tsp Sage, ground

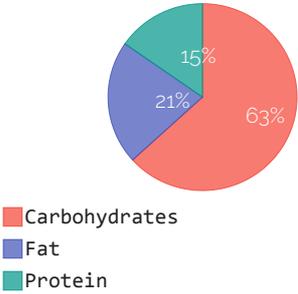
### Instructions

1. Combine all in a small bowl.
2. Store in a glass container with a tight-fitting lid.
3. Stir or shake occasionally before use to redistribute ingredients.
4. Use one tablespoon mix plus with one cup of water to make 1 cup of broth in a recipe.
5. You may substitute this for "chicken" or veggie broth/bouillon in recipes as well.
6. One tablespoon is the equivalent of one bouillon cube.

Nutrition Facts	
Per Portion	
<b>Calories</b>	14.7
Calories from fat	3.2
Calories from saturated fat	0.5
<b>Total Fat</b>	0.4 g
Saturated Fat	0.1 g
Trans Fat	0
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0.2 g
<b>Cholesterol</b>	0
<b>Sodium</b>	746 mg
<b>Potassium</b>	58 mg
<b>Total Carbohydrate</b>	2.3 g
Dietary Fiber	0.8 g
Sugars	0.1 g
<b>Protein</b>	0.6 g

Dietary servings  
Per Portion

Energy sources



Recipe from: [Whole New Mom](#)



## Basic Meat and Bone Broth

This is an essential GAPS recipe—the foundation for nearly all of your GAPS meals.  
GAPS-Intro Diet, Stage One and beyond

Prep	Cook	Ready in	Servings
15 min	72 h	72 h 15 min	1

### Ingredients

- 1 medium/large bird** Whole Chicken (preferably organic, free-range with as many parts as possible including giblets, feet, and/or beak)
- 2 tbsp** Apple cider vinegar
- 1 large** White onion (to taste)
- 3 large** Carrots (to taste)
- 3 large stalk(s)** Celery (to taste)
- 1 bunch** Parsley, Italian, fresh (to taste)
- 1 leaf** Bay leaf
- 1 tsp** Sea salt (to taste)

### Instructions

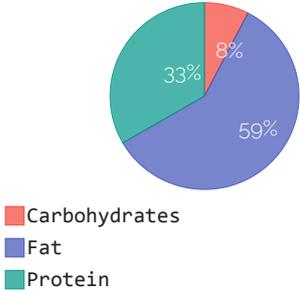
1. Place the chicken and chicken parts in a large crock pot (or stockpot). Add enough filtered water to cover the chicken and bring to a boil. Remove any "scum" that is on the surface (these are impurities and should not be eaten)
2. Remove the chicken, leaving the stock in the pot. Let cool and take the meat off of the bones. Place your meat (including the skin and soft tissues) into a storage container in the fridge and return everything else (bones and all other parts) to the crock pot.
3. Add more filtered water to the pot along with the vinegar (vinegar helps draw out the minerals from the bones), veggies, herbs and salt. Bring this to a boil, lower heat and simmer for as long as possible, at least 6 hours, but 36-72 hours is optimal. The longer you simmer, the more medicinal your broth will be.
4. Strain all the solids from the broth, pour into jars, and store in the fridge. Use within 5 days. If you want it to keep longer, place it in the freezer.

Nutrition Facts	
Per Portion	
<b>Calories</b>	2674
Calories from fat	1579
Calories from saturated fat	450
<b>Total Fat</b>	175 g
Saturated Fat	50 g
Trans Fat	0
Polyunsaturated Fat	38 g
Monounsaturated Fat	72 g
<b>Cholesterol</b>	863 mg
<b>Sodium</b>	3564 mg
<b>Potassium</b>	4364 mg
<b>Total Carbohydrate</b>	51 g
Dietary Fiber	15.7 g
Sugars	21.4 g
<b>Protein</b>	223 g

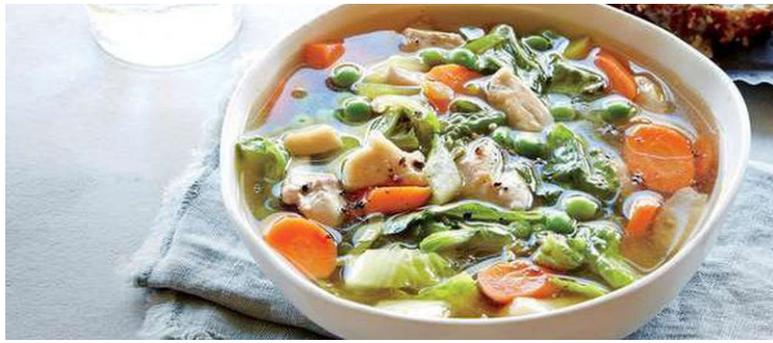
Dietary servings  
Per Portion

Meat 12.8  
Vegetables 11.9

Energy sources



Recipe from: [Plan to Eat](#)



## Nourishing Chicken Soup

Prep	Cook	Ready in	Servings
10 min	20 min	30 min	4

### Ingredients

1 1/2 tbsp	Extra virgin olive oil (divided)
500 gm	Chicken thighs, with skin (cut into small pieces)
1 cup	Leek (thinly sliced, see "Notes" below)
1 cup chopped	Carrots (thinly diagonally sliced)
4 cup	Chicken broth (stock), low sodium (or homemade stock)
3 sprig	Thyme, fresh
1 cup	Frozen green peas (thawed)
1/2 tsp	Black pepper (freshly ground)
1/3 tsp	Sea salt, fine
3 cup	Lettuce, romaine (torn or roughly sliced)
1/3 cup	Parsley, Italian, fresh (or cilantro)

### Instructions

1. Heat a large Dutch oven over medium-high heat. Add 1 1/2 teaspoons oil; swirl to coat. Add chicken; cook 6 minutes or until browned, stirring occasionally. Remove chicken from pan.
2. Add remaining 1 tablespoon oil to pan; swirl to coat. Add leek and carrot; sauté 5 minutes. Add stock and thyme; bring to a boil. Cover and cook 8 minutes or until carrot is almost tender.
3. Stir in chicken, peas, pepper, and salt; cook 3 minutes.
4. Remove thyme; discard. Remove pan from heat; stir in lettuce and parsley.

The torn romaine lettuce wilts just slightly in the soup and has a lighter, fresher, less earthy flavor than heartier greens like spinach or kale.

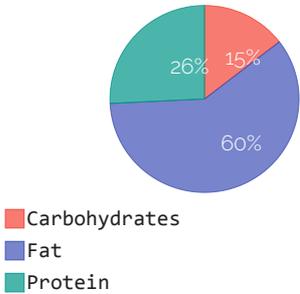
Slice the carrot the same shape and thickness as the leek so you get a balance of both vegetables in every spoonful.

Nutrition Facts	
Per Portion	
<b>Calories</b>	400
Calories from fat	239
Calories from saturated fat	61
<b>Total Fat</b>	26.5 g
Saturated Fat	6.8 g
Trans Fat	0.0 g
Polyunsaturated Fat	5.1 g
Monounsaturated Fat	12.5 g
<b>Cholesterol</b>	123 mg
<b>Sodium</b>	927 mg
<b>Potassium</b>	885 mg
<b>Total Carbohydrate</b>	14.5 g
Dietary Fiber	4.6 g
Sugars	5.2 g
<b>Protein</b>	25.7 g

### Dietary servings Per Portion

Meat	1.4
Meat Alternative	0.3
Vegetables	2.2

### Energy sources



Recipe from: [My Recipes](#)



## Chicken Feet Bone Broth

Chicken feet bone broth is just too easy and healthy not to try. This recipe upgrades a typical bone broth by utilizing a nose to tail approach...

Prep	Cook	Ready in	Servings
20 min	12 h	12 h 20 min	8

### Ingredients

<b>1 kg</b>	Chicken bones (pastured chicken feet (runners))
<b>12 cup</b>	Water, filtered
<b>1 tsp</b>	Sea salt (or table salt)
<b>2 tbsp</b>	Apple cider vinegar
<b>1 sprig</b>	Rosemary, fresh
<b>1 piece, 1/2-inch</b>	Ginger root (about 2 cm piece)

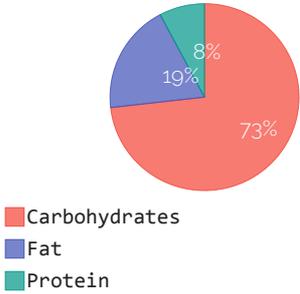
### Instructions

1. If your chicken feet still have an outer membrane, you'll need to remove it. In a stockpot, add chicken feet and apple cider vinegar, and fill with water until feet are covered. Bring to a boil, then reduce to a simmer for 10 minutes. Strain and blanch the feet in cold water, allow to cool, then pull off the membranes.
2. Add the chicken feet to a stockpot.
3. Add filtered water until the feet are covered and bring to a boil.
4. Reduce heat to a simmer and skim off any scum that rises to the top with a spoon.
5. Add the ginger, rosemary, and salt. Allow to simmer on low heat for 12 or more hours.
6. Remove bone broth from the heat and allow it to cool. Strain the liquid into glass jars and serve immediately or chill in the refrigerator.

Nutrition Facts	
Per Portion	
<b>Calories</b>	1.3
Calories from fat	0.2
Calories from saturated fat	0.1
<b>Total Fat</b>	0.0 g
Saturated Fat	0.0 g
Trans Fat	0
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.0 g
<b>Cholesterol</b>	0
<b>Sodium</b>	297 mg
<b>Potassium</b>	8.2 mg
<b>Total Carbohydrate</b>	0.2 g
Dietary Fiber	0.1 g
Sugars	0.0 g
<b>Protein</b>	0.0 g

Dietary servings  
Per Portion

Energy sources



Recipe from: [Bulletproof](#)



## Fat Burning Cabbage Soup

The Cabbage Soup Diet was supposedly given to hospital patients for quick weight loss before heart surgery.

Prep	Cook	Ready in	Servings
10 min	1 h	1 h 10 min	8

### Ingredients

2 large	Yellow onion
2 small pepper(s)	Green bell pepper
2 can (19oz)	Whole tomato, canned (410 gram)
5 large stalk(s)	Celery (1 bunch)
1 large head	Green cabbage
3 large	Carrots
1 container (8 oz)	Button mushrooms
2 cube	Vegetable bouillon (optional)
6 cup	Water

### Instructions

1. Chop all vegetables into cubes.
2. In a large stockpot, sauté onions in a small amount of oil.
3. Then add the remaining vegetables and cover with water or vegetable cocktail and add bouillon cubes or other seasonings, if desired.
4. Bring to a boil, then reduce to medium heat. Let simmer until vegetables are tender, about 30–45 minutes.

You may season the soup with salt, pepper, hot sauce, herbs or spices. You may also add other non-starchy vegetables, such as spinach or green beans.

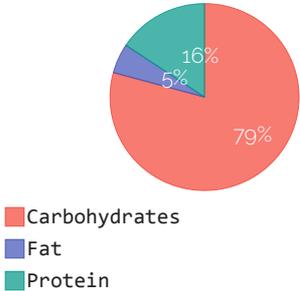
Every day, you should eat as much cabbage soup as you want — at least for several meals.

Nutrition Facts	
Per Portion	
<b>Calories</b>	118
Calories from fat	6.1
Calories from saturated fat	1.5
<b>Total Fat</b>	0.7 g
Saturated Fat	0.2 g
Trans Fat	0
Polyunsaturated Fat	0.2 g
Monounsaturated Fat	0.1 g
<b>Cholesterol</b>	0.1 mg
<b>Sodium</b>	282 mg
<b>Potassium</b>	835 mg
<b>Total Carbohydrate</b>	23.4 g
Dietary Fiber	6.1 g
Sugars	12.6 g
<b>Protein</b>	4.6 g

Dietary servings  
Per Portion

Vegetables 6.7

Energy sources



Recipe from: [Healthline](#)