

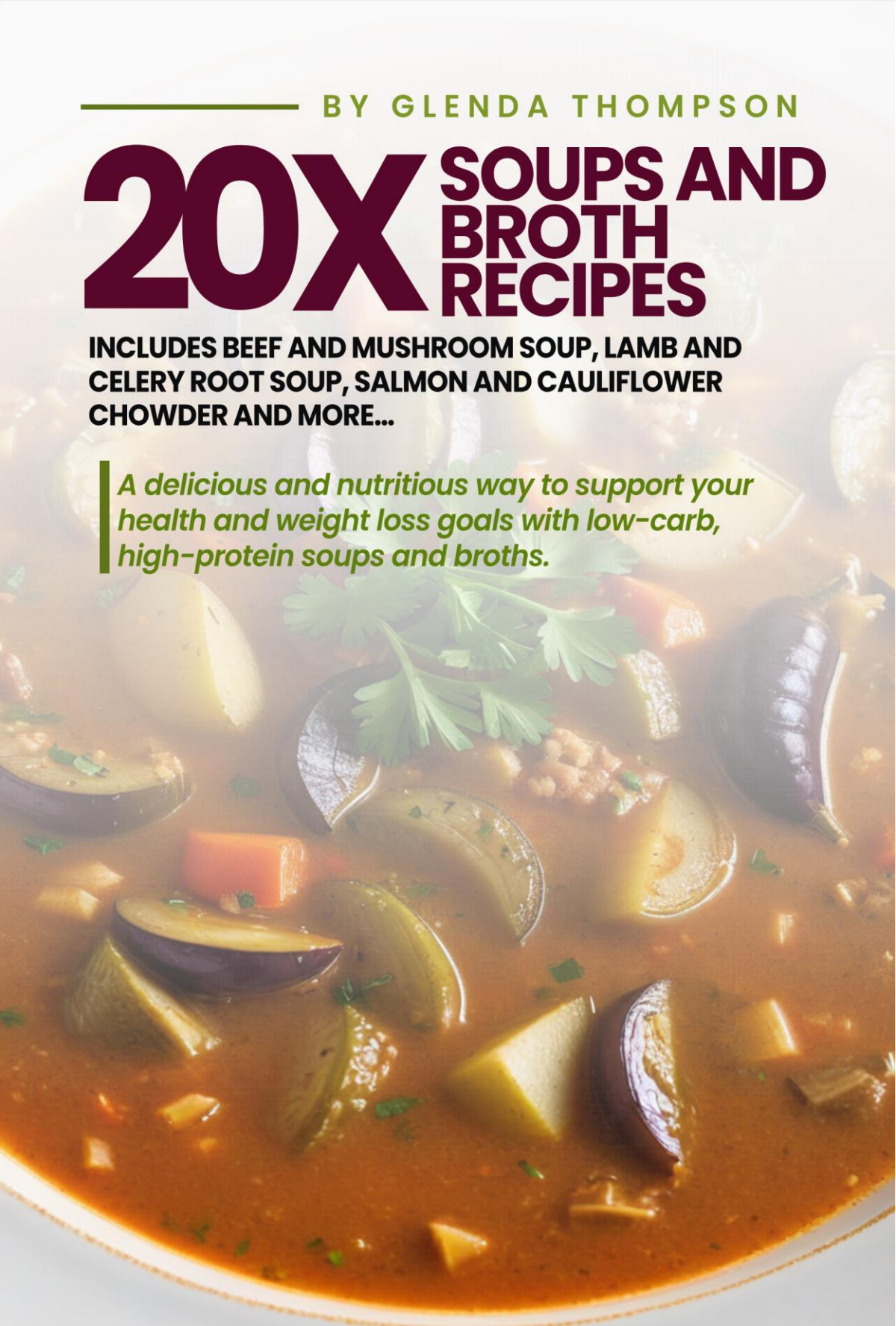
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BY GLENDA THOMPSON

# 20X SOUPS AND BROTH RECIPES

**INCLUDES BEEF AND MUSHROOM SOUP, LAMB AND CELERY ROOT SOUP, SALMON AND CAULIFLOWER CHOWDER AND MORE...**

*A delicious and nutritious way to support your health and weight loss goals with low-carb, high-protein soups and broths.*



# **Soups and Broths**

A delicious and nutritious way to support your health and weight loss goals with low-carb, high-protein soups and broths.

By Glenda Thompson

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# Introduction

This cookbook provides a delicious and nutritious way to support your health and weight loss goals with low-carb, high-protein soups and broths.

Each soup and broth recipe is crafted using wholesome, natural ingredients that are low in carbs and rich in protein, making them perfect for a healthy blood sugar lifestyle. By incorporating these meals into your diet, you can reduce your calorie intake, boost your metabolism, and support healthy weight management.

These easy-to-prepare recipes are perfect for busy

weeknights or as a soothing and rejuvenating meal any time of day. From comforting classics like Chicken and Vegetable Soup to unique flavor combinations like Salmon and Cauliflower Chowder, this cookbook offers a wide variety of options to keep your taste buds satisfied and your body nourished.

Start your journey to better health and successful weight loss with these soup and broth recipes that will leave you feeling energized, satisfied, and better about your food choices.

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# Chicken and Vegetable Soup

**Serves:** 6 people | **Prep:** 15 mins | **Cook:** 30 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
150 kcal	5 grams	10 grams	20 grams

## INGREDIENTS

- 1 lb boneless, skinless chicken breast, diced
- 1 tablespoon olive oil
- 1 onion, diced
- 2 carrots, sliced
- 2 celery stalks, sliced
- 2 cloves garlic, minced
- 6 cups chicken broth
- 1 cup green beans, trimmed and cut into 1-inch pieces
- 1 cup zucchini, diced
- 1 teaspoon dried thyme
- Salt and pepper, to taste
- Fresh parsley for garnish

## INSTRUCTIONS

1. In a large pot, heat olive oil over medium heat. Add onion, carrots, celery, and garlic. Cook until vegetables are softened, about 5 minutes.
2. Add chicken, broth, green beans, zucchini, thyme, salt, and pepper. Bring to a boil.
3. Reduce heat and simmer for 20–25 minutes, or until chicken is cooked through and vegetables are tender.
4. Garnish with fresh parsley and serve hot.





# Beef and Mushroom Soup

**Serves:** 6 | **Prep time:** 15 mins | **Cook time:** 35 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
200 kcal	10 grams	5 grams	25 grams

## INGREDIENTS

- 1 lb lean beef, cut into bite-sized pieces
- 1 tablespoon olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 8 oz mushrooms, sliced
- 6 cups beef broth
- 1 teaspoon dried rosemary
- 1 teaspoon dried thyme
- Salt and pepper, to taste
- Fresh parsley for garnish

## INSTRUCTIONS

1. In a large pot, heat olive oil over medium heat. Add onion and garlic. Cook until softened, about 3 minutes.
2. Add beef and cook until browned on all sides.
3. Add mushrooms, broth, rosemary, thyme, salt, and pepper. Bring to a boil.
4. Reduce heat and simmer for 25–30 minutes, or until beef is tender.
5. Garnish with fresh parsley and serve hot.



# Turkey and Kale Soup

**Serves:** 6 | **Prep time:** 15 mins | **Cook time:** 30 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
180 kcal	5 grams	10 gram	25 grams

## INGREDIENTS

- 1 lb ground turkey
- 1 tablespoon olive oil
- 1 onion, diced
- 2 carrots, sliced
- 2 celery stalks, sliced
- 2 cloves garlic, minced
- 6 cups chicken broth
- 1 bunch kale, stemmed and chopped
- 1 teaspoon dried oregano
- Salt and pepper, to taste
- Fresh parsley for garnish

## INSTRUCTIONS

1. In a large pot, heat olive oil over medium heat. Add onion, carrots, celery, and garlic. Cook until vegetables are softened, about 5 minutes.
2. Add ground turkey and cook until browned, breaking it up with a wooden spoon.
3. Add broth, kale, oregano, salt, and pepper. Bring to a boil.
4. Reduce heat and simmer for 20–25 minutes, or until kale is tender.
5. Garnish with fresh parsley and serve hot.



# Egg Drop Soup

**Serves:** 4 | **Prep time:** 5 mins | **Cook time:** 10 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
100 kcal	5 grams	5 grams	10 grams

## INGREDIENTS

- 4 cups chicken broth
- 2 eggs, beaten
- 1 tablespoon cornstarch
- 2 tablespoons water
- 1/4 cup green onions, sliced
- 1 teaspoon sesame oil
- Salt and white pepper, to taste

## INSTRUCTIONS

1. In a saucepan, bring chicken broth to a boil.
2. In a small bowl, whisk together cornstarch and water until smooth. Stir into the boiling broth.
3. Reduce heat to a gentle simmer. Slowly pour in the beaten eggs while stirring the soup in a circular motion.
4. Remove from heat and stir in green onions and sesame oil.
5. Season with salt and white pepper to taste. Serve hot.



# Shrimp and Spinach Soup

**Serves:** 4 | **Prep time:** 10 mins | **Cook time:** 20 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
150 kcal	5 grams	5 grams	20 grams

## INGREDIENTS

- 1 lb shrimp, peeled and deveined
- 1 tablespoon olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 4 cups chicken broth
- 1 can (14 oz) diced tomatoes
- 1 teaspoon dried basil
- 4 cups fresh spinach
- Salt and pepper, to taste
- Fresh parsley for garnish

## INSTRUCTIONS

1. In a large pot, heat olive oil over medium heat. Add onion and garlic. Cook until softened, about 3 minutes.
2. Add broth, tomatoes, and basil. Bring to a boil.
3. Reduce heat and simmer for 10 minutes.
4. Add shrimp and spinach. Cook until shrimp are pink and spinach is wilted, about 5 minutes.
5. Season with salt and pepper to taste.
6. Garnish with fresh parsley and serve hot.





# Sausage and Zucchini Soup

**Serves:** 6 | **Prep time:** 10 mins | **Cook time:** 25 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
200 kcal	15 grams	5 grams	15 grams

## INGREDIENTS

- 1 lb Italian sausage, casings removed
- 1 tablespoon olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 2 zucchini, diced
- 6 cups chicken broth
- 1 can (14 oz) diced tomatoes
- 1 teaspoon dried oregano
- Salt and pepper, to taste
- Fresh basil for garnish

## INSTRUCTIONS

1. In a large pot, heat olive oil over medium heat. Add sausage and cook until browned, breaking it up with a wooden spoon.
2. Add onion and garlic. Cook until softened, about 3 minutes.
3. Add zucchini, broth, tomatoes, oregano, salt, and pepper. Bring to a boil.
4. Reduce heat and simmer for 15–20 minutes, or until zucchini is tender.
5. Garnish with fresh basil and serve hot.



# Pork and Cabbage Soup

**Serves:** 6 | **Prep time:** 15 mins | **Chill time:** 30 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
180 kcal	10 grams	10 grams	15 grams

## INGREDIENTS

- 1 lb pork tenderloin, cut into bite-sized pieces
- 1 tablespoon olive oil
- 1 onion, diced
- 2 carrots, sliced
- 2 celery stalks, sliced
- 2 cloves garlic, minced
- 6 cups chicken broth
- 1/2 head green cabbage, shredded
- 1 teaspoon caraway seeds
- Salt and pepper, to taste
- Fresh parsley for garnish

## INSTRUCTIONS

1. In a large pot, heat olive oil over medium heat. Add pork and cook until browned on all sides.
2. Add onion, carrots, celery, and garlic. Cook until vegetables are softened, about 5 minutes.
3. Add broth, cabbage, caraway seeds, salt, and pepper. Bring to a boil.
4. Reduce heat and simmer for 20–25 minutes, or until pork is cooked through and cabbage is tender.
5. Garnish with fresh parsley and serve hot.



# Tofu and Bok Choy Soup

**Serves:** 4 | **Prep time:** 10 mins | **Cook time:** 15 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
120 kcal	5 grams	5 grams	15 grams

## INGREDIENTS

- 1 block (14 oz) firm tofu, drained and cubed
- 1 tablespoon sesame oil
- 2 cloves garlic, minced
- 1 inch ginger, grated
- 4 cups vegetable broth
- 2 baby bok choy, quartered lengthwise
- 2 tablespoons soy sauce
- 1 teaspoon rice vinegar
- 1/4 teaspoon red pepper flakes
- Fresh cilantro for garnish

## INSTRUCTIONS

1. In a large pot, heat sesame oil over medium heat. Add garlic and ginger. Cook until fragrant, about 1 minute.
2. Add broth and bring to a boil.
3. Add tofu, bok choy, soy sauce, rice vinegar, and red pepper flakes. Simmer for 5-7 minutes, or until bok choy is tender.
4. Garnish with fresh cilantro and serve hot.



# Lamb and Turnip Soup

**Serves:** 6 | **Prep time:** 15 mins | **Cook time:** 40 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
220 kcal	10 grams	10 grams	25 grams

## INGREDIENTS

- 1 lb lamb stew meat, cut into bite-sized pieces
- 1 tablespoon olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 6 cups beef broth
- 2 turnips, peeled and diced
- 1 teaspoon dried rosemary
- 1 teaspoon dried thyme
- Salt and pepper, to taste
- Fresh parsley for garnish

## INSTRUCTIONS

1. In a large pot, heat olive oil over medium heat. Add lamb and cook until browned on all sides.
2. Add onion and garlic. Cook until softened, about 3 minutes.
3. Add broth, turnips, rosemary, thyme, salt, and pepper. Bring to a boil.
4. Reduce heat and simmer for 30–35 minutes, or until lamb is tender and turnips are cooked through.
5. Garnish with fresh parsley and serve hot.





# Salmon and Cauliflower Chowder

**Serves:** 4 | **Prep time:** 15 mins | **Cook time:** 25 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
250 kcal	15 grams	10 grams	20 grams

## INGREDIENTS

- 1 lb salmon, skinned and cut into bite-sized pieces
- 1 tablespoon butter
- 1 onion, diced
- 2 cloves garlic, minced
- 1 head cauliflower, chopped into small florets
- 4 cups chicken broth
- 1 cup heavy cream
- 1 teaspoon dried dill
- Salt and pepper, to taste
- Fresh chives for garnish

## INSTRUCTIONS

1. In a large pot, melt butter over medium heat. Add onion and garlic. Cook until softened, about 3 minutes.
2. Add cauliflower and broth. Bring to a boil, then reduce heat and simmer for 15 minutes, or until cauliflower is tender.
3. Using an immersion blender, blend the soup until smooth.
4. Stir in heavy cream, dill, salt, and pepper. Bring back to a simmer.
5. Add salmon and cook for 5–7 minutes, or until salmon is cooked through.
6. Garnish with fresh chives and serve hot.



# Bone Broth

**Serves:** 8 | **Prep time:** 10 mins | **Cook time:** 12–24 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
50 kcal	0 grams	0 grams	10 grams

## INGREDIENTS

- 2–3 lbs beef or chicken bones
- 1 onion, quartered
- 2 carrots, roughly chopped
- 2 celery stalks, roughly chopped
- 2 cloves garlic
- 2 tablespoons apple cider vinegar
- 1 bay leaf
- 1 teaspoon peppercorns
- Water, to cover
- Salt, to taste

## INSTRUCTIONS

1. Place bones, onion, carrots, celery, garlic, apple cider vinegar, bay leaf, and peppercorns in a large pot or slow cooker.
2. Cover with water, leaving about 2 inches of space at the top.
3. Bring to a boil, then reduce heat and simmer for 12–24 hours (the longer, the better).
4. Strain the broth through a fine-mesh sieve and discard the solids.
5. Season with salt to taste.
6. Let cool, then store in the refrigerator for up to 5 days or freeze for later use.



# Chicken and Asparagus Soup

**Serves:** 4 | **Prep time:** 10 mins | **Cook time:** 20 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
150 kcal	5 grams	5 grams	20 grams

## INGREDIENTS

- 1 lb boneless, skinless chicken breast, cut into bite-sized pieces
- 1 tablespoon olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 4 cups chicken broth
- 1 bunch asparagus, trimmed into 1-inch pieces
- 1 teaspoon dried thyme
- Salt and pepper, to taste
- Fresh lemon juice, to taste
- Fresh parsley for garnish

## INSTRUCTIONS

1. In a large pot, heat olive oil over medium heat. Add onion and garlic. Cook until softened.
2. Add chicken and cook until browned on all sides.
3. Add broth, asparagus, thyme, salt, and pepper. Bring to a boil.
4. Reduce heat and simmer for 10–15 minutes, or until chicken is cooked through and asparagus is tender.
5. Stir in lemon juice to taste.
6. Garnish with fresh parsley and serve hot.
6. Garnish with fresh parsley and serve hot.



# Beef and Radish Soup

**Serves:** 6 | **Prep time:** 15 mins | **Cook time:** 35 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
200 kcal	10 grams	5 grams	25 grams

## INGREDIENTS

- 1 lb beef stew meat, cut into bite-sized pieces
- 1 tablespoon olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 6 cups beef broth
- 1 bunch radishes, trimmed and quartered
- 1 teaspoon dried oregano
- Salt and pepper, to taste
- Fresh parsley for garnish

## INSTRUCTIONS

1. In a large pot, heat olive oil over medium heat. Add beef and cook until browned on all sides.
2. Add onion and garlic. Cook until softened, about 3 minutes.
3. Add broth, radishes, oregano, salt, and pepper. Bring to a boil.
4. Reduce heat and simmer for 25–30 minutes, or until beef is tender and radishes are cooked through.
5. Garnish with fresh parsley and serve hot.





# Turkey and Brussels Sprouts Soup

**Serves:** 6 | **Prep time:** 15 mins | **Cook time:** 30 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
180 kcal	5 grams	10 grams	25 grams

## INGREDIENTS

- 1 lb ground turkey
- 1 tablespoon olive oil
- 1 onion, diced
- 2 carrots, sliced
- 2 celery stalks, sliced
- 2 cloves garlic, minced
- 6 cups chicken broth
- 1 lb Brussels sprouts, trimmed and halved
- 1 teaspoon dried sage
- Salt and pepper, to taste
- Fresh thyme for garnish

## INSTRUCTIONS

1. In a large pot, heat olive oil over medium heat. Add onion, carrots, celery, and garlic. Cook until vegetables are softened, about 5 minutes.
2. Add ground turkey and cook until browned, breaking it up with a wooden spoon.
3. Add broth, Brussels sprouts, sage, salt, and pepper. Bring to a boil.
4. Reduce heat and simmer for 20–25 minutes, or until Brussels sprouts are tender.
5. Garnish with fresh thyme and serve hot.



# Shrimp and Cucumber Soup

**Serves:** 4 | **Prep time:** 10 mins | **Cook time:** 15 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
120 kcal	5 grams	5 grams	15 grams

## INGREDIENTS

- 1 lb shrimp, peeled and deveined
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 4 cups chicken broth
- 1 cucumber, peeled, seeded, and diced
- 1/4 cup fresh dill, chopped
- 1/4 cup fresh lemon juice
- Salt and pepper, to taste
- Fresh dill for garnish

## INSTRUCTIONS

1. In a large pot, heat olive oil over medium heat. Add garlic and cook until fragrant, about 1 minute.
2. Add broth and bring to a boil.
3. Add shrimp, cucumber, dill, lemon juice, salt, and pepper. Simmer for 3–5 minutes, or until shrimp are pink and cooked through.
4. Garnish with fresh dill and serve hot.



# Sausage and Eggplant Soup

**Serves:** 6 | **Prep time:** 15 mins | **Cook time:** 30 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
220 kcal	15 grams	10 grams	15 grams

## INGREDIENTS

- 1 lb Italian sausage, casings removed
- 1 tablespoon olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 eggplant, diced
- 6 cups chicken broth
- 1 can (14 oz) diced tomatoes
- 1 teaspoon dried basil
- Salt and pepper, to taste
- Fresh parsley for garnish

## INSTRUCTIONS

1. In a large pot, heat olive oil over medium heat. Add sausage and cook until browned, breaking it up with a wooden spoon.
2. Add onion and garlic. Cook until softened, about 3 minutes.
3. Add eggplant, broth, tomatoes, basil, salt, and pepper. Bring to a boil.
4. Reduce heat and simmer for 20–25 minutes, or until eggplant is tender.
5. Garnish with fresh parsley and serve hot.



# Pork and Sauerkraut Soup

**Serves:** 6 | **Prep time:** 15 mins | **Cook time:** 35 hours

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
200 kcal	10 grams	10 grams	20 grams

## INGREDIENTS

- 1 lb pork tenderloin, cut into bite-sized pieces
- 1 tablespoon olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 6 cups chicken broth
- 1 lb sauerkraut, drained and rinsed
- 1 teaspoon caraway seeds
- Salt and pepper, to taste
- Fresh dill for garnish

## INSTRUCTIONS

1. In a large pot, heat olive oil over medium heat. Add pork and cook until browned on all sides.
2. Add onion and garlic. Cook until softened, about 3 minutes.
3. Add broth, sauerkraut, caraway seeds, salt, and pepper. Bring to a boil.
4. Reduce heat and simmer for 25–30 minutes, or until pork is cooked through and sauerkraut is tender.
5. Garnish with fresh dill and serve hot.





# Tofu and Seaweed Soup

**Serves:** 4 | **Prep time:** 10 mins | **Cook time:** 15 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
100 kcal	5 grams	5 grams	10 grams

## INGREDIENTS

- 1 block (14 oz) firm tofu, drained and cubed
- 1 tablespoon sesame oil
- 2 cloves garlic, minced
- 1 inch ginger, grated
- 4 cups vegetable broth
- 1 oz dried seaweed (such as wakame), soaked and chopped
- 2 tablespoons soy sauce
- 1 teaspoon rice vinegar
- 1/4 teaspoon red pepper flakes
- Fresh scallions for garnish

## INSTRUCTIONS

1. In a large pot, heat sesame oil over medium heat. Add garlic and ginger. Cook until fragrant, about 1 minute.
2. Add broth and bring to a boil.
3. Add tofu, seaweed, soy sauce, rice vinegar, and red pepper flakes. Simmer for 5-7 minutes, or until seaweed is tender.
4. Garnish with fresh scallions and serve hot.



# Lamb and Celery Root Soup

**Serves:** 6 | **Prep time:** 15 mins | **Cook time:** 40 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
250 kcal	15 grams	10 grams	25 grams

## INGREDIENTS

- 1 lb lamb stew meat, cut into bite-sized pieces
- 1 tablespoon olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 6 cups beef broth
- 1 celery root, peeled and diced
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- Salt and pepper, to taste
- Fresh parsley for garnish

## INSTRUCTIONS

1. In a large pot, heat olive oil over medium heat. Add lamb and cook until browned on all sides.
2. Add onion and garlic. Cook until softened, about 3 minutes.
3. Add broth, celery root, thyme, rosemary, salt, and pepper. Bring to a boil.
4. Reduce heat and simmer for 30–35 minutes, or until lamb is tender and celery root is cooked through.
5. Garnish with fresh parsley and serve hot.



# Salmon and Zucchini Chowder

**Serves:** 4 | **Prep time:** 15 mins | **Cook time:** 25 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
280 kcal	15 grams	10 grams	25 grams

## INGREDIENTS

- 1 lb salmon, skinned and cut into bite-sized pieces
- 1 tablespoon butter
- 1 onion, diced
- 2 cloves garlic, minced
- 2 zucchini, diced
- 4 cups chicken broth
- 1 cup heavy cream
- 1 teaspoon dried dill
- Salt and pepper, to taste
- Fresh chives for garnish

## INSTRUCTIONS

1. In a large pot, melt butter over medium heat. Add onion and garlic. Cook until softened, about 3 minutes.
2. Add zucchini and cook for an additional 3-5 minutes, or until slightly softened.
3. Add broth, heavy cream, dill, salt, and pepper. Bring to a simmer.
4. Add salmon and cook for 5-7 minutes, or until salmon is cooked through.
5. Garnish with fresh chives and serve hot.



## Soups and Broths Recipes

This cookbook provides a delicious and nutritious way to support your health and weight loss goals with low-carb, high-protein soups and broths.

Each soup and broth recipe is crafted using wholesome, natural ingredients that are low in carbs and rich in protein, making them perfect for a healthy blood sugar lifestyle. By incorporating these meals into your diet, you can reduce your calorie intake, boost your metabolism, and support healthy weight management.

These easy-to-prepare recipes are perfect for busy weeknights or as a soothing and rejuvenating meal any time of day. From comforting classics like Chicken and Vegetable Soup to unique flavor combinations like Salmon and