Savory Chicken Soup

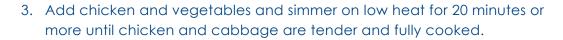
Ingredients

- Makes 1 serving (1 protein, 1 vegetable)
- 28 grams protein
- 3 grams fat
- 195 calories

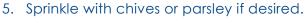
- 100 grams chicken breast, cubed
- 1½ cups celery or tomatoes, chopped (tomatoes add 25 calories)
- 2 cups chicken broth (or substitute 1 cup water for 1 cup of broth)
- 1 tablespoon onion, minced
- 2 cloves garlic, crushed and sliced
- 1 bay leaf
- ½ teaspoon organic poultry spice blend
- Cayenne pepper to taste
- Sea salt and black pepper to taste

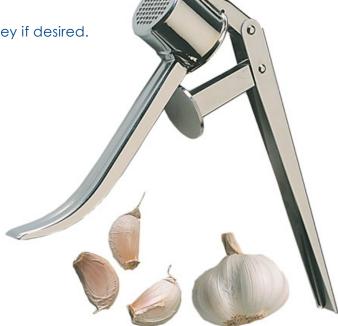
Directions

- 1. Bring chicken stock to a boil.
- 2. Add onion, garlic, and spices.











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