



Swimsuit-Ready in 20 Days: Soup Recipes

one soup counts as ONE MEAL

Black Bean Soup

1/2 cup water
1 cup black beans
1/4 teaspoon apple cider vinegar
1/4 teaspoon dried minced garlic
1/4 teaspoon dried onion flakes
1/4 teaspoon ground cumin
1/2 cube low sodium bouillon cube
1/8 cup fat free cheddar cheese, grated

1. In a blender add water followed by beans, spices, apple cider vinegar, and bouillon.
2. Blend till smooth and add more water if needed.
3. Heat on top of the stove or microwave till hot.
4. Pour into bowl and garnish with fat free cheese.

Calories	245.5
Protein	18.5g
Fat	2g
Fiber	14.4g

Cream of Broccoli Soup

1 cup cooked broccoli, (frozen may be substituted but will need to be thawed, drained)
1/5 package tofu (90.8g)
1/4 cup cooked onions, * cook in small pot of water till translucent/softened
3 cloves of garlic * cook in small pot of water till translucent/ softened
1/2 teaspoon kosher salt
black pepper to taste
Pinch of nutmeg
1/4 cup 2% shredded cheddar cheese
1/2 cup 0% Fage Greek yogurt

1. Add all ingredients EXCEPT cheese to blender and process until smooth adding water if needed.
2. Heat on top of the stove or microwave till hot.
3. Pour into bowl and garnish with fat free cheese.

Calories	250
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Protein **27.5g**
Fat **8.5g**
Fiber **14.5g**

Cream of Tomato Soup

1 1/2 cup tomatoes, chopped Pomi (canned may be substituted)
1/4 cup cooked onions, * cook in small pot of water till translucent/softened
3 cloves of garlic * cook in small pot of water till translucent/ softened
1/5 package silken or soft tofu (1 serving)
1/2 tsp kosher salt
black pepper to taste
1/4 cup water
1/2 cup Fage 2% Greek yogurt

1. Add all ingredients to blender EXCEPT Greek yogurt and process until smooth adding more water if needed.
2. Heat on top of the stove or microwave till hot.
3. Pour into bowl and garnish with Greek yogurt.

Calories **235**
Protein **27.4g**
Fat **4.5g**
Fiber **13.3g**

Cauliflower Soup

3 cups cooked cauliflower (if frozen, thaw and drain)
2/5 package silken/soft tofu (2 servings as per package)
1/4 cup cooked onions, * cook in small pot of water till translucent/softened
3 cloves of garlic * cook in small pot of water till translucent/ softened
1/2 teaspoon kosher salt
black pepper to taste
1/2 teaspoon cider vinegar
1/2 cup Fage 0% Greek yogurt
1/2 cup water
1 tablespoon chopped scallions

1. Add all ingredients to blender EXCEPT scallions and process until smooth adding more water if needed.
2. Heat on top of the stove or microwave till hot.
3. Pour into bowl and garnish with chopped scallions.

Calories **244**
Protein **26.9g**
Fat **5.5g**
Fiber **7.3g**

Pumpkin Soup

1 cup pumpkin puree
1/5 package silken/soft tofu (1 serving as per package)
1/4 cup cooked onions, * cook in small pot of water till translucent/softened
3 cloves of garlic * cook in small pot of water till translucent/ softened
1/2 teaspoon kosher salt
black pepper to taste
1/2 teaspoon apple cider vinegar
pinch cayenne
pinch nutmeg
1/4 cup Fage 0% Greek yogurt

1. Add all ingredients to blender EXCEPT Greek yogurt and process until smooth adding more water if needed.
2. Heat on top of the stove or microwave till hot.
3. Pour into bowl and garnish with Greek yogurt.

Calories **250**
Protein **24g**
Fat **4.7g**
Fiber **7.4g**

Garden Pea Soup

Ingredients:
1/2 cube low sodium soup bouillon
1.5 cup frozen peas
1 cup water
1/5 block silken soft tofu

1. Add all ingredients to blender and process until smooth adding more water if needed.
2. Heat on top of the stove or microwave till hot.

Calories	265
Fat	6.5 grams
Protein	21 grams
Fiber	10 grams

Spinach Zucchini Soup

Ingredients:

1 cup water
½ cube low sodium soup bouillon
1.33 cup thawed frozen spinach
1.5 cup cooked zucchini
1.5 teaspoon olive oil
4 oz Fat Free Greek yogurt

1. Add all ingredients to blender EXCEPT Greek yogurt and process until smooth adding more water if needed.
2. Heat on top of the stove or microwave till hot.
3. Pour into bowl and garnish with Greek yogurt.

Calories	245
Fat	8 grams
Protein	22 grams
Fiber	11 grams

Butternut Squash Soup

Ingredients:

1 cup water
½ low sodium soup bouillon
1.66 cup cubed butternut squash
1 tsp olive oil
4 oz fat free Greek yogurt

1. Add all ingredients to blender EXCEPT Greek yogurt and process until smooth adding more water if needed.
2. Heat on top of the stove or microwave till hot.
3. Pour into bowl and garnish with Greek yogurt.

Calories	251
Fat	5 grams
Protein	15 grams
Fiber	10 grams

Carrot Ginger soup

Ingredients:

1 cup water
½ cube low sodium soup bouillon
3 cup chopped COOKED carrots
1 tablespoon fresh ginger
1/3 cup soft/silken tofu

1. Add all ingredients to blender and process until smooth adding more water if needed.
2. Heat on top of the stove or microwave till hot.
3. Pour into bowl and garnish with Greek yogurt.

Calories	240
Fat	8 grams
Protein	17 grams
Fiber	14 grams