

MOROCCAN

Chickpea and Tomato Soup

INGREDIENTS

Chickpeas (cooked or canned)

Canned tomatoes

Onion, chopped

Garlic, minced

Olive oil

Cumin

Paprika

Cinnamon (optional)

Vegetable broth

Salt and pepper

Optional: cilantro, lemon juice



CALORIES

280

PROTEIN

12g

DIRECTIONS

1. Sauté onion and garlic in olive oil.
2. Add spices and cook until fragrant.
3. Add tomatoes, chickpeas, and broth.
4. Simmer 20–25 minutes.
5. Adjust seasoning and add lemon juice.
6. Garnish with cilantro and serve.

CLASSIC LENTIL AND VEGETABLE SOUP

INGREDIENTS

Lentils (brown or green)
Carrots, diced
Celery, diced
Onion, chopped
Garlic, minced
Canned tomatoes
Vegetable broth
Olive oil
Cumin or thyme
Salt and pepper



CALORIES

240

PROTEIN

12g

DIRECTIONS

Sauté onion, garlic, carrot, and celery in olive oil.
Add lentils, tomatoes, broth, and spices.
Bring to boil, then simmer 25–35 minutes.
Cook until lentils are tender.
Adjust seasoning. Serve hot.

GINGER TURKEY AND BROWN RICE SOUP

INGREDIENTS

Ground turkey or shredded turkey

Brown rice (cooked or uncooked)

Carrots, diced

Celery, diced

Onion, chopped

Garlic, minced

Fresh ginger, grated

Chicken broth

Soy sauce (optional)

Salt and pepper



CALORIES

320

PROTEIN

26g

DIRECTIONS

1. Sauté onion, garlic, and ginger in a pot.
2. Add turkey and cook until browned.
3. Pour in broth and bring to a simmer.
4. Add carrots, celery, and rice.
5. Cook until rice is tender.
6. Season and serve warm.

TUSCAN WHITE BEAN AND KALE SOUP

INGREDIENTS

White beans (cannellini or navy)

Kale, chopped

Onion, chopped

Garlic, minced

Vegetable or chicken broth

Olive oil

Italian seasoning

Salt and pepper

Optional: parmesan cheese

CALORIES

270

PROTEIN

14g



DIRECTIONS

1. Sauté onion and garlic in olive oil.
2. Add broth and bring to a simmer.
3. Stir in beans and kale.
4. Cook until kale is tender.
5. Season with herbs, salt, and pepper.
6. Top with parmesan if desired.

GINGER TURKEY AND BROWN RICE SOUP

INGREDIENTS

Ground turkey or shredded turkey

Brown rice (cooked or uncooked)

Carrots, diced

Celery, diced

Onion, chopped

Garlic, minced

Fresh ginger, grated

Chicken broth

Soy sauce (optional)

Salt and pepper



CALORIES

320

PROTEIN

26g

DIRECTIONS

1. Sauté onion, garlic, and ginger in a pot.
2. Add turkey and cook until browned.
3. Pour in broth and bring to a simmer.
4. Add carrots, celery, and rice.
5. Cook until rice is tender.
6. Season and serve warm.

SMOKY BLACK BEAN AND SWEET POTATO SOUP

INGREDIENTS

Black beans (cooked or canned)

Sweet potatoes, cubed

Onion, chopped

Garlic, minced

Vegetable broth

Smoked paprika

Cumin

Chili powder

Olive oil

Salt and pepper

CALORIES

290

PROTEIN

13g

DIRECTIONS

1. Sauté onion and garlic in olive oil.
2. Add sweet potatoes and spices; stir well.
3. Pour in vegetable broth and simmer until potatoes soften.
4. Add black beans and cook 10 more minutes.
5. Adjust seasoning and mash slightly if desired. Serve warm.



RUSTIC LEMON CHICKEN AND ORZO SOUP

INGREDIENTS

Chicken breast (cooked and shredded)

Orzo pasta

Carrots, diced

Celery, diced

Onion, chopped

Garlic, minced

Chicken broth

Lemon juice

Olive oil

Fresh parsley

Salt and pepper



CALORIES

380

PROTEIN

28g

DIRECTIONS

1. Heat olive oil and sauté onion, carrot, celery, and garlic.
2. Add chicken broth and bring to a boil.
3. Stir in orzo and cook until tender.
4. Add shredded chicken and warm through.
5. Stir in lemon juice and season.
6. Finish with fresh parsley and serve hot.

SWEET CORN AND CRAB CHOWDER

INGREDIENTS

Crab meat

Corn kernels

Onion, chopped

Celery, chopped

Potatoes, diced

Chicken broth

Heavy cream

Butter

Salt and pepper

Optional: bacon, parsley



CALORIES	PROTEIN
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390

23g

DIRECTIONS

1. Sauté onion and celery in butter.
2. Add potatoes and broth; simmer until soft.
3. Add corn and cream.
4. Stir gently in crab meat.
5. Heat without boiling.
6. Season and serve warm.

SPLIT PEA AND SMOKED TURKEY SOUP

INGREDIENTS

Split peas

Smoked turkey (or ham), diced

Onion, chopped

Carrots, diced

Celery, diced

Garlic, minced

Chicken broth or water

Bay leaf

Salt and pepper



CALORIES

320

PROTEIN

24g

DIRECTIONS

1. Sauté onion, garlic, carrot, and celery.
2. Add split peas, broth, and bay leaf.
3. Simmer 45–60 minutes until peas break down.
4. Add smoked turkey and cook 10 more minutes.
5. Adjust seasoning. Serve thick and hot.

TURKEY CHILI WITH KIDNEY BEANS

INGREDIENTS

Ground turkey
Kidney beans
Onion, chopped
Garlic, minced
Canned tomatoes
Tomato paste
Chili powder
Cumin
Paprika
Olive oil
Salt and pepper
Optional: bell peppers, cheese, sour cream



CALORIES

420

PROTEIN

32g

DIRECTIONS

1. Sauté onion and garlic in olive oil.
2. Add ground turkey and cook until browned.
3. Stir in tomatoes, beans, and spices.
4. Simmer 25–30 minutes until thick.
5. Adjust seasoning. Serve hot with toppings.

CREAMY WILD RICE AND MUSHROOM SOUP

INGREDIENTS

Wild rice
Mushrooms, sliced
Onion, chopped
Garlic, minced
Carrots, diced
Celery, diced
Vegetable or chicken broth
Heavy cream or milk
Butter or olive oil
Thyme
Salt and pepper

CALORIES

280

PROTEIN

8g

DIRECTIONS

1. Sauté onion, garlic, carrots, celery, and mushrooms in butter.
2. Add broth and wild rice; simmer until rice is tender.
3. Stir in cream and thyme.
4. Simmer until soup becomes creamy.
5. Adjust seasoning. Serve warm.



CURRIED BUTTERNUT SQUASH SOUP

INGREDIENTS

Butternut squash, peeled and cubed
Onion, chopped
Garlic, minced
Coconut milk
Vegetable broth
Curry powder
Olive oil
Salt and pepper
Optional: ginger, chili flakes, cream



CALORIES

280

PROTEIN

7g

DIRECTIONS

1. Roast or sauté squash until slightly tender.
2. Sauté onion and garlic in a pot.
3. Add squash, curry powder, and broth.
4. Simmer until very soft.
5. Blend until smooth.
6. Stir in coconut milk and serve warm.

SPICY CHICKEN TORTILLA SOUP

INGREDIENTS

Chicken breast (cooked and shredded)
Onion, chopped
Garlic, minced
Canned tomatoes
Chicken broth
Black beans (optional)
Corn kernels
Chili powder
Cumin
Paprika
Tortilla strips or chips
Lime juice
Salt and pepper
Optional: avocado, cilantro, cheese



CALORIES: 360

PROTEIN: 28g

DIRECTIONS

1. Sauté onion and garlic in a pot.
2. Add tomatoes, broth, beans, corn, and spices.
3. Simmer 15–20 minutes.
4. Add shredded chicken and heat through.
5. Adjust seasoning and add lime juice.
6. Serve with tortilla strips and toppings.

FISHERMAN'S WHITE FISH STEW

INGREDIENTS

White fish (cod, tilapia, or mix)
Onion, chopped
Garlic, minced
Tomatoes or tomato sauce
Fish or vegetable broth
Olive oil
Potatoes (optional), diced
Bell peppers (optional)
Salt and pepper
Parsley or herbs

CALORIES

310

PROTEIN

28g

DIRECTIONS

1. Sauté onion and garlic in olive oil.
2. Add tomatoes and broth; simmer.
3. Add potatoes or vegetables if using.
4. Simmer until vegetables soften.
5. Add fish pieces and cook gently until flaky.
6. Finish with herbs and serve hot.



CREAMY ROASTED CAULIFLOWER SOUP

INGREDIENTS

Cauliflower florets

Onion, chopped

Garlic, minced

Vegetable or chicken broth

Heavy cream or milk

Olive oil

Salt and pepper

Optional: thyme, parmesan, croutons



320

CALORIES

12g

PROTEIN

DIRECTIONS

1. Roast cauliflower with olive oil, salt, and pepper at 200°C (400°F) until golden.
2. Sauté onion and garlic in a pot.
3. Add roasted cauliflower and broth; simmer 10–15 minutes.
4. Blend until smooth and creamy.
5. Stir in cream and adjust seasoning.
6. Serve hot with toppings.

SPICY THAI SHRIMP AND COCONUT SOUP

INGREDIENTS

Shrimp, peeled
Coconut milk
Chicken or vegetable broth
Garlic, minced
Ginger, grated
Thai curry paste (red or green)
Mushrooms or bell peppers
Lime juice
Fish sauce or soy sauce
Cilantro

CALORIES

330

PROTEIN

24g



DIRECTIONS

1. Heat garlic and ginger in a pot.
2. Add curry paste and stir until fragrant.
3. Pour in coconut milk and broth.
4. Add vegetables and simmer.
5. Add shrimp and cook until pink.
6. Finish with lime juice and cilantro.

HEARTY BEEF AND BARLEY SOUP

INGREDIENTS

Beef chunks or stew meat
Pearl barley
Carrots, diced
Celery, diced
Onion, chopped
Garlic, minced
Beef broth
Tomato paste (optional)
Salt and pepper
Thyme or bay leaf

CALORIES

390

PROTEIN

28g

DIRECTIONS

1. Brown beef in a large pot.
2. Add onion, garlic, carrot, and celery; sauté.
3. Stir in broth, barley, and seasonings.
4. Simmer 45–60 minutes until beef and barley are tender.
5. Adjust seasoning. Serve hot and thick.



CLEAR GARLIC BROTH WITH MIXED GREENS AND EGG

INGREDIENTS

- Chicken or vegetable broth
- Garlic cloves, sliced
- Mixed greens (spinach, kale, etc.)
- Eggs
- Soy sauce (optional)
- Salt and pepper
- Green onions
- Sesame oil (optional)

CALORIES

210

PROTEIN

14g



DIRECTIONS

1. Heat broth with sliced garlic.
2. Simmer 5–10 minutes for flavor.
3. Add greens and cook until wilted.
4. Crack eggs directly into simmering broth or poach separately.
5. Season with soy sauce, salt, and pepper.

SWEET POTATO AND PEANUT STEW

INGREDIENTS

Sweet potatoes, cubed
Peanut butter
Onion, chopped
Garlic, minced
Tomato paste or crushed tomatoes
Vegetable broth
Cumin
Chili powder
Salt and pepper
Optional: spinach, cilantro

CALORIES

420

PROTEIN

13g

DIRECTIONS

Sauté onion and garlic.
Add sweet potatoes and spices.
Stir in tomatoes and broth; simmer until soft.
Mix in peanut butter until smooth.
Add spinach if using.
Serve warm with cilantro.



ASIAN-STYLE PORK AND BOK CHOY SOUP

INGREDIENTS

Pork (sliced or ground)
Bok choy, chopped
Garlic, minced
Ginger, grated
Soy sauce
Chicken broth
Sesame oil
Green onions
Salt and pepper

CALORIES

310

PROTEIN

24g



DIRECTIONS

1. Sauté garlic and ginger in sesame oil.
2. Add pork and cook until browned.
3. Pour in broth and soy sauce; simmer.
4. Add bok choy and cook until tender.
5. Adjust seasoning.
6. Garnish with green onions.

CREAMY SPINACH AND POTATO SOUP

INGREDIENTS

Potatoes, peeled and diced

Fresh spinach

Onion, chopped

Garlic, minced

Vegetable or chicken broth

Heavy cream or milk

Butter or olive oil

Salt and pepper

Optional: nutmeg, parmesan



CALORIES

PROTEIN

290 kcal

7 g

DIRECTIONS

1. Sauté onion and garlic in butter.
2. Add potatoes and broth; simmer until soft.
3. Blend partially or fully for desired texture.
4. Stir in cream and spinach.
5. Cook until spinach wilts.
6. Season and serve warm.

MEDITERRANEAN SALMON AND TOMATO SOUP

INGREDIENTS

Salmon fillets (cut into chunks)
Canned tomatoes or fresh tomatoes
Onion, chopped
Garlic, minced
Olive oil
Vegetable or fish broth
Kalamata olives (optional)
Oregano
Lemon juice
Salt and pepper

CALORIES

320 kcal

PROTEIN

28 g

DIRECTIONS

1. Sauté onion and garlic in olive oil.
2. Add tomatoes and broth; simmer 10–15 minutes.
3. Add salmon chunks and cook gently until done.
4. Stir in olives and oregano.
5. Finish with lemon juice. Serve warm.



FRENCH-STYLE ONION AND BEEF SOUP

INGREDIENTS

- Beef slices or stew beef
- Onions, thinly sliced
- Beef broth
- Butter
- Garlic, minced
- Thyme
- Salt and pepper
- Optional: toasted bread, cheese



CALORIES

380

PROTEIN

28g

DIRECTIONS

1. Slowly caramelize onions in butter until golden.
2. Add garlic and beef; brown lightly.
3. Pour in beef broth and thyme.
4. Simmer 25–40 minutes.
5. Season to taste.
6. Serve with toasted bread and melted cheese if desired.

CUMIN-SPICED PINTO BEAN SOUP

INGREDIENTS

Pinto beans (cooked or canned)
Onion, chopped
Garlic, minced
Cumin
Chili powder
Paprika
Vegetable broth
Olive oil
Salt and pepper
Optional: lime, cilantro

CALORIES

310

PROTEIN

15g

DIRECTIONS

1. Sauté onion and garlic in olive oil.
2. Add spices and cook until fragrant.
3. Add beans and broth; simmer 15–20 minutes.
4. Lightly mash some beans for thickness.
5. Adjust seasoning.
6. Finish with lime and cilantro.



ITALIAN SAUSAGE AND WHITE BEAN SOUP

INGREDIENTS

Italian sausage (sliced or crumbled)

White beans (cannellini), drained

Onion, chopped

Garlic, minced

Spinach (optional)

Chicken broth

Olive oil

Italian seasoning

Salt and pepper



CALORIES

370

PER SERVING

PROTEIN

23g

PER SERVING

DIRECTIONS

1. Brown sausage in a pot and set aside.
2. Sauté onion and garlic in same pot.
3. Add broth, beans, and seasoning; simmer.
4. Return sausage to pot.
5. Add spinach if using and wilt.
6. Serve hot.

CHICKEN AND WHOLE WHEAT NOODLE SOUP

INGREDIENTS

Chicken breast (shredded)
Whole wheat noodles
Carrots, sliced
Celery, chopped
Onion, chopped
Garlic, minced
Chicken broth
Olive oil
Salt and pepper
Parsley



CALORIES

330

PROTEIN

26g

DIRECTIONS

1. Sauté onion, garlic, carrot, and celery in olive oil.
2. Add broth and bring to a boil.
3. Add noodles and cook until tender.
4. Stir in shredded chicken.
5. Simmer 5–10 minutes.
6. Season and garnish with parsley.

ROASTED RED PEPPER AND WHITE BEAN SOUP

INGREDIENTS

Roasted red peppers
White beans (cannellini), drained
Onion, chopped
Garlic, minced
Vegetable broth
Olive oil
Smoked paprika
Salt and pepper
Optional: cream, basil, croutons



CALORIES	PROTEIN
260	11g

DIRECTIONS

1. Sauté onion and garlic in olive oil.
2. Add roasted red peppers and cook briefly.
3. Add white beans and broth; simmer 10–15 minutes.
4. Blend until smooth or leave slightly chunky.
5. Season with paprika, salt, and pepper.
6. Serve warm with basil or croutons.

SALSA VERDE CHICKEN SOUP

INGREDIENTS

Chicken breast (shredded)

Salsa verde

Onion, chopped

Garlic, minced

Chicken broth

Cumin

Corn (optional)

Lime juice

Salt and pepper

Cilantro

CALORIES

290

PROTEIN

28g

DIRECTIONS

Sauté onion and garlic in pot. Add broth, salsa verde, and cumin; simmer. Add shredded chicken and corn. Simmer 10–15 minutes. Finish with lime juice and cilantro. Serve hot.



GREEK LEMON ORZO AND EGG SOUP (AVGOLEMONO-STYLE)

INGREDIENTS

Orzo pasta

Chicken broth

Eggs

Lemon juice

Cooked chicken (optional)

Salt and pepper

Dill or parsley

CALORIES

310

PROTEIN

22g



DIRECTIONS

1. Cook orzo in broth until tender.
2. Whisk eggs and lemon juice in a bowl.
3. Slowly temper egg mixture with hot broth (to avoid curdling).
4. Stir mixture back into soup pot.
5. Add chicken if using.
6. Heat gently (do not boil) and serve.

SHREDDED PORK AND CABBAGE SOUP

INGREDIENTS

Pork shoulder (cooked and shredded)

Cabbage, chopped

Onion, chopped

Garlic, minced

Chicken or pork broth

Soy sauce (optional)

Ginger (optional)

Salt and pepper



CALORIES

310

PROTEIN

28g

DIRECTIONS

1. Sauté onion, garlic, and ginger.
2. Add broth and bring to a simmer.
3. Add cabbage and cook until tender.
4. Stir in shredded pork.
5. Season with soy sauce, salt, and pepper.
6. Simmer 10 minutes and serve.

QUINOA AND GARDEN VEGETABLE SOUP

INGREDIENTS

Quinoa, rinsed
Carrots, diced
Celery, diced
Zucchini, diced
Onion, chopped
Garlic, minced
Vegetable broth
Olive oil
Italian herbs
Salt and pepper



CALORIES

280

PROTEIN

10g

DIRECTIONS

1. Sauté onion, garlic, carrot, and celery.
2. Add broth and bring to boil.
3. Add quinoa and simmer 10–15 minutes.
4. Add zucchini and cook until tender.
5. Season with herbs, salt, and pepper.
6. Serve warm.