



Protein: 2 EEU
 8½% of calories
 Carbs: 47½g
 26½% of calories
 Soluble fiber: 7½g
 Total Calories: 601
 Fat: 390 calories
 65% of calories

4 meals a day
 were planned. If 3
 meals per day,
 then increase all
 ingredients by
 one-third.

- | | |
|---|----------------------------------|
| 2.20 oz. Beets | 0.15 oz. Garlic |
| 2.60 oz. Brussels sprouts | ½ tsp. Unrefined sea salt |
| 4.00 oz. Kohlrabi | 1 drop Ground cayenne |
| 0.90 oz. White mushroom | 1 pinch Fennel seeds |
| 1.85 oz. Yellow onion | 1 pinch Caraway seeds |
| 2.35 oz. Carrot | 1 pinch Ground cumin seed |
| 2.05 oz. White potato | ¼ tsp. Dried oregano leaf |
| 0.70 oz. 85% lean, organic, ground beef | ½ tsp. Dried cilantro leaf |
| 0.70 oz. Tangerine | 3 Tbsp. Extra virgin coconut oil |

Add 2 cups of water,
 and cook for 10 to
 15 minutes, to make
 1 serving of soup. It
 could also have
 been prepared as a
 sauté using the
 same recipe.

