

Bariatric Advantage

Protein

Chicken and Vegetable Soup



- 1 Box of Chicken Broth (Organic)
- 2 Cups Water
- 2-3 Scoops of Bariatric Advantage KETO Protein Soup Mix
- 2 Cups of Vegetables chopped in small pieces
(Broccoli, Carrots, Onion, Zucchini, ECT.)
- 1 Cup of Fresh Spinach chopped
- 2 TBS of Olive Oil
- 1 Cup of finely chopped cooked Chicken
- 1 cup of Quinoa

In a large saucepan add the olive oil and sauté the vegetables until soft add broth and 1 cup of water. Dissolve protein soup mix into cold water and mix with whisk. Pour mix into vegetables and broth, bring to a boil... Add quinoa and chopped cooked chicken and slow boil until quinoa is tender. You may have to add more broth if you prefer a thinner consistency...

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