



Anti inflammatory
Chicken Soup

Packed with veggies and lean protein. Great for cleansing your body, reducing water weight and inflammation. Makes 5-6 servings.

Ingredients:

3-4 chicken breasts
3 Tbsp avocado, coconut, or olive oil
3 bok choy
4-5 large celery stalks, sliced
2 large carrots, peeled and chopped
8 cups organic chicken broth or bone broth
½ tsp turmeric powder
1 ½ tsp sea salt
2 cups organic broccoli florets, bite size

*feel free to add any other dark green veggie.

*you can also add red pepper and/or onion IF you don't get bloating (I recommend leaving these out if this is the first time you are going through the gut reset program)

Instructions

1. In large stock pot heat 2 Tbsp oil over medium-high heat and cook chicken breast until nicely browned, about 4 min a side. Set aside on a plate and shred once it's cooled.
2. Add the remaining oil and saute bok choy, celery, carrots, stirring occasionally for 5 min.
3. Stir in chicken broth, turmeric, sea salt, bring to a boil.
4. Add in shredded chicken, cover and turn down heat to a simmer for about 20 minutes.
5. Add broccoli, cover and simmer for additional 8-10 minutes on low.