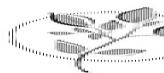




Weight Loss Accelerator Week



Cream of Celery Soup

4 SERVINGS 25 MINUTES



INGREDIENTS

- 3 cups Organic Vegetable Broth (divided)
- 1 White Onion (diced)
- 1 Yellow Potato (medium, diced)
- 12 stalks Celery (diced, leaves reserved)
- 1/2 tsp Sea Salt

DIRECTIONS

- 01 In a large pot over medium heat, add a small splash of the vegetable broth. Sauté the onions until soft and brown, stirring frequently and adding more broth as needed to prevent the onions from sticking to the pot.
- 02 Add the potato, diced celery stalk, remaining broth and sea salt. Bring to a simmer and cook for 10 minutes or until the potatoes and celery are tender.
- 03 Use a handheld blender to purée to your desired consistency. Divide into bowls or containers. Top with celery leaves and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Freeze for up to two months.

SERVING SIZE

One serving is approximately 2 cups.

MORE FLAVOR

Add dill and/or coconut milk to the soup.

ADDITIONAL TOPPINGS

Top with crackers, cream, yogurt, black pepper or a drizzle of olive oil.

MAKE IT CREAMY

For 6 servings, stir in about half a cup of coconut milk prior to serving.



Spider Web Pumpkin Soup

4 SERVINGS 20 MINUTES



INGREDIENTS

2 tbsps Coconut Oil
2 1/4 cups Pureed Pumpkin
2 cups Organic Vegetable Broth
1/2 cup Unsweetened Almond Milk
1 tsp Ground Ginger
1 tsp Ground Sage
1 1/2 tsps Maple Syrup
1/2 tsp Sea Salt
1/4 tsp Black Pepper
1/4 cup Organic Coconut Milk (optional)
1/4 cup Black Olives (pitted and sliced)

DIRECTIONS

- 01 In a large pot, heat coconut oil over medium heat. Stir in pumpkin, broth, almond milk, ginger, sage, maple syrup, salt and pepper.
- 02 Bring to a boil and let simmer for about 10 minutes. Divide the pumpkin soup into separate bowls.
- 03 Meanwhile, slice your black olives and set aside for garnish.
- 04 Put the coconut milk into a squeeze bottle and draw a spiral in each bowl of soup. Use a toothpick to draw straight lines from the center of each spiral to the outer edges.
- 05 Garnish soup with olive slices in the form of spiders. Enjoy!

NOTES

NO COCONUT MILK

Use Greek yogurt.

NO SQUEEZE BOTTLE

Place coconut milk in one end of a small plastic sandwich bag and make a very small cut in the corner. Gently squeeze the milk out of the bag to draw your spiderwebs.

STORAGE

Store in the fridge up to 3-4 days or freezer up to 6 months in an air-tight container. If storing in mason jars, use wide-mouth jars and leave at least 1 inch of space at the top to allow the fluid to expand.

SERVE IT WITH

Toasted organic bread and our Grilled Cherry Salad.



Creamy Broccoli Soup

4 SERVINGS 20 MINUTES



INGREDIENTS

- 1 tsp Avocado Oil
- 1/2 Yellow Onion (chopped)
- 2 Garlic (cloves, minced)
- 2 tbsps Arrowroot Powder
- 3 cups Organic Chicken Broth
- 1 cup Organic Coconut Milk (full fat, from a can)
- 4 cups Broccoli (florets, roughly chopped)
- 1/4 cup Nutritional Yeast
- 1/4 tsp Sea Salt

DIRECTIONS

- 01 In a large pot or dutch oven over medium heat, add the avocado oil and then the onion. Cook for 3 to 4 minutes or until the onion becomes translucent. Add the garlic and cook for one minute. Add the arrowroot powder and chicken broth and whisk until no clumps remain.
- 02 Bring to a boil over medium heat, and then reduce to a simmer. Add the coconut milk, broccoli, nutritional yeast and salt and stir to combine. Cook for 10 minutes or until the broccoli is cooked through.
- 03 Using a handheld blender, blend the soup until smooth or until desired consistency is reached. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. Freeze for up to three months.

SERVING SIZE

One serving is equal to approximately 1.5 cups of soup.

NO ARROWROOT POWDER

Use tapioca starch or cornstarch instead.

MORE FLAVOR

Add fresh herbs or additional vegetables.

MAKE IT VEGAN

Use vegetable broth instead of chicken broth.



Creamy Carrot Soup

4 SERVINGS 50 MINUTES



INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil
- 8 Carrot (chopped into 1 inch rounds)
- 1 Sweet Onion (chopped)
- 2 Garlic (cloves, minced)
- 1 tsp Cumin
- 1 tsp Turmeric
- Sea Salt & Black Pepper (to taste)
- 3 cups Organic Vegetable Broth
- 1 cup Unsweetened Almond Milk
- 1 Lemon (cut into wedges)
- 1 cup Baby Spinach (chopped)

DIRECTIONS

- 01 In a large pot, heat olive oil over medium heat. Stir in onion, garlic, carrots, cumin and turmeric. Season with salt and pepper to taste. Sauté for about 10 minutes or until veggies start to brown.
- 02 Add in vegetable broth. Cover with lid and let simmer for 30 minutes.
- 03 After 30 minutes, pour in almond milk and stir well. Transfer soup to a blender to puree. Always be careful to leave a hole for the steam to escape or the lid will pop off while blending (DANGER!). Blend in batches and transfer back to pot. Taste and season with more sea salt and pepper if desired.
- 04 Ladle soup into bowls. Garnish with chopped spinach and drizzle with a squeeze of lemon wedge. Serve with an organic piece of bread for dipping and/or a mixed greens salad.

