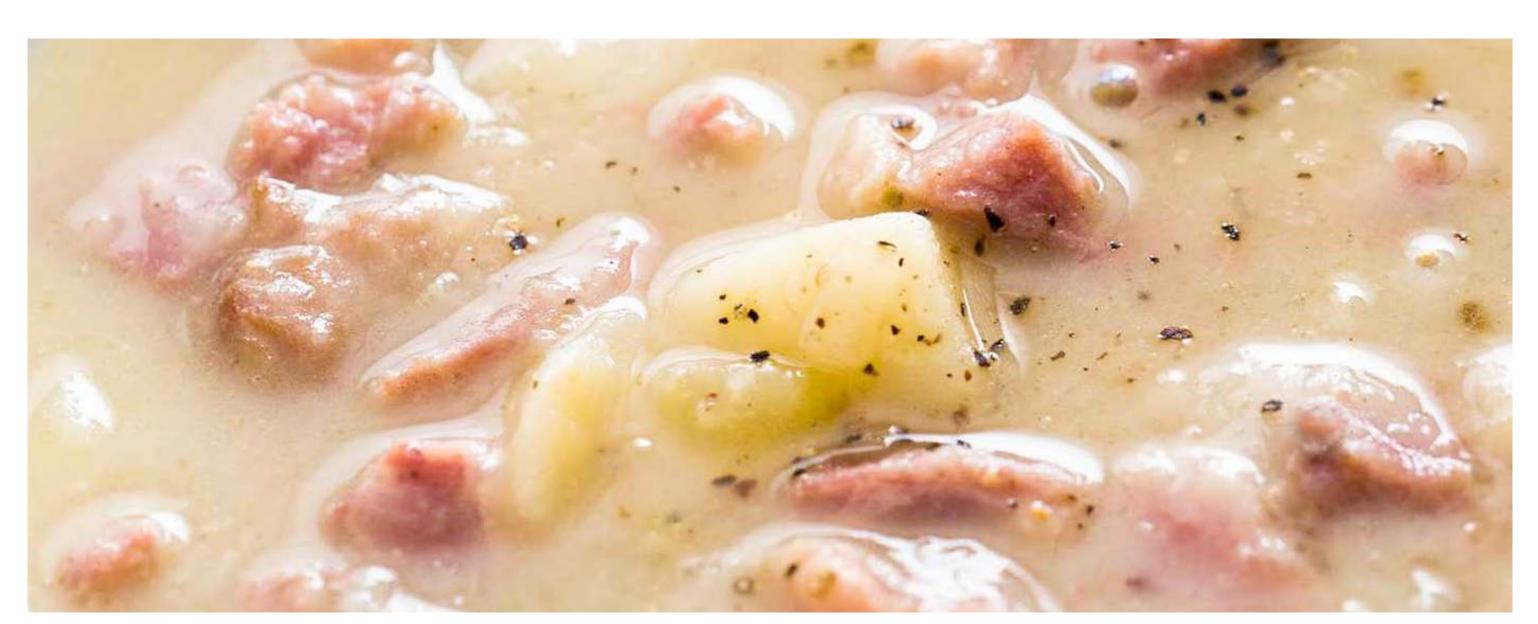
## HUMBLE SOUP FOR THOSE COLD WINTER DAYS The best soups are usually homemade, and Mo has given us a couple of delicious recipe options! But sometimes its nice to have something you can have without having to cook.

Some over the counter, some online, tinned/cuppa soups are fairly low in carbohydrate (CHO), so it may be worth a look, a few examples below that are 5g CHO per 100g and less, different flavours and brands do vary greatly, so do check!

A very good way to hide fat MCT or LCT and to get fluids in. If using MCT fat, heat the soup first and stir in. Make it a meal, add some grated cheese for extra protein or cooked mince/tuna/ham to tomato soup? Cooked chicken to chicken soup?





Heinz Cream of Chicken soup **4.7g CHO per 100g** 



Heinz Cream of Tomato Soup **5g CHO per 100g** 



Waitrose Tomato & Basil Soup **4.5g CHO per 100g** 



Waitrose Beef Consommé **1.5g CHO per 100g** 



Waitrose Chicken Consommé **0.6g CHO per 100g** 



Batchelors
Chicken Cuppa Soup
4g CHO per 100g



Covent Garden vegetable soup **4g CHO per 100g** 



Covent Garden
Spiced Butternut soup
2.9g CHO per 100g



Freja bone broth available online, expensive but nutritious and quicker than making your own! **0.3g CHO per 100g** 







