

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

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Natural Ketosis do a range of low CHO soups.
Visit: www.naturalketosis.co.uk/our-food/lunch



FOR MO’S SOUP RECIPES [CLICK HERE](#) AND TYPE ‘SOUP’ IN THE SEARCH BOX ➞