

Lemon Chicken Soup

Recipe makes 1 serving

Each serving = 1 protein, 1 vegetable, juice of 1 lemon

This is an easy way to use up that boiled chicken you used to make your broth. You can even make this in the crockpot using uncooked or frozen chicken cut into cubes.

Ingredients

- 100 grams cooked chicken breast (diced or shredded)
- 100 grams chopped spinach
- 2-3 cups hCG Diet approved chicken broth
- juice of 1 lemon
- 1 tsp thyme
- sea salt to taste
- ground white pepper to taste

Directions

1. Preheat saucepan over MED heat.
2. Combine all ingredients.
3. Bring to a boil, then simmer 20 mins.
4. Serve.

