

Dinner

Chicken and Zucchini Soup

Ingredients:

Cooked shredded chicken or turkey

(first week: 195g chicken =43g protein), 135g = 30g, 90g = 20g.

¾ cup	grated zucchini
1 small	brown onion, finely chopped
3 cups	chicken stock
	Italian herbs
	fresh chopped parsley, chives and celery leaf
	Sea salt and pepper to taste
	Olive oil cooking spray

Method:

- Spray coat saucepan with Olive oil cooking spray
- Sauté onion on low heat until golden brown
- Add stock, zucchini and sprinkling of Sea salt, pepper and Italian herbs
- Cook until zucchini soft and then add shredded chicken/turkey
- Cook for approximately 5 minutes, then serve garnished with freshly chopped parsley, chives and celery leaf