

BP10 EAT RIGHT DINNER

BP10



Perfect Practice = doing the same 'right' thing over and over again.

10 Weeks – 2 Dinner Models.

Variations? Of course!

Veggos – Eat 'more' plant fat choices to satisfy sustained hunger and brain energy!

| PROTEIN & VEGGIES | 10 PERFECT SOUP MEALS: 2-3/7 |
|--|--|
| <p>Time; Ideally 6.30 – 8.30 pm. Prep time; ? MINUTES</p> <p>Ingredients;</p> <ul style="list-style-type: none"> ○ Veggies; Steamed, Roasted, Mic'ed, Pan-Fried (in Coconut Oil or Butter), ○ Must I really list every above & below the ground vegetable! C;mon! All veg are Go! Mix it up! ○ Make veggies yum! Team veggies with garlic, salt, butter, and, all herbs & spices are Go! <p style="text-align: center;">+</p> <ul style="list-style-type: none"> ○ Protein Choices;; All animal-source protein is Go! Yes, all of them! Consume on moderation (lower volume than usual) and combine with your veggies of the day! <p>OR,</p> <ul style="list-style-type: none"> ○ Lentils, Chickpeas, Beans, Cottage Cheese, Quinoa, Brown Rice. <p>To taste; LOW CARB HEALTHY SAUCES & DRESSING - https://www.dietdoctor.com/low-carb/keto/recipes/sauces-dressings</p> <p>Volume;</p> <ul style="list-style-type: none"> ✓ Start with a lower volume than your normal. ✓ Brush teeth after your first serve! ✓ Drink a glass of water, adding a tiny pinch of Pink Himalayan Salt if you wish, ✓ Wait for 5 – R U still hungry? If so, consider a little more! | <p>Time; Ideally 6.30 – 8.30 pm. Prep time; 1 MINUTE</p> <p>Why Soups; 2-3/7 minimum during BP10 period,</p> <ul style="list-style-type: none"> ✓ Easy to make, ✓ Easily contained ✓ Nutritious ✓ Sustains hunger satisfaction ✓ Yum ✓ Easily digested, aiding gut health/ sleep! ✓ Team nicely with cloud bread! <p>Volume;</p> <ul style="list-style-type: none"> ○ Tinker day to day based on hunger. ○ Goal; Satisfy hunger till 6.00 pm. <p>Drink (zero sugar); Coffee, Tea, Water, Green choice!</p> <p>RESTAURANT DINNER: Protein & Fresh Veggies, Salt.</p> <p>No: bread, sweet sauces, desert!</p> |

Drink (zero sugar); Coffee, Tea, Water, Green Choice!

10 BP10 SOUPS

******Consume 2-3/7 'Soup' Dinners over the next 10-Weeks*

Scroll through.....

Enjoy!

Roasted Pumpkin & Bacon Soup

Feeds: 4

Prep Time: 15 mins

Total Time: 40 mins

Ingredients

- 1 large butternut squash, peeled and cubed (seeds removed)
- 2 potatoes, peeled and chopped
- 3 Rashes of Bacon, chopped
- 3 tbsp. extra-virgin olive oil
- Sea salt
- Freshly ground black pepper
- 1 tbsp. butter
- 1 onion, chopped
- 1 stalk celery, thinly sliced
- 1 large carrot, chopped
- 1 tbsp. fresh thyme
- 1 qt. chicken broth – Campbells from Woolies

Directions

1. Preheat oven to 400°. On a large baking sheet, toss pumpkin and potatoes with 2 tablespoons olive oil and season generously with sea salt and pepper. Roast until tender, 25 minutes. FYI – How to Roast pumpkin best - <https://www.youtube.com/watch?v=Xs3FM1wzT1g>
2. Meanwhile, in a large pot over medium heat, melt butter and remaining tablespoon olive oil. Add onion, celery, and carrot and cook until softened, 7 to 10 minutes. Season generously with sea salt, pepper, and thyme.
3. Panfry your chopped bacon adding to the veggies when done.
4. Add roasted pumpkin and potatoes and pour over chicken broth. Simmer 10 minutes, then using an immersion blender, blend soup until creamy. (Alternately, carefully transfer batches of the hot soup to a blender/ Thermomix.)
5. Serve garnished with thyme.

Cream of Asparagus Soup with Chicken

Feeds: 4

Prep Time: 15 mins

Total Time: 45 mins

Ingredients

- 2 tbsp. butter
- 1 clove garlic, minced
- 1kg. asparagus ends trimmed, cut into 2cm pieces
- 1 Chicken breast, diced
- Sea salt
- Freshly ground black pepper
- 2 Cups Chicken broth – Campbells from Woolies
- 1/2 Cup Heavy cream
- Freshly chopped chives, for garnish
- Freshly chopped dill, for garnish

Directions

1. In a heavy pot over medium heat, melt butter. Add garlic and cook until fragrant, 1 minute. Add asparagus, season with salt and pepper, and cook until golden, 5 minutes.
2. Add broth and simmer, covered, until asparagus is very tender but still green, 10 to 15 minutes.
3. Pan fry chicken in a dash of butter, sea salt, and garlic, then add to blender.
4. Using an immersion or regular blender, puree soup. If using a regular blender, be sure to stop and remove lid a few times to avoid overheating the soup. Return to pot, stir in cream, then warm over low heat. Season with salt and pepper to taste.
5. Garnish with more cream and herbs.

Bacon Cauliflower Chowder

Feeds: 6

Prep Time: 10 mins

Total Time: 25 mins

Ingredients

- 4 slices bacon, cut into pieces
- 1 medium onion, chopped
- 2 medium carrots, peeled and chopped
- 2 stalks celery, chopped
- Sea salt
- Freshly ground black pepper
- 2 cloves garlic, minced
- 2 tbsp. flour
- 2 sprigs thyme, stripped and chopped
- 1 head cauliflower, cut into small florets
- 2 Cup real vegetable broth – Campbells from Woolie
- 1 Cup whole milk

Directions

1. In a large pot over medium heat, cook bacon until crispy. Transfer to paper towel-lined plate and drain all but 2 tablespoons of fat (we'll use this goodness).
2. To pot, add onion, carrots, and celery. Season with salt and pepper. Cook until soft, about 5 minutes. Add garlic and cook until fragrant, 1 minute. Stir in flour and cook 2 minutes more. Add thyme and cauliflower.
3. Pour in broth and milk and bring to a boil. Immediately reduce heat and simmer until cauliflower is fork tender, about 15 minutes. Season with salt and pepper.
4. Garnish with cooked bacon before serving.

Creamy Broccoli Cheddar Soup

Feeds: 4

Prep Time: 10 mins

Total Time: 40 mins

Ingredients

- 3 tbsp. unsalted butter
- 1 small white or yellow onion, diced
- 2 cloves garlic, minced
- 3 tbsp. all-purpose flour
- 4 Cup vegetable broth – Campbells from Woolies
- 2 Cup half-and-half [Full milk/ Cream]
- 2 small heads broccoli, cut into florets and stems cut into pieces (8 to 10 cup.)
- 100g cheddar, grated (1 1/2 cups)
- Sea salt
- Freshly ground black pepper
- Pinch of nutmeg
- Greek yogurt or sour cream, for garnish (optional)

Directions

1. In a large pot, melt butter over medium-high heat. Add onion and cook until soft, 5 minutes. Add garlic and stir until fragrant, 1 minute. Add flour and cook, constantly stirring, until it turns golden, 3 minutes.
2. Add broth and half-and-half and bring to a boil. Reduce heat to medium and add broccoli. Simmer until broccoli is bright green, 4 minutes, then remove four pretty pieces of broccoli (for garnish) and rinse under cold water. Reduce heat to low and cover partially; simmer until broccoli is tender, 15 minutes.
3. If you have an immersion blender, puree soup in the pot, otherwise, working in batches, carefully puree the soup in a blender (holding down the lid with an old towel to prevent hot liquid from spurting out the top). Pour pureed soup into a large bowl.
4. Immediately whisk in cheddar and season with salt and pepper and nutmeg.
5. Ladle soup into bowls and garnish with Greek yogurt or sour cream (if using), black pepper, and reserved broccoli.

Thai Chicken Coconut Soup

Feeds: 4

Prep Time: 5 mins

Total Time: 30 mins

Ingredients

- 1 tbsp. extra-virgin olive oil
- 1 tbsp. freshly minced ginger
- 120g shiitake mushrooms, chopped
- 6 Cup. chicken broth
- 1 (400g) can coconut milk
- 1 tbsp. fish sauce
- 500g boneless skinless chicken thighs, cut into pieces
- Juice of 1 lime
- Cilantro leaves, for garnish
- Chilli oil, for garnish (optional)

Directions

1. In a large pot over medium heat, heat oil. Add ginger and cook until fragrant, 1 minute, then add mushrooms and cook until soft, about 6 minutes.
2. Add broth, coconut milk, and fish sauce and bring to a boil. Add chicken, reduce heat, and simmer until chicken is no longer pink about 15 minutes. Turn off heat and stir in lime juice.
3. Garnish with cilantro and chilli oil (if using) before serving.

Cauliflower Soup Deluxe

Feeds: 4

Prep Time: 10 mins

Total Time: 30 mins

Ingredients

- 1 tbsp. extra-virgin olive oil, plus more for garnish
- 1 medium yellow onion, chopped
- 1 clove garlic, minced
- 1 large head cauliflower, cut into small florets (about 8 cups)
- 6 Cup chicken or vegetable stock – Campbell Real from Woolies
- 3 sprigs fresh thyme, plus more for serving
- 1 bay leaf
- Sea salt
- Freshly ground black pepper
- 1/4 Cup heavy cream or whole milk

Directions

1. In a large pot over medium heat, heat oil. Add onion and cook until soft, 6 minutes. Add garlic and cook until fragrant, 1 minute. Add cauliflower, stock, thyme, and the bay leaf and bring up to a simmer. Cook until cauliflower is very tender, 15 to 20 minutes.
2. When vegetables are tender, remove thyme and bay leaf and discard. Blend with an immersion blender or transfer to a blender in batches and blend until smooth. Stir in cream and reheat if needed. Garnish with a

drizzle of olive oil and fresh thyme and serve immediately.

Cream of Zucchini Soup

Feeds: 4

Prep Time: 10 mins

Total Time: 30 mins

Ingredients

- 1/2 small onion, quartered
- 2 cloves garlic
- 3 medium zucchini, skin on cut in large chunks
- 2 Cup Swanson chicken broth, or vegetable
- 2 tbsp full-fat sour cream
- Sea salt and black pepper to taste
- Freshly grated parmesan cheese if desired for topping, optional

Directions

1. Combine chicken broth, onion, garlic and zucchini in a large pot over medium heat and bring to a boil.
2. Lower heat, cover, and simmer until tender, about 20 minutes.
3. Remove from heat and purée with an immersion blender, add the sour cream and purée again until smooth.
4. Taste for salt and pepper and adjust to taste. Serve hot.

Creamy Garlic Chicken Soup

Feeds: 4

Prep Time: 15 mins

Total Time: 30 mins

Ingredients

- 2 tablespoons butter
- 2 cups shredded chicken - 1 large chicken breast
- 120g cream cheese cubed
- 2 tablespoons Garlic Seasoning
- 400g chicken broth
- 1/4 cup heavy cream
- Sea salt to taste

Directions

1. Melt butter in saucepan over medium heat.
2. Add shredded chicken to pan and coat with melted butter.
3. As the chicken begins to warm, add cubes of cream cheese and Garlic seasoning. Mix to blend ingredients.
4. Once the cream cheese has melted and is evenly distributed, add chicken broth and heavy cream. Bring to a boil, then reduce heat to low and simmer for 3-4 minutes.
5. Add salt to taste and serve.

Chicken Soupy Stew

Feeds: 4

Prep Time: 15 mins

Total Time: 30 mins

Ingredients

- 2 cups chicken stock
- 2 medium carrots (1/2 cup), peeled and finely diced
- 2 celery sticks (1 cup), diced
- 1/2 onion (1/2 cup), diced
- 800g skinless and deboned chicken thighs diced into pieces
- 1 spring fresh rosemary or 1/2 teaspoon dried rosemary
- 3 garlic cloves, minced
- 1/4 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1 cup fresh spinach
- 1/2 cup heavy cream
- Sea salt and pepper, to taste
- Macro xanthan gum (Woolies), to desired thickness starting at 1/8 teaspoon

Directions

1. Place the chicken stock, carrots, celery, onion, chicken thighs, rosemary, garlic, thyme, and oregano into a 3-quart crockpot or larger. Cook on high for 2 hours or on low for 4 hours.
2. Add salt and pepper, to taste.
3. Stir in spinach and the heavy cream.
4. Sprinkle and thicken with xanthan gum to desired thickness starting at 1/8th teaspoon.
5. Continue to whisk until mix and cook for another 10 minutes.

Toscana Soup

Feeds: 4

Prep Time: 15 mins

Total Time: 40 mins

Ingredients

- 500g mild or hot ground Italian sausage
- 1 tablespoon oil
- 1/2 cup finely diced onion or 1 medium onion, finely diced
- 3 garlic cloves, minced
- 2 Cup chicken or vegetable stock
- 1 large cauliflower head, diced into small florets
- 3 cups chopped kale
- 1/4 teaspoon crushed red pepper flakes
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup heavy cream

Directions

1. Brown the ground sausage in a skillet over medium heat until done.

2. Using a slotted spoon, remove the sausage and place it into at least a 6-quart slow cooker. Discard the grease.
3. Place the oil in the same skillet and saute the onions for 3-4 minutes or until translucent.
4. Add the onions, chicken or vegetable stock, cauliflower florets, kale, crushed red pepper flakes, salt, and pepper to the slow cooker. Mix until combined.
5. Cook on high for 4 hours or on low for 8 hours.
6. Add the heavy cream and mix until combined.
7. Serve hot.