

Featured, Soups & Salads

Seafood Slimming Soup



Period of Time: All time

Ingredients

- 3 1/2 Cups Water
- 1/2 Cup Green Onion (Green Onion: Category 2 - Fibrous Carbohydrates, Condiments, Spices & Seasonings, Gluten-free)
- 1 Medium Carrot (julienne strips) (Carrots: Category 3 - Complex Carbohydrates - Energy Carbs - Never Eat Alone, Freebies, Gluten-free)
- 4 1/4 ounces of shrimp or scallops (if desired to do both, use 2 ounces of each) (Shrimp: Category 7 - Shellfish, Gluten-free)
- Soy Sauce - Braggs Liquid Amino is a great low sodium substitute (Bragg's Liquid Aminos All Purpose Seasoning: Freebies)
- Miracle noodles (Miracle Noodles Gluten Free: Category 2 - Fibrous Carbohydrates, Freebies, Gluten-free)
- 1 package of Oriental flavor from ramen noodles. (DO NOT USE NOODLES) (Condiments)

Directions

1. Heat Water to boiling in 3 quart sauce pan.
2. Add Miracle Noodles.
3. Cook about 3 minutes, stirring occasionally, until noodles look tender.
4. Stir in seasoning packet, onions, carrot, and shrimp/scallops.
5. Cook until hot.
6. Serve with soy sauce or Braggs Liquid Amino.

Serving Notes

Category 7+2+c. Serving size is up to 2 cups. Shrimp and Scallop Soup takes 10 minutes and you can use only shrimp or only scallops or both! This can be used as a CHALLENGE. Complete as a challenge at least 3 days in a row to drop up to 5 pounds and complete this challenge longer but no more than 7 days to drop up to 10 pounds. Remember to take your whole food vitamin and drink 1 gallon of water each day. *

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