



## Chicken Zoodle Soup

### Ingredients:

- 8 oz chicken, cooked & shredded
- ½ cup mushrooms, thinly sliced
- ½ cup zucchini, julienned
- ½ cup mixed bell peppers, diced
- ½ cup celery, chopped
- 1 cup chicken stock
- 1 stick lemon grass, largely cut (optional, for aroma only)
- 1 bay leaf
- ½ tsp thyme
- ¼ tsp grape seed oil
- Salt & Pepper, to taste

### Directions:

1. In a hot non-stick pan with grape seed oil, add peppers, lemon grass, mushrooms, thyme and bay leaf; let cook.
2. Add celery and let cook for a minute or two.
3. Add chicken stock; bring to a boil.
4. Meanwhile, in a bowl, add zucchini and chicken.
5. Once the chicken stock starts to boil, pour bouillon over zucchini and chicken.
6. Ready to serve!

Servings: makes 1 serving.

Each serving = 8 oz. lean protein, 2 cups select vegetables.

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