

Soup Cycle

2018

JUNE

S	M	T	W	R	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

JULY

S	M	T	W	R	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

AUGUST

S	M	T	W	R	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Chicken & Pinto Bean Chili	Italian Wedding Soup	Chicken Double Noodle	Chili Con Carne	Chicken & Rice Soup
	Vegetable Rice Soup	Curried Tomato Lentil Soup	Spicy Lentil & Kale Soup	Mushroom Vegetable Soup	Sweet Tomato Soup
Week 2	Cheddar Bacon Potato	Chicken Double Noodle	Hearty Chicken Gumbo	Chicken & Pinto Bean Chili	New England Clam Chowder
	Black Bean Soup	Vegetable Soup	Moroccan Chickpea Soup	Hearty Potato Lentil	Pasta Fagioli Soup
Week 3	Italian Wedding Soup	Turkey Chili	Chipotle Chicken Tortilla	Cheddar Bacon Potato	Minestrone
	Vegetable Barley Soup	Vegetable with Brown Rice	Broccoli Cheddar Soup	Vegetarian Chili	Cream of Tomato Soup

 = VEGETARIAN

Black Bean Soup

210 Cal

Black beans, tomatoes, onions, green peppers, celery, garlic and cumin simmered in vegetable broth



Nutritional Information (Serving Size: 8 fl oz)

Calories:	210 cal	Trans Fat:	0 g	Dietary Fiber:	12 g
Calories from Fat:	35 fat cal	Cholesterol:	0 mg	Sugars:	3 g
Total Fat:	4 g	Sodium:	370 mg	Protein:	11 g
Saturated Fat:	0.5 g	Total Carbohydrate:	32 g		

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Broccoli Cheddar Soup

240 Cal

Chopped broccoli and Cheddar in a creamy thick broth spiced with hot pepper sauce



Nutritional Information (Serving Size: 8 fl oz)

Calories:	240 cal	Trans Fat:	0 g	Dietary Fiber:	2 g
Calories from Fat:	140 fat cal	Cholesterol:	25 mg	Sugars:	6 g
Total Fat:	16 g	Sodium:	420 mg	Protein:	10 g
Saturated Fat:	8 g	Total Carbohydrate:	16 g		

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Cheddar Bacon Potato Chowder

320 Cal

Chunks of tender potato and bacon in a creamy thick cheddar soup

Nutritional Information (Serving Size: 8 fl oz)

Calories:	320 cal	Trans Fat:	0 g	Dietary Fiber:	2 g
Calories from Fat:	170 fat cal	Cholesterol:	50 mg	Sugars:	6 g
Total Fat:	18 g	Sodium:	480 mg	Protein:	13 g
Saturated Fat:	10 g	Total Carbohydrate:	25 g		

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Chicken & Pinto Bean Chili

240 Cal

Chicken, pinto beans, chipotle chile, bell pepper, onion and garlic in a spicy chili tomato broth



Nutritional Information (Serving Size: 8 fl oz)

Calories:	240 cal	Trans Fat:	0 g	Dietary Fiber:	7 g
Calories from Fat:	60 fat cal	Cholesterol:	45 mg	Sugars:	3 g
Total Fat:	7 g	Sodium:	390 mg	Protein:	23 g
Saturated Fat:	1.5 g	Total Carbohydrate:	21 g		

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Chicken & Rice Soup

100 Cal

Chicken, rice, carrots, celery, onions and garlic simmered in a chicken broth

Nutritional Information (Serving Size: 8 fl oz)

Calories:	100 cal	Trans Fat:	0 g	Dietary Fiber:	less than 1 g
Calories from Fat:	35 fat cal	Cholesterol:	15 mg	Sugars:	1 g
Total Fat:	4 g	Sodium:	170 mg	Protein:	5 g
Saturated Fat:	0.5 g	Total Carbohydrate:	10 g		

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Chicken Double Noodle Soup

140 Cal

Tender chicken, oodles of egg noodles and fresh vegetables in savory chicken stock

Nutritional Information (Serving Size: 8 fl oz)

Calories:	140 cal	Trans Fat:	0 g	Dietary Fiber:	1 g
Calories from Fat:	45 fat cal	Cholesterol:	35 mg	Sugars:	2 g
Total Fat:	5 g	Sodium:	430 mg	Protein:	8 g
Saturated Fat:	1 g	Total Carbohydrate:	16 g		

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Chili Con Carne

250 Cal

A Southwest spiced stew of ground beef, tomatoes, onion, green peppers, garlic and kidney beans

Nutritional Information (Serving Size: 8 fl oz)

Calories:	250 cal	Trans Fat:	0 g	Dietary Fiber:	5 g
Calories from Fat:	80 fat cal	Cholesterol:	40 mg	Sugars:	4 g
Total Fat:	9 g	Sodium:	400 mg	Protein:	18 g
Saturated Fat:	3.5 g	Total Carbohydrate:	24 g		

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Chipotle Chicken Tortilla Soup

130 Cal

Chicken, corn tortillas, tomatoes, onion, garlic, chipotle pepper and cumin in a chicken broth

Nutritional Information (Serving Size: 8 fl oz)

Calories:	130 cal	Trans Fat:	0 g	Dietary Fiber:	3 g
Calories from Fat:	40 fat cal	Cholesterol:	15 mg	Sugars:	3 g
Total Fat:	4.5 g	Sodium:	400 mg	Protein:	8 g
Saturated Fat:	1 g	Total Carbohydrate:	16 g		

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Cream of Tomato Soup

220 Cal

Creamy puree of tomato, carrot, celery and onion blended with half-and-half



Nutritional Information (Serving Size: 8 fl oz)

Calories:	220 cal	Trans Fat:	0 g	Dietary Fiber:	2 g
Calories from Fat:	110 fat cal	Cholesterol:	35 mg	Sugars:	14 g
Total Fat:	12 g	Sodium:	400 mg	Protein:	5 g
Saturated Fat:	6 g	Total Carbohydrate:	24 g		

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Curried Tomato Lentil Soup

100 Cal

Lentils, tomatoes, onion, carrot and celery simmered in herbed broth seasoned with garam masala



Nutritional Information (Serving Size: 8 fl oz)

Calories:	100 cal	Trans Fat:	0 g	Dietary Fiber:	4 g
Calories from Fat:	30 fat cal	Cholesterol:	0 mg	Sugars:	3 g
Total Fat:	3.5 g	Sodium:	380 mg	Protein:	4 g
Saturated Fat:	0 g	Total Carbohydrate:	14 g		

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Hearty Chicken Gumbo

210 Cal

Homemade soup with chicken, sausage, okra, bacon, tomato and garlic in spicy chicken broth



Nutritional Information (Serving Size: 8 fl oz)

Calories:	210 cal	Trans Fat:	0 g	Dietary Fiber:	2 g
Calories from Fat:	100 fat cal	Cholesterol:	20 mg	Sugars:	3 g
Total Fat:	11 g	Sodium:	400 mg	Protein:	8 g
Saturated Fat:	2.5 g	Total Carbohydrate:	20 g		

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Hearty Lentil & Potato Soup

80 Cal

Lentils, potatoes, onion, bell pepper, celery, carrot, herbs and garlic in tomato-vegetable broth



Nutritional Information (Serving Size: 8 fl oz)

Calories:	80 cal	Trans Fat:	0 g	Dietary Fiber:	3 g
Calories from Fat:	15 fat cal	Cholesterol:	0 mg	Sugars:	2 g
Total Fat:	2 g	Sodium:	430 mg	Protein:	4 g
Saturated Fat:	0 g	Total Carbohydrate:	14 g		

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Italian Wedding Soup

130 Cal

Tiny meatballs, spinach, basil, onions, carrots, celery in rich chicken broth with ditalini pasta

Nutritional Information (Serving Size: 8 fl oz)

Calories:	130 cal	Trans Fat:	0 g	Dietary Fiber:	1 g
Calories from Fat:	70 fat cal	Cholesterol:	15 mg	Sugars:	1 g
Total Fat:	8 g	Sodium:	400 mg	Protein:	6 g
Saturated Fat:	3 g	Total Carbohydrate:	9 g		

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Minestrone Soup

140 Cal

Hearty Italian vegetable soup with beans, ditalini pasta, bacon & Parmesan in vegetable broth



Nutritional Information (Serving Size: 8 fl oz)

Calories:	140 cal	Trans Fat:	1 g	Dietary Fiber:	3 g
Calories from Fat:	45 fat cal	Cholesterol:	10 mg	Sugars:	2 g
Total Fat:	5 g	Sodium:	400 mg	Protein:	7 g
Saturated Fat:	2 g	Total Carbohydrate:	17 g		

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Moroccan Chickpea Soup

120 Cal

A hearty chickpea and vegetable soup flavored with toasted spices



VEGAN

Nutritional Information (Serving Size: 8 fl oz)

Calories:	120 cal	Trans Fat:	0 g	Dietary Fiber:	4 g
Calories from Fat:	35 fat cal	Cholesterol:	0 mg	Sugars:	3 g
Total Fat:	4 g	Sodium:	420 mg	Protein:	4 g
Saturated Fat:	0 g	Total Carbohydrate:	17 g		

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Mushroom Vegetable Soup

90 Cal

Fresh mushrooms, butternut squash, potatoes, cabbage and white beans in a rich mushroom-tomato broth



Nutritional Information (Serving Size: 8 fl oz)

Calories:	90 cal	Trans Fat:	0 g	Dietary Fiber:	3 g
Calories from Fat:	30 fat cal	Cholesterol:	0 mg	Sugars:	3 g
Total Fat:	3 g	Sodium:	670 mg	Protein:	3 g
Saturated Fat:	0.5 g	Total Carbohydrate:	13 g		

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

New England Clam Chowder

290 Cal

A thick creamy soup of clams, potatoes, bacon, onions, celery and herbs

Nutritional Information (Serving Size: 8 fl oz)

Calories:	290 cal	Trans Fat:	0 g	Dietary Fiber:	1 g
Calories from Fat:	110 fat cal	Cholesterol:	45 mg	Sugars:	6 g
Total Fat:	12 g	Sodium:	870 mg	Protein:	21 g
Saturated Fat:	5 g	Total Carbohydrate:	24 g		

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Pasta Fagioli Soup

140 Cal

Traditional tomato broth with pasta, white beans, and Italian seasonings



Nutritional Information (Serving Size: 8 fl oz)

Calories:	140 cal	Trans Fat:	0 g	Dietary Fiber:	3 g
Calories from Fat:	35 fat cal	Cholesterol:	less than 5 mg	Sugars:	5 g
Total Fat:	4 g	Sodium:	400 mg	Protein:	5 g
Saturated Fat:	1 g	Total Carbohydrate:	20 g		

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Spicy Lentil & Kale Soup

80 Cal

Hearty lentil soup with kale, onions, celery, carrot, leeks and tomatoes in a spicy vegetable broth



VEGAN

Nutritional Information (Serving Size: 8 fl oz)

Calories:	80 cal	Trans Fat:	0 g	Dietary Fiber:	3 g
Calories from Fat:	20 fat cal	Cholesterol:	0 mg	Sugars:	3 g
Total Fat:	2 g	Sodium:	200 mg	Protein:	3 g
Saturated Fat:	0 g	Total Carbohydrate:	12 g		

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Sweet Tomato Soup

90 Cal

A puree of tomatoes, sweet potatoes, onions and vegetable broth

A green rounded square icon with a white mountain silhouette at the bottom. The word "VEGAN" is written in white capital letters across the top of the square.

VEGAN

Nutritional Information (Serving Size: 8 fl oz)

Calories:	90 cal	Trans Fat:	0 g	Dietary Fiber:	2 g
Calories from Fat:	20 fat cal	Cholesterol:	0 mg	Sugars:	9 g
Total Fat:	2 g	Sodium:	390 mg	Protein:	2 g
Saturated Fat:	0 g	Total Carbohydrate:	17 g		

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Turkey Chili

200 Cal

A hearty medley of ground turkey, tomatoes, onion, green peppers, garlic and kidney beans seasoned with chili powder, cumin and Tabasco(R)



Nutritional Information (Serving Size: 8 fl oz)

Calories:	200 cal	Trans Fat:	0 g	Dietary Fiber:	5 g
Calories from Fat:	60 fat cal	Cholesterol:	25 mg	Sugars:	4 g
Total Fat:	6 g	Sodium:	390 mg	Protein:	16 g
Saturated Fat:	2 g	Total Carbohydrate:	21 g		

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Vegetable Barley Soup

80 Cal

Hearty vegetable soup with barley



Nutritional Information (Serving Size: 8 fl oz)

Calories:	80 cal	Trans Fat:	0 g	Dietary Fiber:	2 g
Calories from Fat:	30 fat cal	Cholesterol:	0 mg	Sugars:	2 g
Total Fat:	3 g	Sodium:	420 mg	Protein:	2 g
Saturated Fat:	0 g	Total Carbohydrate:	14 g		

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Vegetable Rice Soup

80 Cal

A colorful variety of vegetables and rice simmered in a rich herb vegetable broth



VEGAN

Nutritional Information (Serving Size: 8 fl oz)

Calories:	80 cal	Trans Fat:	0 g	Dietary Fiber:	2 g
Calories from Fat:	25 fat cal	Cholesterol:	0 mg	Sugars:	2 g
Total Fat:	3 g	Sodium:	150 mg	Protein:	2 g
Saturated Fat:	0 g	Total Carbohydrate:	14 g		

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Vegetable Soup

100 Cal

Green beans, corn, green cabbage, potatoes and tomatoes simmered in savory vegetable broth



Nutritional Information (Serving Size: 8 fl oz)

Calories:	100 cal	Trans Fat:	0 g	Dietary Fiber:	2 g
Calories from Fat:	25 fat cal	Cholesterol:	0 mg	Sugars:	3 g
Total Fat:	3 g	Sodium:	430 mg	Protein:	2 g
Saturated Fat:	0 g	Total Carbohydrate:	16 g		

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Vegetable Soup with Brown Rice

90 Cal

Fresh vegetables and brown rice in an herbed vegetable broth



Nutritional Information (Serving Size: 8 fl oz)

Calories:	90 cal	Trans Fat:	0 g	Dietary Fiber:	2 g
Calories from Fat:	25 fat cal	Cholesterol:	0 mg	Sugars:	3 g
Total Fat:	2.5 g	Sodium:	380 mg	Protein:	2 g
Saturated Fat:	0 g	Total Carbohydrate:	15 g		

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Vegetarian Chili

100 Cal

Hearty vegetable chili with kidney and garbanzo beans seasoned with pepper, cumin and coriander



Nutritional Information (Serving Size: 8 fl oz)

Calories:	100 cal	Trans Fat:	0 g	Dietary Fiber:	5 g
Calories from Fat:	10 fat cal	Cholesterol:	0 mg	Sugars:	5 g
Total Fat:	1.5 g	Sodium:	410 mg	Protein:	5 g
Saturated Fat:	0 g	Total Carbohydrate:	20 g		

2,000 calories a day is used for general nutrition advice, but calorie needs vary.