

Soup Cycle

2018

SEPTEMBER

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						

OCTOBER

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			

NOVEMBER

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	

	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	Butternut Squash Bisque	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	Vegetable Orzo Soup	Moroccan Chickpea Soup	Vegetarian Chili
Week 3	Italian Wedding Soup	Turkey Chili	Chipotle Chicken Tortilla	Cheddar Bacon Potato	Minestrone
	Vegetable Soup with Brown Rice	Broccoli Cheddar Soup	Vegetable Barley Soup	Pumpkin Coconut Bisque	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



VEGETARIAN

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		

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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		

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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		

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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:	< 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		

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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		

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Chili Con Carne

230 Cal

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

Nutritional Information (Serving Size: 8 fl oz)

Calories:	230 cal	Trans Fat:	0 g	Dietary Fiber:	6 g
Calories from Fat:	80 fat cal	Cholesterol:	40 mg	Sugars:	4 g
Total Fat:	9 g	Sodium:	400 mg	Protein:	17 g
Saturated Fat:	3 g	Total Carbohydrate:	22 g		

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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		

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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		

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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		

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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		

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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:	370 mg	Protein:	7 g
Saturated Fat:	2 g	Total Carbohydrate:	17 g		

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Moroccan Chickpea Soup

90 Cal

A hearty chickpea and vegetable soup flavored with toasted spices



VEGAN

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:	4 g
Total Fat:	3.5 g	Sodium:	420 mg	Protein:	3 g
Saturated Fat:	0 g	Total Carbohydrate:	14 g		

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Mushroom Vegetable Soup

80 Cal

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



Nutritional Information (Serving Size: 8 fl oz)

Calories:	80 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:	660 mg	Protein:	2 g
Saturated Fat:	0.5 g	Total Carbohydrate:	12 g		

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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		

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Pumpkin Coconut Bisque

210 Cal

Velvety blend of pumpkin, potato, coconut milk and sweet spices



Nutritional Information (Serving Size: 8 fl oz)

Calories:	210 cal	Trans Fat:	0 g	Dietary Fiber:	2 g
Calories from Fat:	120 fat cal	Cholesterol:	10 mg	Sugars:	9 g
Total Fat:	13 g	Sodium:	420 mg	Protein:	3 g
Saturated Fat:	10 g	Total Carbohydrate:	22 g		

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Sweet Tomato Soup

90 Cal

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



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		

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Turkey Chili

190 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:	190 cal	Trans Fat:	0 g	Dietary Fiber:	6 g
Calories from Fat:	50 fat cal	Cholesterol:	25 mg	Sugars:	4 g
Total Fat:	6 g	Sodium:	400 mg	Protein:	16 g
Saturated Fat:	2 g	Total Carbohydrate:	19 g		

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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		

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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		

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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		

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Vegetarian Chili

90 Cal

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



Nutritional Information (Serving Size: 8 fl oz)

Calories:	90 cal	Trans Fat:	0 g	Dietary Fiber:	5 g
Calories from Fat:	10 fat cal	Cholesterol:	0 mg	Sugars:	5 g
Total Fat:	1 g	Sodium:	420 mg	Protein:	4 g
Saturated Fat:	0 g	Total Carbohydrate:	18 g		

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