

7 DAY DETOX TO KICKSTART YOUR WEIGHT LOSS

7 DAY DETOX SOUP

SERVE: 10

TOTAL TIME: 40 MIN

INGREDIENTS

- 1 head of cabbage, chopped
- 1 cup celery, diced
- 1 cup white or yellow onion, diced
- 1 cup carrots, cut or diced
- 1 green bell pepper, diced
- 2-3 cloves garlic, minced
- 3.5 cups green beans, cut
- 4 cups broth, any kind
- 14 oz can diced tomatoes
- 1 tbsp onion powder
- 1 tsp oregano
- 1 tsp basil
- Sea salt & black pepper are optional



DIRECTIONS

- Place all the ingredients into a soup pot or crock pot.
- Bring to a boil and continue to boil for 10 minutes.
- Reduce heat to a simmer and cook until vegetables are tender.

