

Adios™

A natural aid for slimming



CHICKEN NOODLE SOUP

Serves: 8

Calories per serving: 167

Ingredients

2 medium chopped carrots
2 medium onions
3 cloves garlic
220g egg noodles
1 red pepper
2 tsp cayenne pepper
2 chicken stock cubes



Instructions

- 1 Pour 2 litres of water into a large pan and bring to the boil.
- 2 Add the stock cubes, carrots, onions and garlic, and boil for half an hour or until the carrots are tender.
- 3 Add the remaining ingredients and cook for an additional 5 to 10 minutes.

If you like the look of one of the recipes for another body shape, don't worry, it's still healthy and low fat, so try it! These recipes aren't exclusive to each body shape, they're just suggestions!

notes: