



Chicken Enchilada Soup

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| 1 pkt. Ketogenic Soup | 2 Tbsp. avocado, diced |
| —Savory Chicken | 1 oz. cheddar cheese, shredded |
| 2 oz. cooked chicken breast, shredded | 1/4 cup pico de gallo |
| 1 cup chicken broth | 1 tbsp. chopped cilantro |
| 1 Tbsp. MCT Powder | Sea salt and black pepper to taste |

Directions:

In a blender add the chicken broth, MCT Powder, and avocado and blend until smooth. Pour into a saucepan, add the shredded chicken, salt, and pepper and cook on medium until hot. In a bowl, empty contents of Ketogenic Soup, pour avocado mixture, and blend. Add shredded cheese and garnish with cilantro.

Nutrient Analysis:

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|--------------------------|-------------------|
| Total Calories: 570 | Fiber: 3 g |
| Fat: 39 g | Added Sugars: 0 g |
| Total Carbohydrates: 9 g | Protein: 45 g |



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