



Chicken Avocado Soup

1 pkt. Ketogenic Soup —Savory Chicken	1/4 cup coconut milk, canned
1/4 medium avocado	8 oz. hot water
1 Tbsp. MCT Powder	Sea salt to taste

Directions:

In a blender, add avocado, MCT Powder, and coconut milk and blend until smooth. In a bowl, add the contents of the Ketogenic Soup and 8 oz. hot water and mix well. Add the avocado mixture to the soup. Stir well. Enjoy!

Nutrient Analysis:

Total Calories: 512	Fiber: 5 g
Fat: 43 g	Added Sugars: 0 g
Total Carbohydrates: 12 g	Protein: 23 g



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