

Poached Salmon Soup

3 tablespoons of coconut oil or unsalted butter

1 leek, sliced and diced

1 small fennel bulb, sliced and diced

2 celery ribs, sliced and diced

1 teaspoon of Himalayan sea salt

Pinch of pepper

1/2 cup sliced shiitake mushrooms

or **May use carrots in Maintenance Phase.**

2 cups vegetable broth

2 cups of water

3 tablespoons of parsley, chopped

1 generous teaspoon thyme, chopped

1 pound of salmon, cubed into 1 1/2" chunks

1 large bunch of fresh spinach leaves, about 3-5 ounces (couple of cups)

1. In large dutch oven or heavy deep pot, melt butter over medium high heat Add celery, fennel, leeks, thyme, salt and pepper and stir to coat. Stir and cook for about 5-7 minutes or until vegetables start to wilt a bit.

2. Add vegetable stock and water. Bring to a low boil, as soon as you see the bubbles, lower heat to low. Stir in mushrooms and cook for about 10-12 minutes. Stirring occasionally.

3. Add salmon and spinach to pot and stir to submerge. Remove pot from heat and cover for about 5 minutes, or until spinach is wilted and your salmon chunks are cooked through.

Serving Size = 3 ounces of salmon- this recipe makes approx. 4 total servings of protein, veggies & healthy fat. So dividing the meal equally by 4 will be sufficient.

