

DR. FUHRMAN'S FORMULA FOR SOUP



Start with a **BASE**

Low-or no-sodium:
CARROT JUICE
TOMATO JUICE
CELERY JUICE
VEGETABLE BROTH

1



Savor the **VEGETABLES**

MUSHROOMS
TOMATOES
CAULIFLOWER/ZUCCHINI
BROCCOLI/SQUASH
CELERY/PARSNIPS

2



Add cruciferous & leafy **GREENS**

Puree or blend:
KALE/SPINACH
COLLARD/MUSTARD
SWISS CHARD
CABBAGE
BOK CHOY

3



Enhance the **FLAVOR**

No-salt seasoning*
BASIL, CILANTRO, PARSLEY,
DILL, THYME, OREGANO,
CHILI OR CURRY POWDER,
CAYENNE OR BLACK PEPPER,
ROSEMARY/LEMON

4



Include some **ALLIUM**

Puree or blend:
ONIONS
GARLIC
LEEKS/CHIVES
SHALLOTS
GINGER

5



Build muscle with **BEANS**

Soak overnight or cook in water:
CANNELLINI
RED KIDNEY
LENTILS/SPLIT PEAS
BLACK/PINTO
CHICKPEAS/EDAMAME

6

*TRY DR.FUHRMAN'S MATO ZEST OR VEGGIE ZEST