

SOUPS

S/B Daily Intake			20gr	25gr	50gr	30
FOOD	Serving	Calories	Sat.Fat	Sugar	Protien	POINTS
Butternut Squash Soup Organic Trader Joes Low Sodium	1 Cup	70	0	7	1	3
Chicken Broth Kroger Less Sodium	1 Cup	10	0	1	1	0
Vegetable broth Organic Low Sodium Sprouts	1 Cup	15	0	1	0	1
Soup_ er Easy Miso Under Soup W/W Recipe						3
Soup_ er Easy Kale/White Bean Under Soup W/W Recipe						5
Soup_ er Easy Mexican Chicken Under Soup W/W Recipe						4
Soup_ er Easy Indian Lentil Under Soup W/W Recipe						3
TOTALS						