



# SOUPS



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# LEEK AND PEA SOUP WITH BASIL

**NUTRITION PER SERVING:** 212 kcal, 5g Fats, 30g Carbs, 11g Protein

## WHAT YOU NEED

2 tsp. coconut oil  
 3 ¼ cups (400g) leek, chopped  
 4 cups (1L) water  
 2 vegetable stock cubes  
 3 cups (450g) garden peas  
 ½ cup (15g) fresh basil, chopped  
 1 ¼ cup (150g) light feta, crumbled

## SERVES

4 people

## PREPARATION

5 minutes

## COOK

15 minutes

## WHAT YOU NEED TO DO

Heat the oil in a large saucepan and cook the leek for 2 minutes. Add the water and the stock cubes. Bring to the boil and cook for a further 5 minutes.

Add in the garden peas and cook for another 2 minutes. Put three-quarters of the basil into the soup, turn off the heat and puree with a hand blender until smooth.

Divide the soup over 4 bowls and sprinkle with the crumbled cheese and the rest of the basil to serve. Season with freshly ground pepper.



# MUSHROOM SOUP

**NUTRITION PER SERVING:** 204 kcal, 11g Fats, 23g Carbs, 6g Protein

## WHAT YOU NEED

2 tbsp. coconut oil  
 1 onion, sliced  
 1/2 leek, chopped  
 5 1/3 cups (500g) mushrooms, sliced  
 1 small carrot, chopped  
 1 small parsnip, chopped  
 1 small potato, peeled, cubed  
 2 1/2 cups (600ml) vegetable stock  
 scant 1/2 cup (100ml) cream fraiche

## SERVES

4 people

## PREPARATION

10 minutes

## COOK

35 minutes

## WHAT YOU NEED TO DO

In a large pot heat the oil, and sauté the chopped onion and sliced leek for about 3 mins.

Next, add washed and sliced mushrooms and fry for another 10 minutes stirring now and then. Add the carrot, parsnip and potato. Mix well and cook for 3-4 mins. Season with salt and pepper.

Pour in the hot vegetable stock and bring to the boil. Simmer, covered for about 15 mins. until the vegetables are soft.

Mix with a hand blender until smooth, add cream at the end and serve.



# BROCCOLI AND GINGER SOUP

**NUTRITION PER SERVING:** 179 kcal, 7g Fats, 20g Carbs, 8g Protein

## WHAT YOU NEED

1 tbsp. coconut oil  
 7 oz. (200g) leeks. chopped  
 2 tbsp. ginger, chopped  
 2 broccoli heads, florets  
 1 large potato, peeled, chopped  
 1 tsp. turmeric  
 1 tsp. salt  
 1 tbsp. sesame oil  
 6 cups (3 litres) stock  
 6 tbsp. natural yogurt (or dairy free option)  
 6 tsp. sunflower seeds

## SERVES

6 people

## PREPARATION

5 minutes

## COOK

10 minutes

## WHAT YOU NEED TO DO

Heat the oil in a large pot over medium heat. Add the leeks and cook for around 5-6 minutes, until leeks are softened.

Add in the ginger, broccoli florets, chopped potato, turmeric, salt, sesame oil and stock.

Bring to a boil, reduce the heat and simmer for 10 mins until the vegetables are soft.

Blend until creamy and smooth with a hand blender, then season to taste with salt and freshly ground black pepper.

Serve topped with yogurt and sunflower seeds.

The soup can be stored in the fridge for up to 5 days, or in the freezer for up to 3 months.



# GARDEN PEA AND LEEK SOUP

**NUTRITION PER SERVING:** 293 kcal, 6g Fats, 40g Carbs, 16g Protein

## WHAT YOU NEED

2 chicken stock cubes  
4 cups (1l) boiling water  
2 medium white potatoes, peeled and chopped  
2 leeks, chopped  
3 cups (450g) frozen garden peas  
8 bacon strips, baked to crispy, chopped into strips

## SERVES

6 people

## PREPARATION

10 minutes

## COOK

20 minutes

## WHAT YOU NEED TO DO

Dissolve the chicken stock cubes in the boiling water. Add in the potato and cook for 5 minutes. Next add the sliced leek and let everything boil for 10 minutes.

Lastly add in the peas and cook for a further 5 min. Puree everything with a hand blender.

Top the soup with the bacon strips and season with salt and pepper.



# VEGETABLE BEAN SOUP WITH SHRIMPS

**NUTRITION PER SERVING:** 327 kcal, 11g Fats, 32g Carbs, 27g Protein

## WHAT YOU NEED

5 cups (1½ litres) vegetable stock  
 2 cups (400g) can cannellini beans, drained  
 10 oz. (300g) shrimps  
 5 1/3 cups (800g) vegetable mix of choice  
 ½ cup (85g) quinoa  
 ¼ cup (60g) basil pesto

## SERVES

4 people

## PREPARATION

5 minutes

## COOK

15 minutes

## WHAT YOU NEED TO DO

Put the stock, beans, shrimps, vegetable mix and quinoa in a pot and bring to high heat while stirring.

Leave to cook for 15 minutes on medium heat with the lid on the pan. Stir frequently. Stir in the pesto, spread over 4 bowls and serve.



# SPICED PARSNIP SOUP

**NUTRITION PER SERVING:** 174 kcal, 3g Fats, 33g Carbs, 4g Protein

## WHAT YOU NEED

2.2 lbs. (1 kg) parsnips, peeled and chopped  
 1 onion, finely chopped  
 2 garlic cloves  
 6 1/3 cups (1,5 litre) vegetable stock  
 1/ 3 cup ( 80ml) coconut cream  
 1 tsp ground cumin  
 1 tsp ground coriander  
 chilli flakes, to taste  
 salt & pepper, to taste  
 1 tsp coconut oil  
 2 tbsp pumpkin seeds toasted

## SERVES

6 people

## PREPARATION

5 minutes

## COOK

25 minutes

## WHAT YOU NEED TO DO

Heat the coconut oil in a large pot, and sauté the onion for 4-5 mins adding some salt& pepper. Add the garlic and spices and cook for another 2- 3mins. Add the parsnips and vegetable stock, bring to boil and then simmer for 20-25 mins.

Remove the soup from the heat and blend with a hand blender until smooth (if the soup is too thick then add more stock). Mix in the coconut cream and stir well.

Taste for seasoning, and add more chili flakes, spices or salt & pepper if required.

Serve hot, sprinkled with pumpkin seeds and a side of toast.





# CLASSIC PUMPKIN SOUP

**NUTRITION PER SERVING:** 178 kcal, 5g Fats, 30g Carbs, 5g Protein

## WHAT YOU NEED

1 tbsp. coconut oil  
 1 onion, chopped  
 1 tsp. dried sage  
 2 carrots, chopped  
 5 ½ cups (800g) pumpkin, peeled, cubes  
 2 ½ cup (625ml) vegetable stock  
 2 tbsp. honey  
 1 cup (250ml) almond milk  
 feta cheese, to garnish (optional)  
 pumpkin seeds, to garnish (optional)

## SERVES

6 people

## PREPARATION

10 minutes

## COOK

20 minutes

## WHAT YOU NEED TO DO

In a medium pot, heat up the oil over medium heat. Add in the onion and cook for around 5 minutes, until softened. Add the dried sage and cook for another 1 minute, until aroma is released.

Next add the carrots, pumpkin, stock, honey and season with salt. Bring to a boil and reduce the heat. Simmer for about 15 minutes, or until carrots and squash are tender.

Finally, add in the milk and blend with a hand blender until smooth and creamy.

Serve hot or store in a sealed container in the fridge for up to 5 days, or in the freezer for up to 3 months.



# FULL MOON PUMPKIN SOUP

**NUTRITION PER SERVING:** 165 kcal, 6g Fats, 14g Carbs, 5g Protein

## WHAT YOU NEED

2 onions  
 1 tbsp. olive oil  
 1.7 lbs. (800g) pumpkin cubes  
 chili flakes, to taste  
 3 1/3 cup (800ml) of water  
 2 chicken bouillon cubes  
 10.5 oz. (300g) grilled peppers (jar)  
 10.5 oz. (300g) corn kernels  
 14.1 oz. (400g) black beans  
 ½ cup (125g) crème fraiche or soy alternative

## SERVES

8 people

## PREPARATION

10 minutes

## COOK

30 minutes

## WHAT YOU NEED TO DO

Chop the onions. Heat the oil in a saucepan and fry them for 3 minutes on low heat. Add the pumpkin and chili flakes and cook for another 5 minutes on medium heat.

Add the water and the bouillon tablets and bring to the boil. Reduce the heat and gently simmer for 20 minutes.

Add the grilled peppers along with the liquid from the jar and cook for another 5 minutes. Purée the soup with a hand blender until smooth.

Meanwhile, rinse and drain the corn and black beans. Add them to the soup and heat for another 2 minutes.

Divide the soup into the bowls and add 1 tsp. of cream in each. Stir gently to create a swirl and serve.



# CREAMY CARROT AND ORANGE SOUP

**NUTRITION PER SERVING:** 193 kcal, 6g Fats, 36g Carbs, 3g Protein

## WHAT YOU NEED

1 tbsp. coconut oil  
 1 onion, chopped  
 2 garlic cloves, crushed  
 4 cups (600g) carrots, chopped  
 1 tbsp. ground cumin  
 1 red chili, deseeded and chopped  
 7 oz. (200g) baby new potatoes, halved  
 4 ¼ cups (1 litre) vegetable stock  
 3 oranges, zest & juice  
 4 tbsp. coconut cream  
 chili flakes, to serve

## SERVES

4 people

## PREPARATION

15 minutes

## COOK

25 minutes

## WHAT YOU NEED TO DO

Heat the coconut oil in a large saucepan; add the onion, garlic, carrots, cumin and red chili. Sauté for 10 min covered with a lid.

Now add the new potatoes, pour over the vegetable stock, cover, and leave to simmer for 15 min, until vegetables are tender.

Next stir in the orange zest and juice through the soup then, using a stick blender or food processor, blend until smooth and creamy. Return to the pan and heat slightly if necessary.

Divide the soup between four bowls and add a tablespoon of coconut cream in each. Season with pepper and chili flakes.



# SWEET POTATO SOUP

**NUTRITION PER SERVING:** 100 kcal, 1g Fats, 21g Carbs, 2g Protein

## WHAT YOU NEED

1 tsp. coconut oil  
2 large sweet potatoes, peeled and chopped  
2 carrots, peeled and chopped  
1 red pepper, chopped  
2 red onions, chopped  
3 cloves garlic, sliced  
curly parsley, to serve  
2 vegetable stock cubes

## SERVES

4 people

## PREPARATION

10 minutes

## COOK

25 minutes

## WHAT YOU NEED TO DO

Heat the oil in a large pot and fry the onion and garlic for 3 minutes on low heat. Add in the sweet potato, carrot and bell pepper and cook for 5 minutes on high heat. Stir occasionally.

Add the water and the vegetable stock cubes, bring to boil and simmer the soup for 20 minutes.

Puree the soup with a hand blender, and season with salt and pepper.

Pour the soup in bowls and garnish with chopped parsley.



# BEETROOT SOUP

**NUTRITION PER SERVING:** 115 kcal, 3g Fats, 19g Carbs, 2g Protein

## WHAT YOU NEED

6 beetroot  
1 apple  
2 red onions  
2 garlic cloves  
2 vegetable stock cubes  
3 cups (750ml) water  
handful curly parsley

## SERVES

4 people

## PREPARATION

10 minutes

## COOK

30 minutes

## WHAT YOU NEED TO DO

Prepare the vegetables. Peel the beets and apple, core the apple and cut the beets and apple into pieces. Peel and chop the onions and garlic.

Heat the oil in a large pan and fry the onion and garlic for 3 minutes on low heat. Add the beet and apple and cook for 5 minutes on medium-high heat. Stir the mixture occasionally.

Add the water and the vegetable stock cubes, bring to boil, then reduce heat and cover for 30 minutes.

Puree the soup with a hand blender and serve.



# TOM YUM SOUP WITH SHRIMPS

**NUTRITION PER SERVING:** 106 kcal, 5g Fats, 4g Carbs, 13g Protein

## WHAT YOU NEED

4 cups (1l) vegetable stock  
 2 tbsp. (30g) Tom yum paste  
 scant ½ cup (100ml) canned coconut milk  
 1 cup (225g) chopped tomatoes, canned  
 1 cup (100g) shitake mushrooms, roughly chopped  
 ¾ cup (200g) shrimps  
 2 tbsp. fish sauce  
 1 tbsp. lime juice  
 coriander, to garnish  
 chili, to garnish

## SERVES

4 people

## PREPARATION

5 minutes

## COOK

10 minutes

## WHAT YOU NEED TO DO

Pour stock into a pot, add the tom yum paste and bring to a boil.

Add coconut milk, tomatoes and mushrooms, cook for about 5 minutes.

Next, add the shrimps, and cook for about 1 minute on low heat. Season with fish sauce and lemon juice.

Garnish with fresh coriander and chili to serve.



# CREAMY BEEF SOUP

**NUTRITION PER SERVING:** 221 kcal, 9g Fats, 15g Carbs, 20g Protein

## WHAT YOU NEED

1 lb (500g) lean ground beef  
1-1/2 tsp. salt  
1 onion, diced  
2 celery sticks, chopped  
2 medium carrots, peeled, chopped  
2-2/3 cups (800g) chopped tomatoes, canned  
1/2 green cabbage, chopped  
4 cups beef stock (1 litre)  
2 bay leaves

## SERVES

6 people

## PREPARATION

5 minutes

## COOK

50 minutes

## WHAT YOU NEED TO DO

Heat a large pot on medium and stir-fry the beef until browned, around 5-7 mins. Season with salt.

Next add the onion, celery, and carrots and sauté for another 5 minutes.

Add the chopped tomatoes, cabbage, beef stock and bay leaves, cover and simmer for 30-40 mins, until vegetables are soft.

Remove bay leaves before serving.



