

7 COLD WEATHER FUNCTIONAL HEALING SOUPS

Clinical Culinary Nutrition | 100% Plant-Based Healing Broths with Plant Protein or Animal Protein Options | Vitality Nutrition (via Fay)

Soup 1: Roasted Butternut Squash & Ginger Immune Broth

CLINICAL FOCUS: Gut Mucosal Lining Repair, Gentle Digestibility & Immune Support

VISUAL BRIEF FOR DESIGN: Velvety golden soup in a bowl, drizzled with olive oil, garnished with toasted pumpkin seeds and cracked black pepper.

Ingredients: 4 cups cubed butternut squash, 1 medium yellow onion (diced), 3 cloves garlic (minced), 1 inch fresh ginger root (peeled and grated), 4 cups low-sodium vegetable broth, 1/2 cup canned coconut milk, 1 tsp turmeric powder, olive oil, salt, and black pepper.

Preparation: Toss butternut squash cubes with 1 tbsp olive oil, salt, and pepper. Roast on a baking sheet at 400°F (200°C) for 25 min until tender. In a pot, sauté diced onion, garlic, and ginger in 1 tsp olive oil for 3 min until fragrant. Add roasted squash, vegetable broth, and turmeric. Simmer for 10 min, blend smooth with an immersion blender, and stir in coconut milk.

Plant Protein: Top with 1 cup cubed firm tofu, pan-seared with olive oil, turmeric, and sea salt (~20g protein).

Animal Protein: Stir in 4-5 oz shredded roasted chicken breast (~30g protein).

Clinical Mechanism: Beta-carotene from squash repairs intestinal epithelial cells; gingerols soothe the stomach and support healthy peripheral circulation.

Soup 2: Golden Turmeric & Cauliflower Anti-Inflammatory Bisque

CLINICAL FOCUS: Liver Detoxification Pathways, Joint Comfort & Calming Digestion

VISUAL BRIEF FOR DESIGN: Sunny yellow creamy cauliflower soup topped with freshly cracked black pepper, chopped fresh parsley, and a lemon wedge.

Ingredients: 1 head fresh cauliflower (cut into florets), 2 medium carrots (sliced), 1 small yellow onion, 3 cloves garlic, 1 tsp ground turmeric, 1/2 tsp ground cumin, 4 cups vegetable broth, 1 tbsp olive oil, juice of 1/2 fresh lemon, salt, and black pepper.

Preparation: Heat olive oil in a soup pot over medium heat. Sauté onion and garlic for 3 min. Add ground turmeric and cumin; stir for 30 seconds until fragrant. Add cauliflower florets, sliced carrots, and vegetable broth. Cover and simmer 15 min until vegetables are fork-tender. Puree until velvety smooth, then finish with fresh lemon juice.

Plant Protein: Ladle over 1 cup warm canned lentils (rinsed) or pan-crisped firm tofu cubes (~18-20g protein).

Animal Protein: Add 4-5 oz cooked shredded chicken breast or sliced turkey breast (~30g protein).

Clinical Mechanism: Cruciferous cauliflower provides sulforaphane to assist liver Phase II detox; turmeric and black pepper calm systemic cold-weather aches.

Soup 3: Prebiotic Roasted Garlic & Celery Gut Reset Soup

CLINICAL FOCUS: Bloating Relief, Gentle Peristalsis & Nourishing Healthy Gut Flora

VISUAL BRIEF FOR DESIGN: Light, silky ivory-green soup garnished with cracked sea salt, fresh parsley, and a drizzle of extra virgin olive oil.

Ingredients: 1 whole head garlic, 4 stalks celery (chopped), 1 medium yellow onion (chopped), 2 medium Yukon Gold potatoes (peeled and diced for natural creaminess), 1/2 tsp dried thyme, 1/2 tsp fennel seeds (from the spice aisle), 4 cups vegetable broth, 1 tbsp olive oil, salt, and black pepper.

Preparation: Slice the top off the garlic head, drizzle with olive oil, wrap in foil, and roast at 400°F (200°C) for 35 min until soft and sweet. In a pot, sauté chopped onion, celery, and fennel seeds in olive oil for 5 min. Squeeze in the roasted garlic cloves. Add potatoes, dried thyme, and vegetable broth. Simmer 15 min until potatoes are soft. Blend until creamy.

Plant Protein: Stir in 1 cup canned cannellini or great northern beans (rinsed) or cubed firm tofu (~18-20g protein).

Animal Protein: Top with 4-5 oz grilled diced chicken breast (~30g protein).

Clinical Mechanism: Roasted garlic and celery supply prebiotic soluble fiber to fuel healthy gut bacteria; fennel seeds ease gas and abdominal pressure.

Soup 4: Hearty Brown Lentil & Baby Spinach Comfort Stew

CLINICAL FOCUS: 4-Hour Blood Sugar Balance, Steady Energy & Plant Iron

VISUAL BRIEF FOR DESIGN: Deep rich brown lentil stew with bright green spinach leaves wilted throughout, served steaming in a rustic bowl with lemon.

Ingredients: 1 cup dry brown lentils (rinsed), 3 cups fresh baby spinach, 2 medium carrots (diced), 2 stalks celery (diced), 1 small yellow onion (diced), 2 cloves garlic (minced), 4 cups vegetable broth, 1 tsp ground cumin, 1 bay leaf, 1 tbsp olive oil, juice of 1/2 fresh lemon, salt, and black pepper.

Preparation: Heat olive oil in a large pot. Sauté onion, carrots, celery, and garlic for 4 min. Add rinsed brown lentils, ground cumin, bay leaf, and vegetable broth. Bring to a boil, then cover and simmer on low for 25 min until lentils are tender. Turn off the heat, stir in baby spinach until wilted, remove bay leaf, and finish with fresh lemon juice.

Plant Protein: Naturally high in plant protein (18g/serving); boost to 24g with 1/2 cup pan-seared firm tofu or 2 tbsp hemp hearts.

Animal Protein: Stir in 4-5 oz shredded rotisserie or roasted chicken breast (~30g protein).

Clinical Mechanism: Soluble fiber from lentils slows glucose absorption to prevent mid-afternoon energy crashes; lemon vitamin C boosts iron absorption.

Soup 5: 15-Minute Creamy Pumpkin & Cinnamon Recovery Bisque

CLINICAL FOCUS: Evening Cortisol Down-Regulation, Easy Digestion & Cellular Hydration

VISUAL BRIEF FOR DESIGN: Smooth warm-orange soup served in a cozy bowl, topped with roasted pumpkin seeds and a light swirl of coconut milk.

Ingredients: 1 can (15 oz) 100% pure canned pumpkin puree (not pie mix), 1 small yellow onion (diced), 2 cloves garlic (minced), 1/2 tsp ground cinnamon, 1/4 tsp ground ginger, 3 cups vegetable broth, 1/2 cup canned coconut milk, 1 tbsp olive oil or butter, salt, and black pepper.

Preparation: Heat olive oil in a saucepan. Sauté diced onion and garlic for 3 min until soft. Stir in ground cinnamon and ginger for 20 seconds. Add the can of pumpkin puree and vegetable broth, whisking until smooth. Simmer gently for 10 min. Stir in coconut milk and season with salt and pepper. Top with toasted pumpkin seeds.

Plant Protein: Top with 1 cup cubed pan-crisped tofu or 1/2 cup pan-warmed canned chickpeas (~18-20g protein).

Animal Protein: Serve with 4-5 oz grilled sliced chicken tenderloins on the side or stirred in (~30g protein).

Clinical Mechanism: Pumpkin is naturally easy on sluggish digestive systems; Ceylon cinnamon supports healthy post-meal glucose sensitivity.

Soup 6: Roasted Sweet Potato & Red Bell Pepper Antioxidant Broth

CLINICAL FOCUS: Cellular Vitamin C & A Repletion, Mucosal Barrier Shield & Warm Energy

VISUAL BRIEF FOR DESIGN: Rich glowing orange-coral soup in a modern bowl, garnished with a swirl of olive oil, cracked black pepper, and toasted sunflower or pumpkin seeds.

Ingredients: 2 medium garnet sweet potatoes (peeled and cubed), 2 sweet red bell peppers (seeded and chopped), 1 small yellow onion, 3 cloves garlic, 1 tsp smoked paprika, 4 cups vegetable broth, 1 tbsp olive oil, salt, and black pepper.

Preparation: Toss cubed sweet potatoes and chopped bell peppers with 1 tbsp olive oil, salt, and pepper. Roast on a baking sheet at 400°F (200°C) for 25 min until edges are lightly caramelized. In a pot, sauté diced onion and garlic for 3 min until soft. Add smoked paprika and stir for 20 seconds. Add roasted vegetables and broth. Simmer for 10 min, then blend with an immersion blender until completely velvety and smooth.

Plant Protein: Stir in 1 cup rinsed canned white cannellini beans or top with pan-seared firm tofu cubes (~18-20g protein).

Animal Protein: Add 4-5 oz shredded roasted or grilled chicken breast (~30g protein).

Clinical Mechanism: Sweet potatoes supply resistant starch and bioavailable carotenoids for colonic epithelial integrity; red bell peppers provide heat-stable vitamin C to bolster cellular immune defenses.

Soup 7: Fire-Roasted Tomato & Chickpea Everyday Stew

CLINICAL FOCUS: Antioxidant Endothelial Defense, Fiber Bulk & Sustained Satiety

VISUAL BRIEF FOR DESIGN: Rustic chunky red tomato soup with tender chickpeas, wilted spinach leaves, and Italian seasoning.

Ingredients: 1 can (14.5 oz) canned diced fire-roasted tomatoes, 1 can (15 oz) chickpeas (rinsed and drained), 1 red bell pepper (diced), 2 cups fresh baby spinach, 1 tsp Italian seasoning (dried oregano/basil), 1/2 tsp garlic powder, 3 cups vegetable broth, 1 tbsp olive oil, salt, and black pepper.

Preparation: Heat olive oil in a pot over medium heat. Sauté diced red bell pepper for 3 min. Add Italian seasoning and garlic powder; stir 30 seconds. Add fire-roasted canned tomatoes, rinsed chickpeas, and vegetable broth. Simmer uncovered for 15 min. Stir in fresh baby spinach in the last 2 min until wilted.

Plant Protein: Chickpeas deliver 14g protein; boost to 22g with 1 cup cubed pan-seared firm tofu.

Animal Protein: Stir in 4-5 oz diced grilled or shredded chicken breast (~30g protein).

Clinical Mechanism: Cooked tomatoes supply bioavailable lycopene for cellular health; chickpeas provide soluble and insoluble fiber to promote natural bowel regularity.

Clinical Practice Note for Patients: Formulated for cold-weather digestive slowdown and steady metabolic balance. 1-on-1 personalized Medical Nutrition Therapy consults are covered by most commercial US insurance plans via Fay (often at \$0 copay). Book directly through your patient portal or via the practice website.