

4-Week Low-Calorie Soup Plan

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Protein-packed quinoa soup	Thai-inspired veggie soup	Wingless buffalo chicken soup	Easy pressure-cooker veggie soup	Spiced roast cauliflower soup	Coconut curry soup	Simple vegetarian mulligatawny soup
Week 2	Simply rich carrot soup	Lemony chicken soup	Fast shrimp chowder	Tri-color lentil soup	Pork wonton soup	Classic mirepoix and bean soup	Double-fennel bean soup
Week 3	Vegetarian-friendly protein pumpkin soup	Cheesy cauliflower soup	Vegetarian wonton soup	Homestyle beef stew	Takeout-style egg drop soup	No-bone split pea soup	Decadent enchilada-style soup
Week 4	Super creamy butternut squash soup	South Indian vegetarian dal	Bulgur wheat bone broth soup	Pressure cooker chicken drumstick pho	Cajun-spiced corn chowder	Chicken and coconut milk winter soup	Slow-cooker taco soup