



Homemade

RECIPES

FLU-SEASON SOUP SHOPPING LIST

3 Immunity-Leaning Soup Bases → 9 Comforting Family Bowls

Total Cost: \$21.60 for all 3 bases | Under \$2 per serving

Everything's organized by aisle for a fast twenty-minute shopping trip.

PRODUCE

- Fresh ginger root – 1 piece (3-inch knob)
- Fresh garlic – 2 heads
- Yellow onions – 3 large
- Carrots – 1 lb (4-5 medium)
- Celery – 1 bunch (6-8 stalks)

PANTRY & CANNED GOODS

- Low-sodium chicken broth – 48 oz (6 cups)
- Low-sodium vegetable broth – 32 oz (4 cups)
- White miso paste – 3 tablespoons
- Ground turmeric – 1 tablespoon
- Olive oil – 3 tablespoons

PROTEIN (OPTIONAL ADD-INS)

- Chicken thighs (bone-in, skin-on) – 1.5 lbs
- OR boneless chicken breast – 1 lb
- OR firm tofu – 14 oz block

FRESH HERBS & AROMATICS

- Fresh thyme – 4-5 sprigs
- Bay leaves – 3 leaves
- Black peppercorns – 1 teaspoon whole

FREEZER LABELS INCLUDED

- Label which base is which before freezing
- Add today's date
- Good for 3 months in freezer
- Reheat instructions on label