

# CARNIVORE

## *Keto Soup*

### **GOLDEN BONE BROTH ELIXIR**

Ingredients: Slow-simmered beef bones, tallow, grass-fed butter, Himalayan salt.

Description: A deeply restorative broth packed with collagen, minerals, and healthy fats — the perfect start to any day.

Macros (per 250 ml): 220 kcal | 20g fat | 10g protein | 0g carbs

### **CREAMY CHICKEN & EGG DROP SOUP**

Ingredients: Free-range chicken broth, shredded chicken, whisked egg, butter, sea salt.

Description: Comforting and silky, with strands of egg floating in rich buttery broth.

Macros: 320 kcal | 28g fat | 18g protein | 1g carbs

### **SALMON CREAM CHOWDER**

Ingredients: Wild salmon, fresh cream, butter, pink salt, dill.

Description: A luxurious thick soup with flakes of salmon and a creamy buttery base.

Macros: 450 kcal | 38g fat | 24g protein | 1g carbs

### **CREAMY COTTAGE CHEESE & CHICKEN SOUP**

Ingredients: Chicken breast, fresh cream, cottage cheese, butter, pink salt.

Description: High-protein creamy soup that's both smooth and satisfying.

Macros: 420 kcal | 35g fat | 28g protein | 1g carbs

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## **BEEF & TALLOW BROTH BOWL**

Ingredients: Slow-cooked beef chunks, tallow, marrow bone stock, thyme, salt.

Description: Intense and satiating — full of deep flavor and energy-giving fats.

Macros: 480 kcal | 42g fat | 25g protein | 0g carbs

## **EGG YOLK BUTTER BROTH**

Ingredients: Chicken broth, raw egg yolks, melted butter, salt.

Description: Silky and nourishing; a pure ketogenic comfort soup.

Macros: 360 kcal | 34g fat | 10g protein | 0g carbs

## **CREAMY BEEF STROGANOFF SOUP**

Ingredients: Ground beef, heavy cream, butter, beef broth.

Description: All the flavours of a stroganoff in spoon able creamy form.

Macros: 500 kcal | 45g fat | 27g protein | 2g carbs

## **PRAWN BUTTER BISQUE**

Ingredients: Prawns, butter, fresh cream, garlic essence, sea salt.

Description: A decadent bisque-style soup with smooth richness and ocean depth.

Macros: 430 kcal | 38g fat | 22g protein | 1g carbs

## **SAVORY GHEE OMELETTE BROTH**

Ingredients: Whisked eggs, ghee, broth, salt, herbs.

Description: A light, savory broth with soft ribbons of egg and rich ghee aroma.

Macros: 310 kcal | 28g fat | 15g protein | 1g carbs

## **BUTTERED CREAM CHEESE BEEF SOUP**

Ingredients: Minced beef, cream cheese, butter, bone broth, herbs.

Description: Thick and rich with a velvety texture — deeply nourishing and filling.

Macros: 520 kcal | 46g fat | 29g protein | 2g carbs