CHICKEN AND BARLEY SOUP  
  
PHASE 1  
Serves 4–6 (portion size: 3 cups)  
4 cups chicken broth  
4 cups vegetable broth  
2½ pounds skinless, boneless chicken breast  
1 cup diced onion  
1 tablespoon crushed garlic  
1 whole bay leaf  
¼ teaspoon sea salt  
¼ teaspoon black pepper  
2 cups peeled and cubed butternut squash  
2 cups cubed yellow summer squash  
2 cups cubed zucchini  
1 cup broccoli florets  
1 cup chopped fresh mushrooms  
1 cup barley  
Put 4 cups of water into a large soup pot and add the broths. Add the chicken, onion, garlic, bay leaf, salt, and pepper. Bring all ingredients to a boil. Turn down the heat to low and allow the soup to simmer for 1 hour.  
Add the vegetables and barley to the soup pot. Bring back to a boil and simmer on low for another hour or two, until vegetables are desired texture.”  
  
Excerpt From: Pomroy, Haylie. “The Fast Metabolism Diet.” Harmony, 2013-04-09. iBooks.  
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