

## *Calcium Soup for strength!*

- 2 quarts water with 2 scoops of vital proteins chicken bone broth granules
- 2 chicken breasts, diced
- 4 leaves kale, chopped
- 3 turnips, diced
- 3 green kohlrabi, diced
- 2 cups fresh spinach leaves
- 2 stalks celery, chopped
- 1 leek, chopped
- 3 carrots, chopped
- 1 clove garlic, chopped
- 1/4 cup uncooked barley
- salt and ground black pepper to taste

1. Combine all ingredients in a large pot; season with salt and pepper. Bring the soup to a boil, reduce heat to medium-low, and cook at a simmer until barley is cooked through but firm to the bite, about 1 hour.