

Mind, Body + Spirit
fitness

Dinner

Comfort food doesn't have to be off limits just because you're watching your waistline. Our favorites make portion control easy and contain healthy, natural ingredients.

BEST CHICKEN SOUP

Kettle Cuisine Chicken Soup with Rice Noodles

This soup tastes homemade with big, juicy chunks of chicken. The rice noodles make it a great choice for anyone with a gluten allergy.



Per package: 140 calories, 15 g protein, 12 g carbohydrate, 3 g fat (0.5 g saturated), 1 g fiber