

INTRO STAGE 1

..... Meal Ideas

1. [Carrot Soup](#) (*LifeFoodJourney, leave out coriander/herbs*)
2. [Creamy Cauliflower Soup](#) (*LifeFoodJourney*)
3. [Broth Balls](#) (*A helpful way to get broth in your kids another way*)
4. [Roasted Garlic Soup](#) (*Honest Body, omit the basil and simmer for 20 min.*)
5. [Creamed Veggie Soups](#) (*Divine Health From The Inside Out, skip sour cream*)
6. [Summer Garden Soup with Turkey Meatballs](#) (*Plan To Eat, minus spices*)
7. [Ginger Tea](#) (*Health, Home, Happy*)
8. [12 Tips & Recipes for Intro](#) (*The Nourishing Gourmet*)
9. [Chicken "Noodle" Soup](#) (*omit parsley*)
10. [Rendering Lard](#) (*LiveSimply.me, same for tallow*)
11. [Cauliflower Mashed "Potatoes"](#) (*Honest Body*)
12. [Crockpot Onion & Meatball Soup](#) (*Oven Love Blog*)
13. [Hamburger Soup](#) (*Keeper Of The Home, omit lentils & spices*)
14. [Cold Beet Soup](#) (*Health, Home, Happy...omit herbs*)
15. [Mushroom Onion Gravy](#) (*GAPS Diet Journey, boil veggies, replace butter*)
16. [Cod Fish & Mushroom Soup](#) (*GAPS Diet Journey*)
17. [Beef Marshelly](#) (*Kehoe's Kitchen*)
18. [Intro GAPS Gravy](#) (*Cheeseslave*)
19. [Carrot Ginger Halibut Soup](#) (*Phoenix Helix*)
20. [Tangy Shrimp, Mushroom & Vegetable Soup](#) (*DoctorCorrine.com*)