

Rosanne's Simple Soup Builder

Build a nourishing, brain-healthy meal in about 10 minutes.

rosanneoconnor.com

"What should I actually be eating to support my brain?" Keep it simple — prep a few staples ahead of time and mix-and-match into a nourishing meal. Adjust amounts to however many servings you'd like; no need to measure precisely.

1 Start with Broth

A flavorful broth is the foundation of your soup — use homemade or packaged broth of your choice.

Rosanne's Pick — Brodo Bone Broth, for its rich flavor and quality ingredients.

2 Add Vegetables

Aim for a variety of colorful, non-starchy vegetables for fiber, nutrients, and flavor. A few ideas (pick 2–3, or swap in whatever you have):

Broccoli · Cauliflower · Mushrooms · Spinach · Zucchini · Cabbage

3 Add a Precooked Protein

Choose a protein that's already precooked — high-quality and minimally processed whenever possible.

Chicken · Turkey · Tofu

Sourcing tip — wild-caught fish (SMASH), pasture-raised eggs, grass-fed meat, pastured poultry.

4 Optional: Extra Flavor

Most broths are already seasoned, but feel free to customize your soup.

Garlic · Ginger · Italian herbs · Turmeric · Black pepper · Lemon juice · Parsley

5 Optional: Healthy Fat

Healthy fats add flavor, help keep you satisfied, and support your brain. Top the bowl after serving with about a tablespoon or two of extra-virgin olive oil.

6 Optional: Fermented Food

Supports a healthy gut microbiome and adds tangy flavor. Top the bowl after serving — don't stir in — to preserve the beneficial bacteria.

Sauerkraut · Kimchi

Put It Together

Heat the broth → add vegetables, simmer until tender → add the precooked protein, heat through → taste and season → add healthy fat, if desired → serve, then top with fermented foods, if desired. *One simple formula, endless possibilities. Enjoy!*

Rosanne's Tip — the secret isn't cooking faster, it's preparing ahead. Wash and chop veggies, cook a batch of protein, and keep broth on hand each week so meals come together in minutes.

Ready to Take the Next Step for Your Brain Health?

Schedule a Complimentary 20-Minute Consultation



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