

Week 1 Bone Broth & Ramen Diet Recipes

Chicken Ginger Ramen Bowl

Ingredients:

- 4 cups homemade chicken bone broth
- 1½ cups shredded cooked chicken
- 1 tsp fresh grated ginger
- 1 garlic clove, minced
- 1 cup mushrooms, sliced
- 2 cups spinach
- 2 green onions, sliced
- 4 oz ramen or rice noodles
- 1 tsp low-sodium soy sauce

Instructions:

1. Bring broth, ginger, and garlic to a simmer.
2. Add mushrooms and cook 3–4 minutes.
3. Add noodles and cook according to package directions.
4. Stir in chicken and spinach until heated through.
5. Top with green onions and soy sauce.

Beef & Bok Choy Broth Bowl

Ingredients:

- 4 cups beef bone broth
- 8 oz lean beef strips
- 3 cups bok choy
- 1 cup cabbage, shredded
- 2 garlic cloves, minced
- ½ tsp chili flakes

Instructions:

1. Simmer broth with garlic and chili flakes.
2. Add beef and cook 3–4 minutes.
3. Add bok choy and cabbage until tender.
4. Serve hot.

Shrimp Garlic Ramen

Ingredients:

- 4 cups bone broth
- 8 oz shrimp, peeled
- 3 garlic cloves, minced
- 2 zucchini, spiralized
- 1 cup mushrooms
- 2 green onions
- 4 oz noodles

Instructions:

1. Heat broth and garlic.

2. Add mushrooms and shrimp; cook until shrimp turns pink.
3. Add noodles and zucchini noodles.
4. Top with green onions and serve.

Chicken Vegetable Soup Bowl

Ingredients:

- 4 cups chicken broth
- 1½ cups shredded chicken
- 1 cup carrots
- 1 cup celery
- 2 cups cabbage
- 2 cups spinach

Instructions:

1. Bring broth to a boil.
2. Add carrots and celery; cook 8 minutes.
3. Add cabbage and chicken.
4. Stir in spinach before serving.

Spicy Tofu Ramen Bowl

Ingredients:

- 4 cups broth
- 1 block firm tofu, cubed
- 2 cups bok choy
- 1 cup bean sprouts
- 1 cup mushrooms
- 4 oz soba noodles
- 1 tsp chili garlic sauce

Instructions:

1. Heat broth and chili sauce.
2. Add mushrooms and tofu.
3. Cook noodles separately and add to bowl.
4. Top with bok choy and sprouts.

Egg Drop Broth Soup

Ingredients:

- 4 cups broth
- 3 eggs, whisked
- 2 cups spinach
- 1 cup mushrooms
- 2 green onions

Instructions:

1. Bring broth to a gentle simmer.
2. Slowly drizzle in eggs while stirring.
3. Add mushrooms and spinach.
4. Top with green onions.

Chicken Miso Ramen

Ingredients:

- 4 cups broth
- 1 tbsp miso paste
- 1½ cups shredded chicken
- 1 cup mushrooms
- 2 cups spinach
- 4 oz noodles

Instructions:

1. Heat broth gently and whisk in miso.
2. Add mushrooms and noodles.
3. Stir in chicken and spinach.
4. Serve immediately.

Beef Cabbage Soup Bowl

Ingredients:

- 4 cups beef broth
- 8 oz lean beef
- 3 cups cabbage
- 1 zucchini, sliced
- 2 garlic cloves

Instructions:

1. Simmer garlic in broth.
2. Add beef and zucchini.
3. Cook 5 minutes, then stir in cabbage.
4. Serve hot.

Shrimp & Vegetable Broth Bowl

Ingredients:

- 4 cups broth
- 8 oz shrimp
- 2 cups bok choy
- 1 cup mushrooms
- 2 green onions

Instructions:

1. Heat broth.
2. Add mushrooms and bok choy.
3. Add shrimp and cook until pink.
4. Top with green onions.

Tofu Ginger Soup

Ingredients:

- 4 cups broth
- 1 block tofu
- 1 tbsp fresh ginger
- 2 cups cabbage
- 1 cup carrots

- 2 cups spinach

Instructions:

1. Simmer broth with ginger.
2. Add carrots and cabbage.
3. Add tofu and spinach.
4. Cook until vegetables soften.

Chicken Ramen Bowl

Ingredients:

- 4 cups broth
- 1½ cups chicken
- 1 cup mushrooms
- 2 cups spinach
- 4 oz noodles

Instructions:

1. Cook noodles in broth.
2. Add mushrooms and chicken.
3. Stir in spinach before serving.

Egg & Vegetable Soup

Ingredients:

- 4 cups broth
- 3 eggs
- 2 cups bok choy
- 1 cup mushrooms
- 1 cup bean sprouts

Instructions:

1. Bring broth to simmer.
2. Add mushrooms and bok choy.
3. Slowly stir in eggs.
4. Top with bean sprouts.

Lean Beef Ramen Bowl

Ingredients:

- 4 cups broth
- 8 oz lean beef
- 2 cups cabbage
- 1 cup mushrooms
- 2 green onions
- 4 oz noodles

Instructions:

1. Cook noodles in broth.
2. Add beef and mushrooms.
3. Stir in cabbage.
4. Top with green onions.

Clean Out the Fridge Broth Bowl

Ingredients:

- 4 cups broth
- Any leftover vegetables
- Any leftover protein
- Optional noodles

Instructions:

1. Bring broth to simmer.
2. Add vegetables first.
3. Add protein and noodles if desired.
4. Cook until heated through.