

Trim Healthy
W I S D O M

Extra Methylating Soup (E)

Lentils are not only super budget-friendly, tasty, slimming, and easy to make... best of all, they help those of us who need assistance with our methylation systems. That's most of us, but especially those who have a double copy of the MTHFR mutation or who are in perimenopause or beyond. Perimenopause is the time when our methylation systems start lagging. Lentils are what we term "Super Star" folate donors. For just one cup, they provide more than a full day's worth of folate! And why do we need folate? It is the key to proper methylation. Without proper methylation, we can't detox, and we're at higher risk of inflammatory disease states.

This recipe was an earlier THM favorite but now we've given it extra methylation power with added spinach (another star folate donor) and have completed the protein profile to make it more beneficial to your CLBM. Lentils are already high in protein, but that protein is not as bioavailable as animal protein, and it is low in leucine... your chief muscle-triggering amino acid. The small amount of added chicken breast in this recipe gives you more bioavailable protein and amps up leucine to ensure your lean body mass does not break down.

Note – Family members love this soup! If you want them to enjoy it... top their bowls with grated cheese and perhaps a dollop of sour cream for a hearty Crossover. You'll want to stick to E if you're on your wisdom journey or create an XO by adding burnable diced avocado. (*P – My children grew up on the basic lentil version of this soup, and they still consider it comfort food to this day.*)

Makes Multiple Servings

INGREDIENTS:

- 1 pound lentils (2½ cups of dried lentils)
- 10 cups water (2½ quarts)
- 2 fresh or thawed from frozen chicken breasts (snipped into small pieces with kitchen scissors)
- 2 tsp [TH Mineral Salt](#)
- 1 tsp onion powder



- ¼ tsp black pepper
- cayenne pepper (to taste)
- Bragg Liquid Aminos (to taste, use a few generous squirts)
- Large bag (or several very large handfuls) fresh spinach

INSTRUCTIONS:

For The Crockpot

1. Place the lentils into a crock pot and add the water and all other ingredients. Stir to combine.
2. Cover and cook in your crock pot on low all day. Time will vary. Cook until the lentils are lovely and soft.

For The Stovetop

1. Place the lentils into a soup pot. Add the water and all other ingredients except spinach.
2. Stir to combine. Bring to a boil and then top with a lid and simmer.
3. Cook until the lentils are lovely and soft. During the last 15-20 minutes of cooking, add the spinach and allow it to wilt and cook.

Protein Nerd Notes:

Your Protein Nerd Level 3 requirements are fully covered here due to the inclusion of the lean chicken breast, boosting the protein and leucine content of the lentils.