



CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Thai Red Curry Soup
Balanced Energy & Warming Spices

www.consciousrewire.com

Thai Red Curry Soup

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What This Supports

Supports balanced energy intake using fats, carbohydrates, and spices.

Why It Works

Coconut milk provides satiety while curry spices add flavor compounds traditionally used in recovery diets.

Ingredients

Thai Red Curry Soup

Ingredients:

2 tablespoons coconut oil

2 tablespoons fish sauce

3 tbsp coconut sugar

one can coconut milk

1 cup broth

5 cups red pepper

1 cup carrots

.5 cup each: yellow pepper, snow peas

1/4 cup red onion

1 pound chicken

Red curry paste to taste (see sauces for recipe)

Directions

Heat coconut oil in a pot on medium low until melted.

Add curry paste and cook for 30 seconds.

Add broth and coconut milk. Simmer for 10-30 minutes.

Add chicken and simmer until cooked.

Add veggies and simmer until desired tenderness.

Add fish sauce and sugar.

Best Use

Well suited for post-training or main meals.

Food Safety & Notes

Reheat gently to avoid splitting.

Storage & Reheating

Refrigerate three to four days or freeze.