

## Day 13

- 4 eggs – 1 whole, 3 egg whites only
- 2 ½ cups vegetable stock
- 1 – 2 cups white cabbage, finely shredded (can substitute with spinach or asparagus)
- 2 ½ l water
- 3 garlic cloves – bruised
- local celery
- 2 onions quartered
- bunch of parsley
- 3 bay leaves
- 1 Tbsp thyme
- salt
- pepper corns
- 100g chicken breast
- 1 apple
- 1 tsp juice of grated ginger
- pepper
- parsley garnish



*here's to the  
Skinny in You  
from Skinny-World*