

## [THE 100 DIET RECIPES](#)



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Diet Veggie Soup. I like to have a veggie soup on hand for lunches at work. I use whatever vegetables are hanging around in the fridge, or whatever half-bags of veggies are in the freezer. The veggies in the recipe are ones we always have on hand make it into the mix. I sometimes add a can of beans to get more protein.  
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For those who are not losing weight: In the The 100 book, Jorge Cruise definitely counts portion sizes in his 4 weeks worth of menus and options. One could easily gain weight even, if one did not consider a day s worth of portions. His 4 days samples ranged from 1150 to 1650 calories, I believe.  
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Full disclosure: I had no idea what the paleo diet was until I started writing this post. I assumed it was another vegan-ish diet, with no meat allowed and  
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