



Derek Wahler Fitness LLC

20-Day Kickstart

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Welcome to the 20-Day Kickstart!

Below you'll find the meal plan for the first 7 days.

For days 8-20, simply repeat the plan or pick and choose the recipes you enjoy the most.

Some recipes are used two days in a row to help you save time on cooking.

And don't worry about counting calories.

Simply eat until you're satisfied but not stuffed.














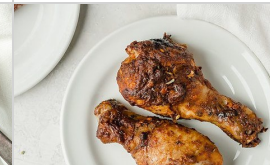



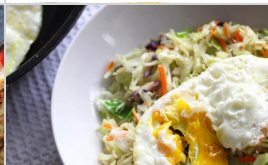



We'll also be intermittent fasting for a few days on the plan, which is when you'll just have tea for breakfast.

When it comes to beverages, stick with:

- Water
- Sparkling water
- Tea
- Coffee (*add in 1 tsp. of heavy cream if you'd like*)
- Unsweetened Iced Tea
- Lemon water

I'm excited for you to get started :)

You Got This!

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Cauliflower & Egg Breakfast Muffins	 Cauliflower & Egg Breakfast Muffins	 Lemon Ginger Tea	 Spinach, Feta & Olive Omelette	 Ginger Mint Tea	 Taco Breakfast Skillet	 Taco Breakfast Skillet
Lunch	 Chicken Salad with Lemon Garlic Tahini Dressing	 BLT Salad Bowls	 Spaghetti Squash, Turkey & Broccoli	 Spaghetti Squash, Turkey & Broccoli	 Beef Burrito Bowl with Cauliflower Rice	 Pork Fried Cauliflower Rice	 Lemon Paprika Chicken Drumsticks
Dinner	 Savory Turkey & Vegetable Bake	 Savory Turkey & Vegetable Bake	 One Pan Chicken Fajita Bowls	 10 Minute Cabbage Bowl	 Chicken Thighs with Mushrooms	 Chicken Thighs with Mushrooms	 Steak with Creamy Chimichurri Sauce

Fruits

- ☐ 4 Avocado
- ☐ 1 1/2 Lemon
- ☐ 1/4 cup Lemon Juice
- ☐ 1 Lime
- ☐ 2 tbsps Lime Juice

Seeds, Nuts & Spices

- ☐ 1/2 tsp Black Pepper
- ☐ 1/3 cup Chili Powder
- ☐ 1 tbsp Coriander
- ☐ 1/4 cup Cumin
- ☐ 2 1/3 tbsps Italian Seasoning
- ☐ 1/2 tsp Onion Powder
- ☐ 1 tbsp Oregano
- ☐ 1 tbsp Paprika
- ☐ 1/4 tsp Red Pepper Flakes
- ☐ 2 1/2 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 1/3 tbsps Tarragon

Vegetables

- ☐ 6 cups Arugula
- ☐ 7 1/2 cups Baby Spinach
- ☐ 8 cups Broccoli
- ☐ 4 cups Butternut Squash
- ☐ 17 cups Cauliflower Rice
- ☐ 1 cup Cherry Tomatoes
- ☐ 1 1/4 cups Cilantro
- ☐ 6 cups Coleslaw Mix
- ☐ 1/2 Cucumber
- ☐ 21 Garlic
- ☐ 1/2 cup Ginger
- ☐ 1 Green Bell Pepper
- ☐ 2 Jalapeno Pepper
- ☐ 4 cups Kale Leaves
- ☐ 1/4 cup Mint Leaves
- ☐ 1 Orange Bell Pepper
- ☐ 1 1/8 cups Parsley
- ☐ 2 Red Bell Pepper
- ☐ 1 cup Red Onion
- ☐ 1 head Romaine Hearts
- ☐ 1/4 cup Shallot
- ☐ 2 Spaghetti Squash
- ☐ 1 Tomato
- ☐ 28 White Button Mushrooms
- ☐ 4 Yellow Onion

Boxed & Canned

- ☐ 1 cup Organic Chicken Broth
- ☐ 2 1/8 cups Organic Coconut Milk

Baking

- ☐ 2 1/16 cups Nutritional Yeast

Bread, Fish, Meat & Cheese

- ☐ 1 1/2 lbs Chicken Breast
- ☐ 1 1/3 lbs Chicken Drumsticks
- ☐ 2 lbs Chicken Thighs
- ☐ 3 lbs Extra Lean Ground Beef
- ☐ 4 lbs Extra Lean Ground Turkey
- ☐ 2 tbsps Feta Cheese
- ☐ 1 lb Lean Ground Pork
- ☐ 8 ozs Ny Striploin Steak
- ☐ 4 slices Organic Bacon
- ☐ 8 ozs Prosciutto

Condiments & Oils

- ☐ 1/2 tsp Avocado Oil
- ☐ 1/2 cup Black Olives
- ☐ 1/4 cup Coconut Aminos
- ☐ 2 1/3 tbsps Coconut Oil
- ☐ 1 1/16 cups Extra Virgin Olive Oil
- ☐ 2 tbsps Pitted Kalamata Olives
- ☐ 2 tbsps Tahini

Cold

- ☐ 26 Egg
- ☐ 1 tsp Ghee

Other

- ☐ 0 Sea Salt And Black Pepper
- ☐ 0 Sea Salt And Pepper
- ☐ 9 1/4 cups Water



Cauliflower & Egg Breakfast Muffins

6 servings

25 minutes

Ingredients

4 ozs Prosciutto (roughly chopped)
5 cups Cauliflower Rice
4 Egg
1 cup Arugula (roughly chopped)
1/4 cup Parsley (finely chopped)
1/2 cup Nutritional Yeast
Sea Salt And Black Pepper (to taste)

Directions

- 1 Preheat the oven to 375°F (191°C) and lightly grease a muffin tin.
- 2 Heat a large skillet over medium heat. Add the prosciutto and cook for a 3 minutes per side or until crisp. Remove from the pan and set aside.
- 3 In a large bowl add the cauliflower rice, eggs, arugula, parsley, nutritional yeast, sea salt and pepper. Mix well to combine.
- 4 Scoop the cauliflower mix into the muffin tin, filling to the top and creating a small hollow space in the top. Add the prosciutto to the hollowed-out space. Place in the oven and bake for 15 minutes. Remove, let it cool slightly and then serve and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days. Freeze for up to two months.

Serving Size, One serving is equal to two cauliflower egg bites.

More Flavor, Use parmesan or pecorino instead of nutritional yeast. Add chili flakes to the mix.

No Arugula, Use spinach.



Lemon Ginger Tea

2 servings

10 minutes

Ingredients

2 1/2 cups Water
3 tbsps Ginger (peeled, sliced)
1/2 Lemon

Directions

- 1 Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let it simmer for about 5 minutes, or longer if you prefer a spicier drink.
- 2 Squeeze the lemon juice into the ginger tea and garnish with any the slices or rind (optional). Divide into mugs and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

Serving Size, One serving equals approximately 2 cups.

More Flavor, Add mint leaves, honey or your sweetener of choice.

Enjoy it Cold, Add ice cubes.



Spinach, Feta & Olive Omelette

1 serving

10 minutes

Ingredients

1 tsp Ghee (divided)
1 1/2 cups Baby Spinach
2 Egg
Sea Salt And Pepper (to taste)
2 tbsps Pitted Kalamata Olives
2 tbsps Feta Cheese (crumbled)
2 tbsps Parsley (optional, finely chopped, for topping)

Directions

- 1 In a non-stick skillet over medium heat, add half the ghee. Once melted, add the spinach and cook until just wilted. Remove and set aside.
- 2 In a bowl, mix together eggs, sea salt and black pepper. Whisk until frothy.
- 3 Add the remaining ghee to the skillet. Pour the egg mixture into the skillet and let it cook until almost set. Place the spinach, olives and feta cheese on one half of the omelette and then fold the other half over on top. Remove from the heat and transfer onto a plate. Garnish with parsley, if using, and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to two days.

Dairy-Free, Omit the feta and use a dairy free cheese instead. Use coconut oil instead of ghee.

No Olives, Use sun dried tomatoes instead.

Additional Toppings, Top with additional feta cheese, pine nuts, or your favorite fresh herbs.



Ginger Mint Tea

2 servings

10 minutes

Ingredients

2 1/2 cups Water
3 tbsps Ginger (peeled, sliced)
1/4 cup Mint Leaves (stems removed)

Directions

- 1 Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let simmer for about 5 to 10 minutes, or to your desired strength.
- 2 Remove from heat and add mint leaves, steeping for 3 to 5 minutes. Divide into mugs and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

Serving Size, One serving equals approximately 2 cups.

More Flavor, Add lemon, green tea, chocolate extract, honey or your sweetener of choice.

Enjoy it Cold, Add ice cubes.

No Mint Leaves, Use spearmint leaves instead.



Taco Breakfast Skillet

4 servings

30 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1/2 cup Red Onion (chopped)
- 1 lb Extra Lean Ground Beef
- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 1/4 tsp Onion Powder
- 1/4 tsp Black Pepper
- 1/4 cup Nutritional Yeast
- 4 Egg
- 1/2 Tomato (chopped)
- 1/4 cup Black Olives
- 1/2 Avocado (cubed)
- 1 Jalapeno Pepper (sliced)
- 1/4 cup Cilantro

Directions

- 1 In a large skillet, heat the olive oil over medium heat. Add in the red onion and ground beef. Cook for 10 to 12 minutes or until the beef is completely cooked through.
- 2 Once the beef is cooked, add in the chili powder, cumin, onion powder, black pepper and nutritional yeast until well combined. Make little sockets in the beef mixture and crack an egg in one at a time.
- 3 Once the eggs begin to cook, add a lid on top for 3 minutes or until the yolk is cooked to your liking.
- 4 Remove from the stove and top with the tomatoes, black olives, avocado, jalapeños and cilantro. Divide between plates and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to five days. Eggs are best enjoyed the same day.

Serving Size, One serving is approximately one egg with one cup of beef and veggie mixture.

More Flavor, Add some grated cheese on top.

Make it Vegetarian, Use black beans and/or quinoa instead of ground beef.



Chicken Salad with Lemon Garlic Tahini Dressing

2 servings

45 minutes

Ingredients

8 ozs Chicken Breast
1 1/2 tsps Extra Virgin Olive Oil
1/4 tsp Sea Salt (divided)
2 Egg
2 tsps Tahini
2 tsps Water (warm)
2 tsps Lemon Juice
1 Garlic (clove, small, minced)
1 1/2 tsps Nutritional Yeast
1 head Romaine Hearts (chopped)
1/2 Cucumber (chopped)

Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking dish with parchment paper. Place the chicken breast in the prepared baking dish. Drizzle with the oil and season with half of the salt. Bake for about 25 to 30 minutes, or until the chicken is cooked through. Remove the chicken from the oven and let cool.
- 2 Meanwhile, bring a pot of salted water to a boil. Carefully place the eggs in the pot. Cover the pot with a lid and turn off the heat but keep the pot on the hot burner. Let it stand for 12 minutes and then drain the water. Place the eggs in a bowl of ice water for 10 minutes or until cool.
- 3 Whisk the tahini, water, lemon, garlic, nutritional yeast and remaining salt together in a mixing bowl.
- 4 To assemble the salad, chop the cooked chicken breast into cubes and cut the hard-boiled egg in half. Divide the lettuce and cucumber between bowls and top with the chicken and the egg. Drizzle the tahini dressing ovetop and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

Additional Toppings, Top with nutritional yeast, nuts, seeds or other chopped veggies.

Meal Prep Option, Cook the chicken breast and hard-boil the egg ahead of time.



BLT Salad Bowls

2 servings

15 minutes

Ingredients

2 Egg
4 slices Organic Bacon
4 cups Arugula
1 cup Cherry Tomatoes (halved)
1/2 Avocado (sliced)
2 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Directions

- 1 Hard boil your eggs by placing them in a small pot and fill with enough cold water to cover them by 1-inch. Bring to a boil over medium-high heat. Once boiling, cover the pot and remove it from the heat. Let stand for 12 minutes then drain. Place eggs in a bowl of ice-cold water for 10 minutes.
- 2 While the eggs are cooling, cook your bacon in a pan over medium heat until crispy. Remove from pan and pat excess oil away with paper towel. Once cool, chop it up.
- 3 To assemble the salads: divide arugula between bowls and top with cherry tomatoes, avocado, chopped bacon and hard-boiled egg. Drizzle with olive oil and season with salt and pepper, to taste. Enjoy!

Notes

Leftovers, These salads make great meal prep and last for 3 to 4 days in the fridge. Add the avocado and olive oil before serving.

Vegan, Use smokey tempeh slices instead of bacon and omit the egg.

More Carbs, Serve with toast or quinoa.



Spaghetti Squash, Turkey & Broccoli

4 servings

1 hour

Ingredients

- 1 Spaghetti Squash (medium)
- 1 lb Extra Lean Ground Turkey
- 2 cups Water
- 4 cups Broccoli (chopped into florets)
- 1/4 cup Nutritional Yeast
- 1 tsp Sea Salt

Directions

- 1 Preheat the oven to 425°F (218°C). Cut the spaghetti squash in half through its belly, remove the seeds and place flesh-side down on a baking sheet lined with parchment paper. Cook for 30 to 35 minutes, or until cooked through. Remove from the oven and let it cool slightly.
- 2 While the squash is in the oven, cook the turkey in a pan over medium heat. Break it up with the back of a wooden spoon until crumbled and cooked through. Remove from heat and set aside.
- 3 In a small saucepan, bring the water to a boil and add in the broccoli florets. Cook for 10 minutes or until soft. Drain the broccoli and set aside.
- 4 Scoop out the spaghetti squash into noodles using a fork and divide them between plates. Add the broccoli and ground turkey to the plates and top with nutritional yeast and sea salt. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

Serving Size, One serving is approximately 1 cup of each ingredient.

More Flavor, Season the turkey with minced onion or garlic while it cooks.

Additional Toppings, Top with fresh parsley, cilantro or your favorite hot sauce.

Make it Vegan, Use chickpeas or lentils instead of ground turkey.



Beef Burrito Bowl with Cauliflower Rice

4 servings

30 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil (divided)
4 Garlic (cloves, minced)
1 Yellow Onion (small, finely diced)
1 lb Extra Lean Ground Beef
1 tbsp Cumin (ground)
1 tbsp Coriander (ground)
1 tbsp Oregano (dried)
1 1/2 tps Sea Salt (divided)
1 Lime (juiced)
4 cups Cauliflower Rice
2 Avocado (diced)

Directions

- 1 In a large skillet heat half of the oil over medium. Add garlic and onions and cook for two minutes, or until onions become translucent.
- 2 Add ground beef to the skillet. With a wooden spoon or spatula, break the beef into small pieces as it cooks, stirring occasionally, until no longer pink.
- 3 When meat is cooked through, drain the grease. Place back over medium heat and add the cumin, coriander, oregano, half of the salt and lime juice to the pan. Stir to coat the beef with the spice and continue to cook for another minute until very fragrant. Transfer the meat to a dish and cover to keep warm.
- 4 Place the pan back over heat and add the remaining olive oil. Add the cauliflower rice and season with remaining sea salt. Cook the cauliflower rice, stirring occasionally, until cauliflower is warmed through and just tender.
- 5 Divide the cauliflower rice between bowls and top with seasoned beef and diced avocado. Enjoy!

Notes

Optional Toppings, Chopped cilantro, green onion, extra lime juice, cheese, sour cream or Greek yogurt.

Leftovers, Store in an airtight container in the fridge up to 3 days.



Pork Fried Cauliflower Rice

4 servings

30 minutes

Ingredients

1/4 cup Coconut Aminos
2 tbsps Lime Juice
2 tbsps Water
4 Garlic (clove, minced)
1 tbsp Ginger (fresh, grated)
1 lb Lean Ground Pork
1/4 tsp Sea Salt
1 Yellow Onion (chopped)
6 cups Baby Spinach (chopped)
3 cups Cauliflower Rice
1/2 cup Cilantro (chopped)

Directions

- 1 In a small mixing bowl combine the coconut aminos, lime juice, water, garlic and ginger. Set aside.
- 2 Heat a large skillet over medium-high heat and brown the pork, breaking it up into small pieces as it cooks. Once it's cooked through, remove excess drippings from the pan and season the pork with the salt.
- 3 Add the onion in with the pork and sauté until the onion just starts to soften, about 5 minutes. Stir in the spinach until it is wilted.
- 4 Add your previously mixed sauce into the skillet and let it simmer for 3 to 5 minutes.
- 5 Add the cauliflower rice to the skillet and stir to combine. Cook for 1 minute for crunchier cauliflower and up to 5 minutes for a softer texture.
- 6 Stir in the cilantro. Divide between plates and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

Serving Size, One serving is equal to approximately 1 1/4 cups.

More Flavor, Add sesame oil and red pepper flakes to the sauce.

Additional Toppings, Top with green onion, sesame seeds, hot sauce or extra cilantro.

No Pork, Use ground turkey or ground chicken instead.

No Coconut Aminos, Use tamari instead.



Lemon Paprika Chicken Drumsticks

3 servings

1 hour 30 minutes

Ingredients

- 1/4 cup Extra Virgin Olive Oil
- 3 Garlic (clove, minced)
- 1 Lemon (juice and zest)
- 1 tbsp Paprika
- 2 tsp Chili Powder
- 1 tsp Italian Seasoning
- 1/2 tsp Sea Salt
- 1/4 tsp Red Pepper Flakes
- 1 1/3 lbs Chicken Drumsticks

Directions

- 1 Combine the olive oil, garlic, lemon juice, lemon zest, paprika, chili powder, Italian seasoning, salt and red pepper flakes in a bowl. Mix well.
- 2 Add the drumsticks to a large zipper-lock bag followed by the marinade. Seal the bag and massage the marinade into the chicken. Place in the fridge for at least 1 hour or up to 24 hours.
- 3 Preheat the oven to 400°F (204°C).
- 4 Transfer the marinated drumsticks to a baking dish and discard the excess marinade. Bake for 25 to 30 minutes or until the chicken is cooked through.
- 5 Divide between plates and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

Serving Size, One serving is approximately 2 drumsticks.

More Flavor, For a spicier chicken add more red pepper flakes, cayenne pepper or hot sauce to the marinade.



Savory Turkey & Vegetable Bake

4 servings

40 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Turkey
- 1 Yellow Onion (finely chopped)
- 2 Garlic (clove, minced)
- 1 tbsp Italian Seasoning
- 1 tsp Sea Salt
- 2 cups Kale Leaves (chopped)
- 2 cups Butternut Squash (chopped into 1 cm cubes)
- 3/4 cup Organic Coconut Milk (full fat, from the can)

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Heat the oil in a large pan over medium-high heat. Add the turkey to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 3 Add the onions and garlic to the turkey and cook for 3 to 5 minutes until the onions soften. Add the Italian seasonings and sea salt and stir to combine. Add the kale and butternut squash to the pan and cook until the kale wilts down then stir in the coconut milk. Season with additional salt if needed.
- 4 Transfer the turkey and vegetable mixture to a baking dish. Cover with a lid or foil and bake for 20 to 25 minutes or until the squash is tender.
- 5 Divide between plates and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

More Flavor, Add red pepper flakes or other dried herbs like sage or thyme.

No Butternut Squash, Use a different variety of squash or sweet potato instead.

More Protein, Top with an egg.

No Turkey, Use ground chicken or pork instead.



One Pan Chicken Fajita Bowls

4 servings

40 minutes

Ingredients

- 2 Red Bell Pepper (sliced)
- 1 Orange Bell Pepper (sliced)
- 1 Green Bell Pepper (sliced)
- 2 tbsps Extra Virgin Olive Oil
- 1 lb Chicken Breast
- 1 tbsp Cumin
- 1 tbsp Chili Powder
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, toss the sliced bell peppers with the olive oil. Transfer to a baking sheet and add the sliced chicken breast. Sprinkle with cumin, chilli powder, salt and pepper.
- 3 Bake for 30 minutes, or until chicken is cooked through.
- 4 Divide between bowls or containers. Enjoy!

Notes

Leftovers, Keeps well in the fridge for 3 days.

More Carbs, Serve with brown rice, quinoa or black beans.

More Fat, Serve with avocado or cheese.

Vegan/Vegetarian, Use tofu or chickpeas instead of chicken.



10 Minute Cabbage Bowl

2 servings

10 minutes

Ingredients

2 tbsps Coconut Oil (divided)
6 cups Coleslaw Mix
4 Egg

Directions

- 1 Heat half of the coconut oil in a large frying pan over medium heat. Add the coleslaw mix. Cover and cook for 5 minutes stirring occasionally.
- 2 Once the coleslaw mixture is softened, season with salt and pepper then transfer to bowls.
- 3 Add the remaining coconut oil to the pan and use it to fry the eggs. Top the cabbage bowls with fried eggs and enjoy!

Notes

On-the-Go, Add a hard boiled egg onto the cabbage bowl instead of fried.



Chicken Thighs with Mushrooms

4 servings

40 minutes

Ingredients

1 lb Chicken Thighs (boneless, skinless)
1/4 tsp Sea Salt
1/2 tsp Coconut Oil
14 White Button Mushrooms
(quartered)
2 tbsps Shallot (diced)
2 Garlic (cloves, minced)
1/2 cup Organic Chicken Broth
1/3 cup Organic Coconut Milk
2 tps Tarragon

Directions

- 1 Heat a pan over medium heat. Season the chicken thighs with sea salt. Add the coconut oil to the pan and once melted, add the chicken. Cook for 5 to 6 minutes per side. Remove and set aside.
- 2 Lower the heat to medium-low and add the mushrooms. Cook for 3 to 4 minutes. Add the shallot and cook for 2 to 3 minutes. Add the garlic cloves and cook for 1 minute and then add the chicken back in along with the broth. Cover and simmer for 8 to 10 minutes.
- 3 Remove the lid and add the coconut milk and tarragon. Stir to combine. Cook for 2 to 3 minutes. Divide the chicken and mushrooms between plates and spoon your desired amount of liquid over top. Serve and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

No Tarragon, Use thyme instead.

Serve it With, Cauliflower rice.

No Coconut Oil, Use extra virgin olive oil or avocado oil instead.



Steak with Creamy Chimichurri Sauce

2 servings

20 minutes

Ingredients

1/2 Avocado
1/2 cup Parsley
1/4 cup Cilantro
2 tbsps Lemon Juice
1 Garlic (clove)
1/2 tsp Sea Salt (divided)
2 tbsps Extra Virgin Olive Oil
1/2 tsp Avocado Oil
8 ozs NY Striploin Steak

Directions

- 1 In a blender, add the avocado flesh, parsley, cilantro, lemon juice, garlic and half of the sea salt. Blend together while slowly adding the extra virgin olive oil. Blend until smooth and creamy. Set aside.
- 2 Heat a cast iron pan over medium heat and add the avocado oil. Meanwhile, season the steak with the remaining sea salt.
- 3 Add the steak to the pan once it is hot. Cook for 3 to 4 minutes per side.
- 4 Let the steak rest for about 10 minutes on a plate. Serve with chimichurri sauce on top. Enjoy!

Notes

Cook Time, Time will vary depending on the temperature of your cast iron pan and the thickness of the steak. In our tests, three minutes per side created a medium-rare steak.

Leftovers, Store the sauce and steak separately. Refrigerate in an airtight container for up to three days.

More Flavor, Season the steak ahead of time with tamari, coconut aminos or red wine vinegar.

Grill Lover, Grill the steak over medium heat for approximately three to five minutes per side for medium-rare.