



Derek Wahler Fitness LLC

**20-Day Kickstart Breakfast
Cookbook**

derek@dwahlerfitness.com



Crustless Broccoli Cheddar Quiche

6 servings

40 minutes

Ingredients

1 1/2 tps Extra Virgin Olive Oil
2 cups Broccoli (finely chopped)
4 1/3 ozs Cheddar Cheese (shredded)
6 Egg
1/2 cup Unsweetened Almond Milk
1/2 tsp Sea Salt
1/2 tsp Garlic Powder

Nutrition

Amount per serving	
Calories	179
Fat	13g
Carbs	3g
Fiber	1g
Sugar	1g
Protein	12g
Sodium	427mg

Directions

- 1 Preheat the oven to 350°F (176°C) and grease a pie pan with the oil.
- 2 Arrange the broccoli and cheese in a single layer in the prepared pie pan.
- 3 In a mixing bowl whisk the eggs, milk, salt and garlic powder together. Pour the egg mixture over the broccoli and cheese. Bake for 30 to 35 minutes or until the egg has set and is firm to the touch.
- 4 Slice the quiche into wedges and enjoy!

Notes

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

Dairy-Free, Omit the cheese or use a dairy-free cheese instead.

More Flavor, Add finely chopped onions and red pepper flakes.

No Almond Milk , Use dairy, coconut, or cashew milk instead. For an extra creamy quiche use half and half cream instead.

Pie Pan, This recipe was developed using a standard 9-inch glass pie pan.



Zucchini, Mushroom & Egg Breakfast

1 serving
20 minutes

Ingredients

1/2 tsp Avocado Oil
1/2 Zucchini (medium, sliced)
6 White Button Mushrooms (sliced)
2 Egg
1/2 cup Arugula
1/2 tsp Lemon Juice
1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	207
Fat	13g
Carbs	8g
Fiber	2g
Sugar	5g
Protein	17g
Sodium	453mg

Directions

- 1 Heat a skillet over medium heat and add the avocado oil, zucchini and mushrooms. Cook for 6 to 8 minutes. Remove and set aside on a plate.
- 2 Using the same pan over medium heat, crack the eggs into the pan. Cook until the whites are set and the yolks are cooked to your liking. Add to the same plate.
- 3 Add the arugula to the plate and drizzle with lemon juice. Season the eggs and vegetables with sea salt. Enjoy!

Notes

Leftovers, Refrigerate leftover vegetables in an airtight container for up to three days. Eggs are best enjoyed immediately.

More Flavor, Season the vegetables with chili flakes, cayenne, onion powder or garlic.

Make it Vegan, Omit the eggs and make a tofu scramble instead.



Blueberry Turkey Breakfast Sausages

4 servings

25 minutes

Ingredients

- 1 lb Extra Lean Ground Turkey
- 1 Garlic (clove, minced)
- 1 tbsp Italian Seasoning
- 1 tsp Ginger (peeled and minced)
- 3/4 tsp Sea Salt
- 1/2 cup Blueberries
- 1 tbsp Coconut Oil

Nutrition

Amount per serving	
Calories	212
Fat	13g
Carbs	3g
Fiber	0g
Sugar	2g
Protein	21g
Sodium	521mg

Directions

- 1 In a large mixing bowl combine the turkey, garlic, Italian seasoning, ginger and salt. Mix until combined. Gently fold in the blueberries. Form the meat mixture into thin, even patties, about 4-inches in diameter.
- 2 Heat the coconut oil in a large frying pan over medium-high heat. Cook the sausage patties for 4 to 5 minutes per side until cooked through. Serve and enjoy!

Notes

Leftovers, Keep refrigerated in an airtight container for up to three days. Freeze for up to three months.

Serving Size, One serving is equal to approximately two sausage patties.

More Flavor, Add ground allspice, black pepper, thyme, cinnamon or cayenne to the turkey mixture before cooking.



One Pan Breakfast Hash

2 servings

40 minutes

Ingredients

4 cups Brussels Sprouts (halved)
1/2 cup Red Onion (chopped)
1 tsp Avocado Oil
Sea Salt & Black Pepper (to taste)
5 slices Organic Bacon (chopped)
4 Egg

Nutrition

Amount per serving	
Calories	530
Fat	38g
Carbs	20g
Fiber	7g
Sugar	6g
Protein	28g
Sodium	713mg

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Add the brussels sprouts and onion to the baking sheet. Drizzle with avocado oil, sea salt, and pepper. Add the chopped bacon on top and place in the oven for 15 minutes. Remove from the oven, stir and bake for 10 minutes more.
- 3 Remove the sheet from the oven and use a spoon to push ingredients aside to make divots for the eggs. Carefully crack the eggs into the divots. Bake for 6 to 8 minutes, or until the eggs are cooked to your liking. Divide between plates and enjoy!

Notes

No Bacon, Use prosciutto, ham or turkey bacon.

More Vegetables, Use additional vegetables such as peppers, potatoes or mushrooms.

More Flavor, Use garlic powder, onion powder, chili flakes, or everything bagel seasoning.

Leftovers, Refrigerate leftover vegetables in an airtight container for up to 4 days. Reheat the vegetables and cook additional eggs as needed.



Scrambled Eggs with Peppers and Kale

2 servings

15 minutes

Ingredients

1 1/2 tps Extra Virgin Olive Oil
1 Red Bell Pepper (sliced)
2 cups Kale Leaves (chopped)
6 Egg
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	267
Fat	18g
Carbs	6g
Fiber	2g
Sugar	3g
Protein	20g
Sodium	227mg

Directions

- 1 Heat the olive oil in a skillet over medium heat. Add the red bell pepper and kale leaves and saute until softened, about 5 to 7 minutes.
- 2 While the veggies are cooking, crack the eggs into a bowl and season with salt and pepper. Beat gently with a fork until well combined.
- 3 Push the veggies to one side of the pan, and pour the beaten eggs into the empty side. Use a spatula to scramble, slowly incorporating the veggies once the eggs are no longer very wet.
- 4 Divide between plates and enjoy!

Notes

More Carbs, Serve with toast, roasted potatoes, or sweet potatoes.

Egg-Free, Use mashed tofu instead of eggs.



Bulletproof Latte

1 serving
15 minutes

Ingredients

1 cup Organic Coffee (brewed)
1 tbsp Ghee
2 tbsps Organic Coconut Milk (canned, full-fat)

Nutrition

Amount per serving	
Calories	165
Fat	17g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	1g
Sodium	82mg

Directions

1

Pour your brewed coffee into a blender with the ghee and coconut milk. Blend on high for 15-30 seconds or until frothy. Pour into a mug and enjoy!

Notes

No Ghee, Use coconut oil or butter.

More Fuel, Add 1 tablespoon MCT oil per cup.

No Coffee, Use your favourite tea instead.



Bacon & Heirloom Tomato Frittata

2 servings

30 minutes

Ingredients

5 Egg
1 tbsp Basil Leaves (chopped)
1/8 tsp Sea Salt
4 slices Organic Bacon (chopped)
3/4 cup Red Onion (thinly sliced)
2 Tomato (heirloom, sliced)

Nutrition

Amount per serving	
Calories	441
Fat	33g
Carbs	10g
Fiber	2g
Sugar	3g
Protein	25g
Sodium	795mg

Directions

- 1 Preheat the oven to 350°F (177°C).
- 2 In a small bowl, whisk the eggs together and add the basil and sea salt. Set aside.
- 3 Heat a small cast iron pan over medium heat and add the bacon. Cook until the fat renders off, about 5 minutes. Remove the bacon and set aside. Add the onion and cook for 2 to 3 minutes.
- 4 Add the bacon back to the pan along with the eggs. Cook over medium heat for about 4 to 5 minutes, careful not to disturb the setting egg. Add the tomato slices on top and place in the oven to cook for 20 minutes.
- 5 Remove from the oven and garnish with extra basil if desired. Let it cool slightly, serve and enjoy!

Notes

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

More Flavor, Add minced garlic and/or chili flakes.

No Pork, Use turkey bacon instead.



Cauliflower Hashbrowns

6 servings

40 minutes

Ingredients

- 1 head Cauliflower (chopped into small florets)
- 2 Egg
- 1/4 cup Coconut Flour
- 1 tsp Coconut Oil
- 1 tsp Onion Powder
- 1 tsp Chili Powder
- 4 1/2 ozs Cheddar Cheese (grated)
- 1 tbsp Chives (diced)

Nutrition

Amount per serving	
Calories	164
Fat	10g
Carbs	9g
Fiber	4g
Sugar	2g
Protein	10g
Sodium	215mg

Directions

- 1 Heat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a food processor, add the cauliflower and process until it forms a rice-like consistency. Remove the cauliflower rice from the food processor and add it to a cheesecloth or kitchen towel. Squeeze the cloth until all of the liquid is gone.
- 3 In a large mixing bowl, add in the cauliflower rice, eggs, coconut flour, coconut oil, onion powder and chili powder. Mix with a wooden spoon until evenly combined. Once the mixture is formed, fold in the grated cheese.
- 4 Form the mixture into medium-sized balls and shape into hashbrown patties on your parchment-lined baking sheet. Bake the hashbrowns for 20 minutes, flipping halfway. Remove from the oven and let them cool slightly.
- 5 Top the hashbrowns with the chives and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to four days or freeze for up to one month. For best results, reheat in the oven.

Serving Size, One serving equals approximately one hashbrown.

Dairy-Free, Use a dairy-free cheese or nutritional yeast instead.

No Food Processor, Buy pre-made cauliflower rice.



Spinach & Sausage Egg Muffins

6 servings

30 minutes

Ingredients

1 1/2 tsps Extra Virgin Olive Oil
8 3/4 ozs Pork Sausage (casing removed)
6 cups Baby Spinach (chopped)
8 Egg
1/4 cup Water
1/4 tsp Sea Salt
1 stalk Green Onion (chopped)

Nutrition

Amount per serving	
Calories	246
Fat	20g
Carbs	3g
Fiber	1g
Sugar	0g
Protein	14g
Sodium	596mg

Directions

- 1 Preheat your oven to 350°F (176°C) and grease a muffin pan with the oil.
- 2 In a pan over medium-high heat, cook the sausage until no longer pink, about 5 to 8 minutes. Break it up into little pieces as it cooks. Drain the excess drippings from the pan and stir in the spinach. Cook until the spinach has wilted then remove the pan from heat to let cool slightly.
- 3 In a mixing bowl whisk the eggs together with the water and sea salt. Fold in the green onion.
- 4 Divide the sausage mixture evenly into the muffin tins and pour in the egg mixture. Bake for 15 to 18 minutes until the egg is firm to the touch and just brown around the edges. Let the egg muffins cool slightly before removing from the pan. Enjoy!

Notes

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

Serving Size, One serving is two egg muffins.

More Flavor, Use milk of choice instead of water. Add chili flakes, black pepper or hot sauce to the eggs.

Make it Vegetarian, Omit the sausage.

No Sausage, Use ground pork, turkey or chicken instead. Season the ground meat with additional salt.

No Spinach, Use kale or chard instead.



Mushroom & Cauliflower Rice Bowl

1 serving

15 minutes

Ingredients

1/2 tsp Avocado Oil
1 1/2 cups Cauliflower Rice
4 White Button Mushrooms (sliced)
2 cups Baby Spinach
1 1/2 tsp Coconut Aminos
1/2 Avocado (sliced)

Nutrition

Amount per serving	
Calories	249
Fat	18g
Carbs	21g
Fiber	12g
Sugar	7g
Protein	9g
Sodium	224mg

Directions

- 1 Heat a skillet over medium heat. Add the avocado oil and then the riced cauliflower. Sauté for 5 to 7 minutes, then remove and set aside.
- 2 In the same pan, over medium heat, add the mushrooms and cook for 4 to 5 minutes. Next, add the spinach and cook for 1 to 2 minutes or until wilted. Add the coconut aminos and stir to combine.
- 3 Add the cauliflower rice to a bowl and top with mushrooms, spinach and the sliced avocado. Enjoy!

Notes

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

No Coconut Aminos, Use tamari or soy sauce instead.

No Avocado Oil, Use olive oil or coconut oil instead.

More Flavor, Season with chili flakes and/or garlic.

Additional Toppings, Add sliced nori and/or sesame seeds on top.



Almond Pancakes

3 servings

20 minutes

Ingredients

- 1 cup Almond Flour
- 1 tsp Baking Powder
- 2 Egg
- 1 tbsp Monk Fruit Sweetener
- 1/3 cup Unsweetened Almond Milk
- 2 tbsps Coconut Oil (softened)
- 1/2 tsp Cinnamon
- 1/8 tsp Sea Salt
- 3 tbsps Almond Butter (for topping)
- 3 tbsps Almonds (roughly chopped, for topping)

Nutrition

Amount per serving	
Calories	494
Fat	44g
Carbs	18g
Fiber	7g
Sugar	3g
Protein	17g
Sodium	327mg

Directions

- 1 In a medium-sized bowl, whisk together the almond flour, baking powder, eggs, sweetener, almond milk, coconut oil, cinnamon and sea salt.
- 2 Heat a greased skillet over medium-low heat. Pour the batter into the skillet, no more than 1/4 cup at a time. Cook each side for 3 to 4 minutes or until browned.
- 3 Divide the pancakes onto plates and top with almond butter and almonds. Enjoy!

Notes

Leftovers, Refrigerate cooked pancakes in an airtight container for up to three days. Reheat in a toaster for easy leftovers.

Serving Size, One serving equals approximately 2 to 3 small pancakes.

Additional Toppings, Top with berries and/or maple syrup.

No Monk Fruit Sweetener, Omit or use coconut sugar and adjust accordingly for flavor.



Spicy Tomato Scramble

1 serving
10 minutes

Ingredients

1 1/2 tsps Extra Virgin Olive Oil
1/4 cup Cherry Tomatoes (cut in half)
1/2 Jalapeno Pepper (small, finely chopped)
1 tbsp Cilantro (optional)
2 Egg
1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	212
Fat	16g
Carbs	3g
Fiber	1g
Sugar	2g
Protein	13g
Sodium	440mg

Directions

- 1 Heat the oil in a non-stick pan over medium heat. Add the tomatoes and jalapeno pepper to the pan and sauté for 3 to 5 minutes or until the tomatoes and jalapeno have softened. If using, add the cilantro and mix well.
- 2 While the tomato mixture is cooking, crack the eggs into a small bowl and beat well. Add in the salt.
- 3 Push the tomato mixture to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the tomato mixture in once the eggs are no longer very wet.
- 4 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 1/2 cup.

More Flavor, Add onions and garlic to the tomato mixture.

Additional Toppings, Top with hot sauce, diced avocado or extra cilantro. Serve with toast, roasted potatoes or sautéed greens.



Cauliflower Rice Breakfast Hash

2 servings

25 minutes

Ingredients

- 4 slices Organic Bacon
- 1 Yellow Onion (chopped, small)
- 1 Yellow Bell Pepper (chopped)
- 3 cups Cauliflower Rice
- 4 Egg
- Sea Salt And Black Pepper (to taste)
- 1 tbsp Chives (optional, chopped)

Nutrition

Amount per serving	
Calories	442
Fat	31g
Carbs	18g
Fiber	5g
Sugar	8g
Protein	25g
Sodium	597mg

Directions

- 1 In a skillet over medium heat, add the bacon and cook for 5 to 7 minutes or until cooked through. Remove, chop into small pieces and set aside, leaving some of the rendered fat in the pan.
- 2 Add the onion and bell pepper and cook for 3 to 4 minutes, stirring as needed. Add the cauliflower rice and stir to combine. Cook for an additional 2 to 3 minutes. Make space for the eggs and crack one egg into each hole. Cook the eggs until the whites are set and the yolk is done to your liking.
- 3 Remove from the pan and divide onto plates. Top with bacon, sea salt, pepper and chives, if using. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to four days. For best results, enjoy the eggs when served and reheat leftover hash in a pan.

More Flavor, Top the hash with Everything Bagel Seasoning or chili flakes.

Additional Toppings, Serve with avocado.

No Chives, Use another fresh herb such as parsley.



Zucchini & Goat Cheese Egg Muffins

6 servings

20 minutes

Ingredients

- 1 Zucchini (divided)
- 6 Egg
- 1/4 cup Water
- 1/4 tsp Sea Salt
- 1/2 cup Goat Cheese (crumbled)

Nutrition

Amount per serving	
Calories	100
Fat	7g
Carbs	2g
Fiber	0g
Sugar	1g
Protein	8g
Sodium	215mg

Directions

- 1 Preheat the oven to 350°F (177°C). Line your muffin tin with parchment liners, or use a silicone muffin tin without liners.
- 2 Roughly chop 2/3 of the zucchini, and cut the remaining 1/3 into thin slices.
- 3 In a mixing bowl, whisk together the eggs, water, salt and chopped zucchini. Divide the mixture into the muffin pan.
- 4 Top each muffin slot with the zucchini slices and goat cheese. Bake for 15 to 18 minutes or until cooked through.
- 5 Let cool slightly before serving. Enjoy!

Notes

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

Serving Size, One serving equals one egg muffin.

More Flavor, Add chopped onion, garlic, smoked paprika, mushrooms and/or spinach.

Additional Toppings, Top with green onions or sliced tomatoes.



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)

Nutrition

Amount per serving	
Calories	152
Fat	6g
Carbs	8g
Fiber	5g
Sugar	2g
Protein	17g
Sodium	450mg

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.