



Derek Wahler Fitness LLC

20-Day Kickstart Dinner
Cookbook

derek@dwahlerfitness.com



Grilled Chicken Caesar Lettuce Wraps

4 servings

40 minutes

Ingredients

1 Garlic (whole bulb)
 Sea Salt & Black Pepper (to taste)
 1/2 tsp Paprika
 1/2 tsp Black Pepper
 1/2 tsp Onion Powder
 1/2 tsp Garlic Powder
 1/2 tsp Sea Salt
 1 Lime (juiced)
 1 lb Chicken Breast
 1 Lemon (juiced)
 1/4 cup Extra Virgin Olive Oil (plus some extra for roasting garlic)
 1 tbsp Dijon Mustard
 1 head Boston Lettuce (washed and pulled apart into leaves)

Nutrition

Amount per serving	
Calories	269
Fat	17g
Carbs	3g
Fiber	0g
Sugar	1g
Protein	26g
Sodium	389mg

Directions

- 1 Preheat the grill over medium heat.
- 2 Slice the head off the garlic bulb and peel away the skin. Drizzle with a splash of extra virgin olive oil and sprinkle with sea salt and black pepper. Wrap tightly with foil and place on the grill for 30 minutes.
- 3 In a small bowl, combine the paprika, black pepper, onion powder, garlic powder and sea salt. Mix well.
- 4 Toss the chicken breast in lime juice then coat with your spice mixture on both sides. Place chicken on the grill with the garlic and grill for 10 to 15 minutes per side or until chicken is cooked through.
- 5 Remove roasted garlic from the grill and carefully open up the foil. Let cool. In a blender or food processor, add your lemon juice, olive oil and dijon mustard and then squeeze the flesh of the roasted garlic in as well. Discard the skin. Season the dressing with sea salt and black pepper and blend well until smooth and creamy.
- 6 Remove chicken from the grill and dice with a knife.
- 7 Plate lettuce wraps and top with diced chicken. Drizzle with roasted garlic dressing, wrap and enjoy!

Notes

Time Saver, Make the roasted garlic dressing up in advance. Store in the fridge up to a week. Chicken can also be grilled in advance.

No Grill, Use an oven pre-heated to 400°F (204°C) instead.

More Carbs, Add quinoa to your wraps.

Vegan, Use roasted chickpeas instead of chicken.



15 Minute Grilled Steak with Mint Pesto

4 servings

15 minutes

Ingredients

- 1/4 cup Slivered Almonds
- 1 Garlic (clove)
- 1/2 cup Mint Leaves (fresh)
- 1/2 cup Parsley
- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1 lb NY Striploin Steak
- 2 tsps Sea Salt
- 3 Yellow Bell Pepper (de-seeded and sliced into 1/4's)
- 1 cup Red Onion (sliced into 1/8's)
- 1 tbsp Balsamic Vinegar

Nutrition

Amount per serving	
Calories	407
Fat	26g
Carbs	18g
Fiber	4g
Sugar	3g
Protein	28g
Sodium	1244mg

Directions

- 1 In a food processor, combine the slivered almonds, garlic, mint, parsley, olive oil and lemon juice. Pulse until a thick paste forms. Set aside.
- 2 Preheat grill to medium heat.
- 3 Rub steaks generously with sea salt. Place yellow peppers, red onion and steaks on the grill. Cook for 4 to 5 minutes and then turn. Cook for another 4 to 5 minutes. (Note: Time will vary depending on temperature. We found 4 minutes per side was great for medium-rare.)
- 4 Remove veggies and steak from the grill. Toss the veggies in balsamic vinegar and drizzle with a splash of olive oil. Divide onto plates. Add the steak and top with a spoonful of mint pesto. Enjoy!

Notes

Add Carbs, Serve with quinoa, brown rice or sweet potato.

Time Saver, Blend up the pesto in advance and chop the veggies. Grill the veggies and steak at time of meal.

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



Baked Chicken with Tomatoes, Avocado & Spinach Salad

4 servings

40 minutes

Ingredients

1 lb Chicken Breast
Sea Salt & Black Pepper (to taste)
2 tsps Paprika
2 cups Cherry Tomatoes (halved)
2 Avocado (peeled and pitted)
2 Lime (juiced)
1/4 cup Red Onion (finely diced)
4 cups Baby Spinach
1 1/2 tsps Extra Virgin Olive Oil
1/2 Lemon (juiced)

Nutrition

Amount per serving	
Calories	346
Fat	20g
Carbs	16g
Fiber	9g
Sugar	4g
Protein	29g
Sodium	87mg

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Season your chicken breasts with sea salt, black pepper and paprika to taste. Place them to one side of the baking sheet. Spread your cherry tomatoes across the other side of the baking sheet. Bake the chicken and the cherry tomatoes together in the oven for 30 minutes or until chicken is cooked through.
- 3 In the mean time, place avocado, lime juice and red onion together in a mixing bowl. Season with a pinch of sea salt and pepper. Mash with a fork until a creamy consistency forms.
- 4 Toss spinach with olive oil and lemon juice.
- 5 Plate the spinach, and then serve baked chicken over top. Top with guacamole and roasted tomatoes. Enjoy!



Greek Chicken Burgers

6 servings

45 minutes

Ingredients

1 1/2 tsps Extra Virgin Olive Oil
1 Red Bell Pepper (diced and divided)
1/2 cup Red Onion (diced and divided)
4 cups Baby Spinach
1 cup Almond Flour
1 lb Extra Lean Ground Chicken
1/2 cup Black Olives (chopped and divided)
1/2 cup Feta Cheese (crumbled and divided)
1/2 Cucumber (diced)
Sea Salt & Black Pepper (to taste)
4 cups Mixed Greens

Nutrition

Amount per serving	
Calories	294
Fat	21g
Carbs	10g
Fiber	4g
Sugar	3g
Protein	21g
Sodium	299mg

Directions

- 1 Heat olive oil in a large skillet over medium heat.
- 2 Add half of the red pepper and half of the red onion to the skillet. Saute for about 5 minutes or until onion is translucent. Add baby spinach and stir just until wilted. Remove from heat and set aside to cool.
- 3 Add almond flour, ground chicken, half of the black olives and half of the feta cheese to the mixing bowl. Now add in your sauteed vegetables. Mix well. Form the mixture into even patties and place on a baking sheet. Transfer to the fridge until ready to grill.
- 4 Meanwhile, create your greek salsa in a bowl by combining the remaining red pepper, red onion, black olives, feta cheese and cucumber. Drizzle with a splash of extra virgin olive oil and season with sea salt and pepper to taste. Set aside.
- 5 Preheat grill over medium heat. Transfer burgers onto grill and cook for about 7 to 8 minutes per side or until burger is cooked through. Remove from grill.
- 6 Plate burger over a bed of greens and top with your chopped greek salsa. Enjoy!

Notes

Added Touch, Serve with homemade tzatziki.

Wrap it Up, Serve in a lettuce wrap or brown rice tortilla.

Get Creative, These also work well as meatballs or sliders.



Ginger Chicken Stir Fry

4 servings

30 minutes

Ingredients

- 1/3 cup Tamari
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 tbsp Coconut Oil
- 1 1/4 lbs Chicken Breast (sliced into cubes)
- 1/2 Yellow Onion (diced)
- 3 stalks Celery (sliced)
- 1 Red Bell Pepper (diced)
- 2 cups Broccoli (chopped into florets)
- 4 cups Kale Leaves (chopped)

Nutrition

Amount per serving	
Calories	260
Fat	8g
Carbs	10g
Fiber	4g
Sugar	4g
Protein	37g
Sodium	1624mg

Directions

- 1 Mix together tamari, garlic and ginger in a jar. Put on a lid and shake well. Set aside.
- 2 Add coconut oil to a large frying pan and place over medium heat. Add chicken and yellow onion. Saute for 8 to 10 minutes or until chicken is mostly cooked through. Add in celery, red pepper and broccoli. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat and stir in your kale. Continue to stir just until kale is wilted.
- 3 Plate stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!

Notes

Alternative Veggies, Use mushrooms, snap peas, carrots or any other vegetables you have on hand.

Serve it With, Brown rice, pasta or quinoa.

Leftovers, Keeps well in the fridge up to 3 days.

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

Make It Faster, Use pre-sliced veggies from the bag.



Sun Dried Tomato & Olive Chicken with Spinach

2 servings

35 minutes

Ingredients

- 1 Garlic (clove, peeled)
- 3/4 cup Pitted Kalamata Olives
- 1/2 cup Sun Dried Tomatoes (oil packed or rehydrated)
- 1/4 cup Extra Virgin Olive Oil
- 8 ozs Chicken Breast
- 4 cups Baby Spinach

Nutrition

Amount per serving	
Calories	484
Fat	36g
Carbs	13g
Fiber	4g
Sugar	5g
Protein	30g
Sodium	484mg

Directions

- 1 Preheat your oven to 350°F (177°) and line a baking dish with parchment. Place the chicken in the center of the dish.
- 2 Place the garlic, kalamata olives, sun dried tomatoes, and olive oil into a small blender or food processor. Process until mostly smooth.
- 3 Spoon the sun-dried tomato mixture over the chicken breasts and bake for 30 minutes, or until the chicken is cooked through.
- 4 In the last 10 minutes of cooking, place spinach in a large skillet with 1 to 2 tablespoons of water. Steam over medium heat until wilted.
- 5 To serve, divide the chicken and spinach between plates. Enjoy!

Notes

Add Carbs, Serve with pasta, potatoes, rice, or quinoa.

Leftovers, Keeps well for 2 to 3 days in the fridge.



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)

Nutrition

Amount per serving	
Calories	472
Fat	34g
Carbs	20g
Fiber	11g
Sugar	5g
Protein	28g
Sodium	993mg

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.



Hemp Seed Crusted Trout

2 servings

20 minutes

Ingredients

- 1/4 cup Hemp Seeds
- 2 tsps Italian Seasoning
- 1 tsp Nutritional Yeast
- 1/4 tsp Sea Salt
- 2 Rainbow Trout Fillet
- 2 tbsps Dijon Mustard
- 1/2 Lemon (sliced into wedges)

Nutrition

Amount per serving	
Calories	323
Fat	15g
Carbs	3g
Fiber	1g
Sugar	1g
Protein	40g
Sodium	515mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 In a small mixing bowl combine the hemp seeds, Italian seasoning, nutritional yeast and salt.
- 3 Place the trout fillets on the prepared baking sheet and pat dry with a paper towel. Smear the Dijon mustard evenly on to the top of the fillets.
- 4 Spoon the hemp seed mixture on top of the mustard coating and press down with the back of the spoon to ensure the hemp seeds stick to the fish. Bake for about 9 minutes or until fish is cooked through and flakey.
- 5 Serve with fresh lemon wedges and season with additional salt if needed. Enjoy!

Notes

Trout Fillets, One trout fillet is equal to 5.6 ounces or 160 grams.

Likes it Crispy, Turn the oven to broil for the last one to two minutes of cooking for an extra crispy coating.

No Rainbow Trout, Use salmon instead.

Leftovers, Store in the fridge up to two days.

Serve it With, A side of quinoa, rice or steamed vegetables.



Chicken Ranch Spaghetti Squash

4 servings

30 minutes

Ingredients

8 ozs Chicken Breast (boneless, skinless)
1 Red Bell Pepper (halved and seeds removed)
1 Spaghetti Squash (cut in half lengthwise, seeds removed)
2 tbsps Extra Virgin Olive Oil
1 cup Mayonnaise
1/2 cup Unsweetened Coconut Yogurt
2 tsps Apple Cider Vinegar
2 tsps Dried Chives
1/2 tsp Sea Salt
1/4 cup Organic Coconut Milk (full fat, from the can)

Nutrition

Amount per serving	
Calories	595
Fat	53g
Carbs	15g
Fiber	3g
Sugar	2g
Protein	15g
Sodium	686mg

Directions

- 1 Preheat the oven to 375°F (177°C) and line your baking sheets with aluminium foil.
- 2 Brush the chicken, bell pepper and the inside of the spaghetti squash with oil. Transfer to the baking sheets, placing the bell pepper and squash face down.
- 3 Roast the pepper for about 20 to 25 minutes or until slightly charred. Remove and set aside. Continue cooking the chicken and squash for an additional 10 minutes or until cooked through and tender.
- 4 Meanwhile, combine the mayonnaise, yogurt, apple cider vinegar, chives, salt and coconut milk in a jar. Cover with a lid and shake until well combined.
- 5 When cool enough to handle, use a fork to shred the squash into noodles. Chop the chicken and bell pepper, and transfer to the spaghetti squash bowl. Drizzle with the dressing and enjoy!

Notes

Leftovers, Refrigerate in an airtight container up to 3 days.

Serving Size, One serving is equal to approximately 1/4 of stuffed spaghetti squash.

No Bell Peppers, Use mushrooms, peas or broccoli instead.

No Coconut Yogurt, Use any alternative plain yogurt or sour cream.

Egg-Free, Use sour cream or yogurt instead of mayonnaise.



Pesto Chicken Bake

4 servings

20 minutes

Ingredients

1 lb Chicken Breast (boneless, skinless)
1/4 cup Pesto
1 Tomato (sliced)

Nutrition

Amount per serving	
Calories	206
Fat	9g
Carbs	2g
Fiber	1g
Sugar	1g
Protein	27g
Sodium	157mg

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Cut each breast in half to make thin slices like cutlets. Transfer to the baking sheet and top each slice with pesto and tomato slices. Bake for 12 to 15 minutes or until cooked through. Enjoy!

Notes

No Pesto, Use hummus instead.

Leftovers, Refrigerate in an airtight container up to 3 days.



Zucchini Noodles with Sausage & Tomato Sauce

2 servings

20 minutes

Ingredients

- 8 ozs Pork Sausage (Italian)
- 1 Yellow Bell Pepper (thinly sliced)
- 1 cup Tomato Sauce
- 2 Zucchini (medium size, spiralized into noodles)
- 1/4 cup Basil Leaves (chopped)

Nutrition

Amount per serving	
Calories	452
Fat	34g
Carbs	21g
Fiber	5g
Sugar	9g
Protein	19g
Sodium	1064mg

Directions

- 1 In a pan over medium heat, add the sausage and sliced pepper. Cook for 7 to 8 minutes. Remove the sausage, slice and return to the pan for 1 minute or until cooked through. Add the tomato sauce to the pan and stir to combine. Remove everything from the pan and set aside.
- 2 Wipe the pan free of any remaining sauce. Add the zucchini noodles and cook for 1 minute or just until softened.
- 3 Divide the zucchini noodles between plates and top with sauce, sausage and peppers. Sprinkle with basil, serve and enjoy!

Notes

Leftovers, For best results, refrigerate the zucchini noodles and sauce in separate airtight containers for up to three days.

No Pork, Use chicken, turkey, lamb or veggie sausages instead.

Additional Toppings, Top with nutritional yeast or chili flakes.

Make it Vegan, Use a vegan sausage or chickpeas instead.



Bison Meatballs & Cauliflower Mash

2 servings

40 minutes

Ingredients

- 1 lb Ground Bison
- 4 Garlic (cloves, minced, divided)
- 1 tsp Lemon Zest
- 1/4 cup Parsley (chopped)
- 1 tsp Sea Salt (divided)
- 1 head Cauliflower (large, chopped into florets)
- 1 tbsp Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	476
Fat	24g
Carbs	17g
Fiber	6g
Sugar	6g
Protein	52g
Sodium	1432mg

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, combine the bison, half the minced garlic, lemon zest, parsley and half the sea salt. Form into meatballs, about 2 inches thick. Place on the baking sheet and bake for 23 to 25 minutes.
- 3 Meanwhile, bring a large pot of water to a boil under a steamer basket. Place the cauliflower florets in the steamer basket and cook for 10 to 12 minutes, or until soft. Remove and place the florets into a blender or food processor.
- 4 In a small skillet over low heat add the extra virgin olive oil and the remaining minced garlic. Heat through until fragrant and lightly browned, being careful not to let the garlic burn. Add this to the cauliflower along with the remaining salt and process until smooth.
- 5 Serve the cauliflower mash along with the bison meatballs. Enjoy!

Notes

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

Serving Size, One serving is roughly 5 to 6 meatballs and 1 cup of cauliflower mash.

Additional Toppings, Garnish with minced chives, parsley or dill.

No Bison, Use another meat such as ground beef, lamb or chicken.



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)

Nutrition

Amount per serving	
Calories	307
Fat	18g
Carbs	13g
Fiber	3g
Sugar	7g
Protein	24g
Sodium	549mg

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.



Braised Chicken Drumsticks

4 servings

1 hour 40 minutes

Ingredients

2 lbs Chicken Drumsticks
1 Yellow Onion (sliced)
6 Garlic (cloves, peeled, cut in half)
2 tbsps Lemon Juice
1 tbsp Extra Virgin Olive Oil
1 tbsp Italian Seasoning
1/2 tsp Sea Salt
1/4 cup Water

Nutrition

Amount per serving	
Calories	415
Fat	24g
Carbs	5g
Fiber	1g
Sugar	2g
Protein	42g
Sodium	538mg

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 In a large mixing bowl combine the drumsticks, onion and garlic. Add in the lemon juice, oil, Italian seasoning and salt. Mix until the chicken is well coated.
- 3 Transfer the seasoned chicken to a rimmed baking dish. Arrange the drumsticks into a single layer on top of the onions and garlic. Add the water to the dish and cover with a tight-fitting lid or foil. Bake covered for 75 minutes then remove the lid and continue baking for 20 minutes or until the chicken has browned and sauce has thickened.
- 4 Remove the chicken from the baking dish and gently mash the garlic cloves into a chunky paste then stir to mix with the rest of the sauce.
- 5 To serve, divide the chicken between plates and top with the garlic and onion sauce. Enjoy!

Notes

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

Serving Size, One serving is approximately 2 chicken drumsticks and 2 tablespoons of sauce.

More Flavor, Use chicken broth instead of water.

Additional Toppings, Garnish with fresh herbs like parsley or thyme.

No Drumsticks, Use bone-in chicken thighs instead.



Roasted Turkey Breast & Carrots

4 servings

1 hour 5 minutes

Ingredients

2 1/4 lbs Turkey Breast, Skin on (bone-in)
 1 Navel Orange (cut into quarters)
 1 Yellow Onion (cut into quarters)
 3/4 tsp Sea Salt (divided)
 3 tbsps Extra Virgin Olive Oil (divided)
 1 tsp Fresh Sage (finely chopped)
 1 tbsp Rosemary (finely chopped)
 1 1/2 tbsps Thyme (finely chopped, divided)
 2/3 cup Water
 6 Carrot (medium, peeled, roughly chopped)

Nutrition

Amount per serving	
Calories	544
Fat	29g
Carbs	16g
Fiber	4g
Sugar	10g
Protein	56g
Sodium	688mg

Directions

- 1 Preheat the oven to 425°F (218°C). Arrange the orange and onion quarters in a large baking dish or a roasting pan.
- 2 Season the turkey breast on all sides with two-thirds of the salt. Place the seasoned turkey breast on top of the orange and onion in the baking dish.
- 3 In a small mixing bowl combine half of the oil with the sage, rosemary and two-thirds of the thyme. Spoon the oil mixture evenly over top of the turkey breast. Add the water to the bottom of the baking dish then bake the turkey breast for 20 minutes.
- 4 Meanwhile, line a baking sheet with parchment paper. Place the carrots on the baking sheet and season with the remaining oil and salt.
- 5 After the turkey has cooked for 20 minutes, reduce the oven to 350°F (176°C). Place the carrots in the oven with the turkey. Continue cooking for 30 to 40 minutes or until the turkey is cooked through, the skin is brown and crispy and the carrots are cooked. Be sure to add more water to the pan if it evaporates too quickly or if the pan juices start to burn.
- 6 Let the turkey rest for at least 10 minutes before slicing. Season the roasted carrots with the remaining thyme. Divide the turkey and carrots between plates and enjoy.

Notes

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

Serving Size, One serving is approximately 6 oz of cooked turkey and 1 cup of carrots.

Additional Toppings, Spoon pan juices over top of the sliced meat.

No Carrots, Use parsnips or squash instead.

No Water, Use chicken broth instead.