



Derek Wahler Fitness LLC

**20-Day Kickstart Lunch
Cookbook**

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Turkey Taco Lettuce Wraps

4 servings

25 minutes

Ingredients

- 1 tbsp Avocado Oil
- 1 Yellow Onion (diced)
- 1 lb Extra Lean Ground Turkey
- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 2 tsps Smoked Paprika
- 1 tsp Garlic Powder
- 1 tsp Sea Salt
- 1/2 tsp Red Pepper Flakes
- 1 Lime (juiced)
- 3 Tomato (finely chopped and divided)
- 1 Jalapeno Pepper (seeds removed and chopped)
- 1 head Iceberg Lettuce (leaves pulled apart and washed)
- 2 Avocado (diced)

Nutrition

Amount per serving	
Calories	433
Fat	29g
Carbs	23g
Fiber	12g
Sugar	6g
Protein	27g
Sodium	844mg

Directions

- 1 Heat oil over medium-high heat. Add onion and cook for about 5 minutes until translucent.
- 2 Add ground turkey to the pan and break into very small pieces with a spatula and cook until no longer pink. Drain any excess drippings if necessary.
- 3 Add the chili powder, cumin, smoked paprika, garlic powder, salt, red pepper flakes and lime juice and stir until the meat is coated evenly. Add half the chopped tomatoes and the jalapeno. Stir to combine and cook for another 5 minutes until tomatoes are very soft. Remove from heat.
- 4 To assemble the tacos, divide the turkey into the lettuce leaves, and top with remaining tomatoes and diced avocado. Enjoy!

Notes

Leftovers, Refrigerate the ingredients separately in airtight containers for up to three days.

Serving Size, One serving is approximately three tacos.

Optional Toppings, Salsa, cheese, cilantro, black beans, sour cream or guacamole.

No Iceberg Lettuce, Use romaine leaves, green lettuce or Boston lettuce instead.

Vegans & Vegetarians, Omit the ground meat and use cooked lentils instead.



Shrimp & Green Beans

4 servings

20 minutes

Ingredients

- 1 tbsp Avocado Oil (divided)
- 2 1/2 cups Green Beans (trimmed)
- 2 lbs Shrimp (raw, peeled and deveined)
- 1/8 tsp Sea Salt
- 1 tbsp Tamari
- 1/2 tsp Red Pepper Flakes

Nutrition

Amount per serving	
Calories	247
Fat	5g
Carbs	5g
Fiber	2g
Sugar	2g
Protein	47g
Sodium	599mg

Directions

- 1 Heat half of the oil in a large skillet over medium-high heat. Add the green beans and stir for 5 to 7 minutes, or until tender and crisp. Transfer the beans to a dish and set aside.
- 2 Reduce the heat to medium and add the remaining oil to the skillet. Add the shrimp, season with salt and cook for about 2 to 3 minutes per side. Return the green beans to the skillet, and add the tamari and red pepper flakes. Stir until the shrimp is cooked through and evenly coated. Divide onto plates and enjoy!

Notes

Leftovers, Refrigerate in an airtight container up to 2 to 3 days.

Serve It With, Rice, quinoa, polenta, spaghetti squash, couscous, sweet potatoes or zucchini noodles.

No Tamari, Use soy sauce or coconut aminos instead.



Slow Cooker Chicken Cacciatore

4 servings

4 hours

Ingredients

- 1 1/2 lbs Chicken Thighs (skinless, boneless)
- 1 Carrot (peeled and sliced)
- 2 cups Mushrooms (sliced)
- 2 cups Crushed Tomatoes
- 1 1/2 tsps Oregano
- 2 tbsps Capers
- 1/2 cup Black Olives (pitted, sliced)
- 1/2 tsp Sea Salt
- 1/2 cup Parsley (finely chopped)

Nutrition

Amount per serving	
Calories	283
Fat	9g
Carbs	14g
Fiber	4g
Sugar	7g
Protein	37g
Sodium	923mg

Directions

- 1 Combine all ingredients except parsley in the slow cooker and cook on high for 4 hours, or on low for approximately 6 to 8 hours.
- 2 Divide into bowls and garnish with parsley. Adjust salt to taste if needed. Enjoy!

Notes

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

Serve it With, Rice, bread, potatoes, spaghetti squash, zucchini noodles, pasta, cauliflower rice or couscous.



Turkey Taco Skillet with Cauliflower Rice

4 servings

30 minutes

Ingredients

- 1 tsp Avocado Oil
- 1 lb Extra Lean Ground Turkey
- 1/2 Yellow Onion (chopped)
- 1 Red Bell Pepper (diced)
- 1 Yellow Bell Pepper (diced)
- 1 tbsp Chili Powder
- 1 tsp Paprika
- 1 tsp Cumin
- 1/4 tsp Sea Salt
- 1 3/4 cups Diced Tomatoes (from the can)
- 5 cups Cauliflower Rice
- 1 Avocado (sliced, optional)
- 1/4 cup Cilantro (chopped, optional)

Nutrition

Amount per serving	
Calories	344
Fat	19g
Carbs	20g
Fiber	9g
Sugar	8g
Protein	27g
Sodium	334mg

Directions

- 1 Heat a skillet over medium heat and add the avocado oil. Add the ground turkey, onion, red bell pepper, yellow bell pepper, chili powder, paprika, cumin, and sea salt. Cook for 10 to 15 minutes or until cooked through. Add the tomatoes, stir well and remove from heat.
- 2 Divide the cauliflower rice into bowls then top with the turkey, avocado and cilantro. Enjoy!

Notes

Cauliflower Rice, Can be served raw or cooked. To cook your cauliflower rice, saute in a skillet for 5 to 7 minutes before serving.

Vegan & Vegetarian, Use cooked lentils instead of ground turkey.

Save Time, Use pre-riced cauliflower.

Dairy-Lover, Top with Greek yogurt or grated cheese.

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

No Avocado Oil, Use coconut or olive oil instead.



One Pan Sausage and Peppers

4 servings

35 minutes

Ingredients

2 Red Bell Pepper (sliced)
1 Yellow Bell Pepper (sliced)
1 cup Red Onion (sliced)
1 tbsp Avocado Oil
1 tsp Italian Seasoning
1/4 tsp Sea Salt
1 lb Pork Sausage

Nutrition

Amount per serving	
Calories	438
Fat	36g
Carbs	13g
Fiber	2g
Sugar	4g
Protein	15g
Sodium	1185mg

Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Arrange the sliced peppers and onion on the baking sheet and season with avocado oil, Italian seasoning and sea salt. Place the sausages in the center of the pan. Transfer the pan to the oven and roast for 30 to 35 minutes or until sausages are cooked through.
- 3 Divide between plates and enjoy!

Notes

Meal Prep, Divide between storage containers and store in the fridge for up to 3 days.

Gluten-Free and Paleo, Ensure the pork sausages are gluten-free and do not contain wheat crumbs or other grain products.

More Flavor, Use a spicy Italian or honey garlic flavored sausage.

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

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



Deconstructed Burger Bowl

4 servings

15 minutes

Ingredients

1 lb Extra Lean Ground Beef
1 tbsp Italian Seasoning
1 tsp Chili Powder
1 tsp Cumin
1/2 tsp Sea Salt
1/2 tsp Black Pepper
1/4 cup Mayonnaise
2 tsps Dijon Mustard
1 1/2 heads Romaine Hearts (chopped)
1 cup Cherry Tomatoes (chopped)
8 stalks Green Onion (chopped, green tops only)

Nutrition

Amount per serving	
Calories	316
Fat	22g
Carbs	4g
Fiber	1g
Sugar	2g
Protein	24g
Sodium	511mg

Directions

- 1 In a pan over medium-high heat, brown the beef. Break the meat into small chunks with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
- 2 Add the Italian seasoning, chili powder, cumin, salt and pepper to the beef and stir to combine. Season with additional salt and pepper if needed.
- 3 In a small bowl combine the mayonnaise and Dijon mustard.
- 4 Divide the lettuce, tomatoes and onion between bowls and top with cooked beef and the Dijon mayo. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days. For best results, keep the dressing and beef separate from the lettuce and toppings until ready to serve.

More Flavor, Add garlic powder, onion powder, ground coriander or your favorite steak spice blend to the ground beef.

Additional Toppings, Top bowls with your favorite burger toppings like chopped pickles, sauerkraut, ketchup, relish, shredded cheese or avocado.



15 Minute Spicy Shrimp

4 servings

15 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Garlic (clove, minced)
- 2 tsps Chili Powder
- 1 tsp Cumin
- 1/8 tsp Cayenne Pepper
- 1/8 tsp Sea Salt
- 1 lb Shrimp (raw, peeled, deveined)

Nutrition

Amount per serving	
Calories	133
Fat	4g
Carbs	1g
Fiber	1g
Sugar	0g
Protein	23g
Sodium	248mg

Directions

- 1 In a mixing bowl combine the oil, garlic, chili powder, cumin, cayenne and sea salt. Add shrimp to the bowl and toss to coat evenly in the marinade.
- 2 Heat a large non-stick pan over medium-high heat. Add the shrimp and the marinade to the hot pan and cook for 4 to 5 minutes stirring often until the shrimp is cooked through. Season with additional salt if needed.
- 3 Serve immediately and enjoy!

Notes

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

Serving Size, One serving is approximately 4 oz or about 1/2 cup of shrimp.

More Flavor, Serve with lime wedges

Make it A Meal, Serve shrimp on top of a salad, in tacos or beside quinoa and leafy greens.



Pressure Cooker Chicken Breast

1 serving
20 minutes

Ingredients

6 ozs Chicken Breast (skinless and boneless)
1/4 tsp Oregano
1/4 tsp Dried Thyme
1/4 tsp Paprika
1/8 tsp Garlic Powder
1/8 tsp Onion Powder
1/8 tsp Sea Salt
1 tsp Avocado Oil
3/4 cup Organic Chicken Broth
1 2/3 ozs Thyme Sprigs (for garnish)

Nutrition

Amount per serving	
Calories	311
Fat	10g
Carbs	14g
Fiber	7g
Sugar	1g
Protein	42g
Sodium	1070mg

Directions

- 1 Place the chicken in a shallow bowl and add oregano, thyme, paprika, garlic, onion and sea salt. Coat the chicken, ensuring it is fully covered.
- 2 Using the sauté function on your pressure cooker, cook the chicken for 2 minutes per side and then remove. Add the chicken broth to the pressure cooker and place the metal rack inside.
- 3 Place the chicken on top of the metal rack and cook on high pressure for 5 minutes. Let the steam release naturally for 8 minutes and then do a quick release. Remove the chicken and top with thyme sprigs. Serve and enjoy!

Notes

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

Make it a Meal, Serve alongside your favorite sides, like roasted vegetables, potatoes and/or rice.



Mushroom & Sausage Zoodles

4 servings

20 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 10 ozs Pork Sausage (cut into pieces)
- 1 cup Mushrooms (sliced)
- 2 Zucchini (spiralized)
- 1 tsp Garlic Powder
- 1 tsp Sea Salt

Nutrition

Amount per serving	
Calories	280
Fat	24g
Carbs	6g
Fiber	1g
Sugar	3g
Protein	10g
Sodium	1245mg

Directions

- 1 In a skillet, heat the olive oil over medium heat. Add the sausage and cook for 10 minutes, flipping halfway through.
- 2 Once the sausage is cooked, add in the mushrooms and cook for 5 minutes or until they become soft.
- 3 Add in the zucchini noodles, garlic powder and sea salt. Cover with a lid to help steam the zucchini and cook for another 2 minutes.
- 4 Remove the skillet from the heat. Divide the mixture between plates and enjoy!

Notes

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

More Flavor, Add more vegetables like broccoli, bell peppers and onions.

Additional Toppings, Add shaved almonds or hemp seeds.

Make it Vegan, Use black beans or lentils instead of sausage.



Turkey & Carrots with Spinach

4 servings

25 minutes

Ingredients

2 cups Water
4 Carrot (peeled, chopped)
2 tbsps Avocado Oil (divided)
1 lb Extra Lean Ground Turkey
8 cups Baby Spinach
1 tbsp Nutritional Yeast

Nutrition

Amount per serving	
Calories	279
Fat	17g
Carbs	9g
Fiber	4g
Sugar	3g
Protein	25g
Sodium	176mg

Directions

- 1 In a medium saucepan, add the water and bring to a boil. Add the carrots and cook for 10 minutes or until soft. Drain and set aside.
- 2 While the carrots cook, heat half of the avocado oil in a pan over medium heat and add the ground turkey. Use a spatula to break it up as it browns. Cook for 8 to 10 minutes, until no pink remains. Once cooked, drain the fat and set aside.
- 3 In the same pan, add in the other half of the avocado oil and the spinach. Sauté the spinach until it has wilted, about 2 to 3 minutes. Season with the nutritional yeast.
- 4 Divide between plates, or into containers if on-the-go. Enjoy!

Notes

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

No Spinach, Use another leafy green like Swiss chard or kale instead.

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



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)

Nutrition

Amount per serving	
Calories	354
Fat	19g
Carbs	9g
Fiber	3g
Sugar	2g
Protein	36g
Sodium	444mg

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.



Lemon Cilantro Cod with Peppers

2 servings

35 minutes

Ingredients

3 tbsps Lemon Juice
3 tbsps Avocado Oil (divided)
3/4 cup Cilantro (finely chopped, divided)
1/2 tsp Sea Salt (divided)
2 Cod Fillet
1/2 Red Bell Pepper (sliced)
1/2 Yellow Bell Pepper (sliced)
1 Tomato (diced)

Nutrition

Amount per serving	
Calories	411
Fat	23g
Carbs	8g
Fiber	2g
Sugar	2g
Protein	43g
Sodium	743mg

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 In a zipper-lock bag add the lemon juice, 2/3 of the oil, 2/3 of the cilantro and 1/2 of the sea salt. Add the cod and massage the marinade into the fillets. Marinate them for at least 15 minutes or up to an hour.
- 3 Meanwhile, heat the remaining oil over medium heat. Add the bell peppers and tomato and cook for 8 to 10 minutes or until the peppers are just tender and the tomatoes have released their juices. Stir in the remaining cilantro and season with the remaining salt. Remove from heat.
- 4 Place cod fillets to a baking dish and transfer the peppers mixture on top of the cod fillets. Cover the dish with foil, or a tight-fitting lid, and bake for 18 to 20 minutes or until the fish is cooked through and flakes easily.
- 5 Divide the fish and peppers between plates and season with additional salt if needed. Enjoy!

Notes

Fillet Size, Each cod fillet is equal to 231 grams or 8 ounces.

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

More Flavor, Add more herbs like parsley or oregano. Serve with additional lemon wedges.

No Lemon, Use lime instead.

No Cod, Use another white fish, like haddock, instead.



Turmeric Chicken Salad

2 servings

30 minutes

Ingredients

1 lb Chicken Breast (skinless, boneless)
1 tbsp Avocado Oil
1 tsp Turmeric
Sea Salt & Black Pepper (to taste)
2 cups Baby Spinach
1 cup Cherry Tomatoes
1/2 Cucumber (sliced)

Nutrition

Amount per serving	
Calories	369
Fat	13g
Carbs	8g
Fiber	2g
Sugar	3g
Protein	53g
Sodium	131mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Toss the chicken breast in the avocado oil, turmeric, salt and pepper. Transfer to the baking sheet and cook for 25 to 30 minutes or until the chicken is cooked through.
- 3 Divide the spinach, cherry tomatoes, and cucumber between plates. Top with the chicken and enjoy!

Notes

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

More Flavor, Top with your favorite dressing, a scoop of guacamole, some hummus, or additional vegetables.



Pressure Cooker Roasted Chicken

6 servings

50 minutes

Ingredients

- 1 Lemon (sliced)
- 1/2 cup Parsley
- 3 1/3 lbs Whole Roasting Chicken
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Sea Salt
- 1 tsp Dried Thyme
- 1 tsp Oregano
- 1 cup Water

Nutrition

Amount per serving	
Calories	302
Fat	9g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	51g
Sodium	584mg

Directions

- 1 Stuff the lemon and parsley inside the cavity of the chicken. Drizzle the chicken with the oil and sprinkle with salt, thyme and oregano. Rub to coat the chicken with the oil and seasoning on all sides.
- 2 Add the metal rack to your pressure cooker along with the water. Place the seasoned chicken on top of the rack and close the lid.
- 3 Set to "sealing", then press manual/pressure cooker and cook for 20 minutes on high pressure (or 6 minutes per pound). Once it is done, let the pressure release naturally for 10 to 15 minutes then release the rest of the pressure manually if needed.
- 4 Remove the lid carefully and transfer the cooked chicken to a serving dish. Enjoy!

Notes

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

More Flavor, Add garlic powder or other dried herbs.

Crispier Chicken, Broil the cooked chicken until the skin browns.



Cheezy Beef & Zoodle Bowl

2 servings

25 minutes

Ingredients

1 lb Extra Lean Ground Beef
3 tbsps Nutritional Yeast
1 tbsp Fresh Dill (chopped, divided)
1/4 tsp Sea Salt
2 Zucchini (spiralized)

Nutrition

Amount per serving	
Calories	484
Fat	23g
Carbs	11g
Fiber	5g
Sugar	5g
Protein	55g
Sodium	498mg

Directions

- 1 Add the beef to a pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, add the nutritional yeast, half of the fresh dill and sea salt. Mix together until evenly combined and set the mixture aside in a bowl.
- 2 Drain the excess beef drippings and place the pan back on medium heat. Toss in the zucchini and cook for 2 to 3 minutes, or until cooked to your preference.
- 3 Divide the zucchini noodles into bowls and top with the ground beef mixture and remaining dill. Enjoy!

Notes

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

Additional Toppings, Add cherry tomatoes or bell peppers.

Make it Vegan, Use black beans instead of ground beef.

No Spiralizer, Chop the zucchini into small circles and sauté until they're cooked to your preference.