



**Derek Wahler Fitness LLC**

**20-Day Kickstart Snack  
Cookbook**

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## Ground Chicken

4 servings

20 minutes

### Ingredients

- 1 tbsp Avocado Oil
- 1 lb Extra Lean Ground Chicken
- 1/4 tsp Sea Salt (or more to taste)

### Nutrition

Amount per serving	
Calories	193
Fat	13g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	20g
Sodium	216mg

### Directions

- 1 Heat the avocado oil in a skillet over medium heat. Add the ground chicken. Saute for 10 minutes or until completely cooked through, breaking it up as it cooks.
- 2 Once cooked through, season to taste with sea salt and enjoy!

### Notes

**Storage,** Keeps well in fridge for up to 3 days. Freeze for longer.

**Serve it With,** Tacos, salads, stir fries and any time you need to add protein.

**Spice it Up,** Add seasonings like cayenne pepper, chili powder, black pepper, turmeric, paprika, onion powder, garlic powder or dried basil to add more flavour.





## Cleaned Up Biscuits

8 servings

30 minutes

### Ingredients

3/4 cup Almond Flour  
1/4 cup Coconut Flour  
1 tsp Baking Powder  
1 1/2 tbsps Coconut Oil (chilled)  
6 Egg (whites only)

### Nutrition

Amount per serving	
Calories	152
Fat	12g
Carbs	5g
Fiber	2g
Sugar	1g
Protein	7g
Sodium	122mg

### Directions

- 1 Preheat oven to 400°F (204°C). Line baking sheet with parchment paper.
- 2 Mix together almond flour, coconut flour and baking powder. Add coconut oil and use your hands to break it up until crumbly. Set aside in the fridge.
- 3 Use a hand mixer to whip the egg whites until stiff peaks form. Fold the whites into your chilled flour mixture.
- 4 Scoop the mixture onto the baking sheet using an ice cream scoop and gently flatten the top. Bake for 20 minutes or until golden brown.
- 5 Remove from oven. Let cool then enjoy!

### Notes

**Serving Size,** One biscuit per serving.

**Serve Them With,** Soup, butter, ghee or our Turkey Gravy.

**Coconut Flour,** This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.



## Simple Tuna Salad

2 servings

10 minutes

### Ingredients

2 cans Tuna (drained)  
1 Green Apple (chopped)  
2 stalks Green Onion (finely sliced)  
2 tbsps Mayonnaise  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	287
Fat	12g
Carbs	12g
Fiber	3g
Sugar	9g
Protein	33g
Sodium	498mg

### Directions

- 1 Add all ingredients to a large bowl and mix until well combined. Enjoy!

### Notes

How to Serve, Enjoy alone, on crackers, on a sandwich, or over greens.  
Leftovers, Keeps well in the fridge for 2 to 3 days.



## Dill & Feta Cucumbers

1 serving

5 minutes

### Ingredients

1/2 Cucumber (cut into spears)  
1/2 tsp Lemon Juice  
1 tbsp Fresh Dill (chopped)  
1 tbsp Feta Cheese (crumbled)  
1 tsp Extra Virgin Olive Oil

### Nutrition

Amount per serving	
Calories	88
Fat	7g
Carbs	6g
Fiber	1g
Sugar	3g
Protein	2g
Sodium	110mg

### Directions

1

Arrange the cucumber in a bowl and add the lemon juice, dill, and feta cheese. Drizzle with extra virgin olive oil and enjoy!

### Notes

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

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

No Dill, Use parsley or basil instead.





## Turkey Wraps with Almonds, Cucumbers & Blueberries

1 serving  
10 minutes

### Ingredients

1/4 Apple (cored, sliced)  
1 oz Havarti Cheese (sliced)  
3 1/2 ozs Sliced Turkey Breast  
1/2 cup Blueberries  
1/4 cup Almonds  
1/2 Cucumber (large, sliced)

### Nutrition

Amount per serving	
Calories	517
Fat	32g
Carbs	32g
Fiber	8g
Sugar	17g
Protein	30g
Sodium	1109mg

### Directions

1

Layer the apple and havarti on top of the sliced turkey. Roll into wraps and serve with the blueberries, almonds and cucumber. Enjoy!

### Notes

No Turkey Breast, Use ham, prosciutto, salami, collard greens or lettuce instead.

Dairy-Free, Use avocado instead of havarti.

Nut-Free, Use pumpkin seeds or sunflower seeds instead.

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



## Cucumber Tuna Bites

2 servings

5 minutes

### Ingredients

- 1 can Tuna (flaked and drained)
- 2 tbsps Mayonnaise
- 1 Cucumber (large, sliced into rounds)

### Nutrition

Amount per serving	
Calories	187
Fat	11g
Carbs	6g
Fiber	1g
Sugar	3g
Protein	17g
Sodium	294mg

### Directions

- 1 Add the tuna to a small bowl with the mayonnaise and mix together.
- 2 Top each cucumber round with a spoonful of the tuna mixture. Enjoy!

### Notes

**Leftovers,** Refrigerate leftovers separately in a sealed container up to three days.

**More Flavor,** Add spices or herbs to the tuna mixture such as chili flakes, cayenne, dill or parsley.

**Additional Toppings,** Top with some sprouts or microgreens.





## Coconut Zucchini Fries

4 servings

20 minutes

### Ingredients

- 1 tbsp Coconut Oil
- 1/4 cup Organic Coconut Milk (canned, full fat)
- 1/4 cup Coconut Flour
- 1/2 tsp Sea Salt
- 2 Zucchini (medium, sliced into strips)

### Nutrition

Amount per serving	
Calories	104
Fat	7g
Carbs	7g
Fiber	3g
Sugar	3g
Protein	2g
Sodium	322mg

### Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with foil and coat with oil.
- 2 Pour the coconut milk into a small bowl. In a separate bowl, combine the coconut flour and salt.
- 3 Dip each zucchini strip in the coconut milk, letting the excess liquid drip off. Transfer to the bowl of salted coconut flour and coat well, shaking off any excess flour. Place onto the baking sheet. Bake for 12 to 15 minutes or until golden brown, gently flipping halfway.
- 4 Remove from oven and enjoy!

### Notes

**No Coconut Milk,** Use eggs instead.

**Leftovers,** Refrigerate in an airtight container for up to five days. Reheat in the oven for best results.

**Additional Toppings,** Add paprika, chili powder or spices of your choice to the coconut flour.

**Extra Crispy,** Substitute half of the coconut flour with breadcrumbs or shredded coconut. Drizzle the zucchini fries with oil prior to baking.





## Boiled Eggs with Mayo & Asparagus

1 serving  
15 minutes

### Ingredients

2 Egg  
1 cup Asparagus (woody ends trimmed,  
chopped in half)  
1 tbsp Mayonnaise

### Nutrition

Amount per serving	
Calories	264
Fat	20g
Carbs	6g
Fiber	3g
Sugar	3g
Protein	16g
Sodium	232mg

### Directions

- 1 Place the eggs in a saucepan. Cover with water and bring to a boil.
- 2 Once the eggs have come to a boil, turn off the heat and let the pot sit with the lid on for 10 to 12 minutes. Next, move the eggs into ice water to prevent them from overcooking.
- 3 Meanwhile, set the asparagus in a steaming basket over boiling water and cover. Steam for 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus.
- 4 Peel the eggs and serve them with the asparagus and mayonnaise. Enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to three days. If the eggs are unpeeled, they will last up to seven days.

**More Flavor,** Mix your choice of herbs, spices or hot sauce into the mayonnaise.

**Additional Toppings,** Add fresh herbs, cucumbers, cherry tomatoes, bell peppers or nuts.



## Olive & Tahini Plate

1 serving

5 minutes

### Ingredients

2 tbsps Tahini  
2 tbsps Water  
1/8 tsp Sea Salt  
1/2 Tomato (cut into wedges)  
1/4 Cucumber (sliced)  
1/3 cup Black Olives

### Nutrition

Amount per serving	
Calories	251
Fat	21g
Carbs	14g
Fiber	4g
Sugar	1g
Protein	7g
Sodium	684mg

### Directions

- 1 In a small bowl, whisk together the tahini, water and sea salt.
- 2 Arrange the tomatoes, cucumbers and black olives around the tahini, and enjoy!

### Notes

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

**More Flavor,** Add your choice of spices to the tahini spread, such as cumin, paprika or garlic.

**Additional Toppings,** Top with chives, black pepper, feta cheese, red onion, garlic or bell peppers.





## Arugula & Tomato Egg Muffins

6 servings

30 minutes

### Ingredients

1 1/2 tsps Avocado Oil  
4 cups Arugula  
8 Egg  
1 Tomato (chopped)  
2/3 oz Pecorino Romano Cheese (shredded)  
1/4 cup Parsley (chopped)  
1/3 cup Unsweetened Almond Milk  
1/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	128
Fat	9g
Carbs	2g
Fiber	1g
Sugar	1g
Protein	10g
Sodium	291mg

### Directions

- 1 Preheat the oven to 350°F (177°C) and lightly grease a muffin tin with avocado oil.
- 2 In a non-stick skillet over medium-low heat, cook the arugula until just wilted, and then remove from heat.
- 3 In a medium-sized bowl, crack the eggs and then add the arugula, tomato, pecorino romano, parsley, almond milk and sea salt. Whisk everything together.
- 4 Pour the egg mixture into the muffin cups until they are about 3/4 of the way filled.
- 5 Bake for 20 to 22 minutes. Remove from the oven, let cool and enjoy!

### Notes

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

Serving Size, One serving is equal to two egg cups.

No Arugula, Use spinach instead.

Dairy-Free, Omit the cheese or use nutritional yeast instead.

Nut-Free, Use whole milk, coconut milk or oat milk instead of almond milk.

More Flavor, Use sun dried tomatoes instead of regular tomato.



## Jicama Fries with Guacamole

4 servings

45 minutes

### Ingredients

4 cups Jicama (peeled, sliced into 1/4-inch strips)  
2 tbsps Avocado Oil  
1 1/2 tsps Sea Salt (divided)  
2 Avocado (peeled, pit removed)  
1/2 Lime (juiced)

### Nutrition

Amount per serving	
Calories	273
Fat	22g
Carbs	21g
Fiber	13g
Sugar	3g
Protein	3g
Sodium	897mg

### Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with foil or a silicone baking mat.
- 2 Par-boil the jicama strips in a pot on the stovetop for 10 minutes, or microwave them in a bowl with a few tablespoons of water for 15 minutes. Drain and dry with a towel.
- 3 In a mixing bowl, toss the jicama strips in the oil and season with 3/4 of the salt. Transfer to the baking sheet and bake for 30 to 40 minutes, or until browned and tender-crisp.
- 4 Meanwhile, mash the avocado and stir in the lime juice. Season with the remaining salt.
- 5 Serve the jicama fries alongside the guacamole and enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to four days. For best results, store the jicama fries and guacamole separately, and re-crisp the fries in the oven before serving.

**Jicama,** One medium jicama equals approximately 5 cups.

**Serving Size,** One serving equals approximately one cup of jicama fries with 1/4 cup of guacamole.

**More Flavor,** Add your choice of spices to the jicama fries before baking.

**Additional Toppings,** Add tomatoes, cilantro, feta, onion and garlic to the guacamole.





## Berry & Nut Breakfast Bowl

1 serving  
10 minutes

### Ingredients

1/2 cup Strawberries (chopped)  
1/2 cup Blackberries (cut in half)  
2 tbsps Walnuts (chopped)  
2 tbsps Almonds (chopped)  
1 tbsp Pumpkin Seeds  
1 tbsp Hemp Seeds  
1/4 cup Unsweetened Almond Milk

### Nutrition

Amount per serving	
Calories	356
Fat	28g
Carbs	21g
Fiber	10g
Sugar	8g
Protein	13g
Sodium	44mg

### Directions

- 1 Add strawberries and blackberries to a bowl. Top with the nuts and seeds.
- 2 Pour the almond milk over top and enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to two days. Keep the almond milk, berries and nuts separately until ready to serve.

**Additional Toppings,** Add a pinch of cinnamon, shredded coconut, additional nuts and seeds, a dollop of yogurt or a drizzle of honey.

**No Berries,** Use peaches, mango, pineapple or banana instead.

**No Almond Milk,** Use another non-dairy milk instead.



## Smoked Salmon Egg Cups

3 servings

25 minutes

### Ingredients

1 1/2 tps Avocado Oil  
6 Egg  
1 tbsp Chives (chopped)  
Sea Salt & Black Pepper (to taste)  
1 cup Baby Spinach (chopped)  
4 ozs Smoked Salmon (roughly chopped)

### Nutrition

Amount per serving	
Calories	210
Fat	14g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	20g
Sodium	403mg

### Directions

- 1 Preheat the oven to 350°F (177°C) and lightly grease a muffin tin with avocado oil.
- 2 In a small bowl, whisk together the eggs, chives, salt and pepper.
- 3 Add the spinach and then the smoked salmon to each muffin tin, then pour the egg mixture on top. Bake for 20 minutes. Remove from the oven, let cool and enjoy!

### Notes

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

**Serving Size,** One serving is equal to two egg cups.

**More Flavor,** Add fresh dill or capers to the muffin tins.





## Celery with Sunflower Seed Butter & Olives

1 serving

5 minutes

### Ingredients

3 stalks Celery (cut into sticks)  
1 tbsp Sunflower Seed Butter  
2 tbsps Pitted Kalamata Olives

### Nutrition

Amount per serving	
Calories	135
Fat	11g
Carbs	8g
Fiber	3g
Sugar	3g
Protein	4g
Sodium	220mg

### Directions

- 1 Arrange all ingredients on a plate. Enjoy!

### Notes

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

No Sunflower Seed Butter, Use hummus, baba ganoush, tzatziki or any nut butter instead.



## Chicken Guacamole

4 servings

10 minutes

### Ingredients

4 1/3 ozs Chicken Breast, Cooked  
2 Avocado  
2 tbsps Lemon Juice  
1 Garlic (clove, minced)  
1/4 tsp Sea Salt  
1 Cucumber (sliced)

### Nutrition

Amount per serving	
Calories	222
Fat	16g
Carbs	12g
Fiber	7g
Sugar	2g
Protein	12g
Sodium	172mg

### Directions

- 1 Shred the cooked chicken breast until no large pieces remain. Set aside.
- 2 In a mixing bowl, mash the avocado then stir in the lemon juice, garlic and sea salt. Fold in the shredded chicken. Season with additional salt or lemon juice if needed.
- 3 Serve with cucumber slices and enjoy!

### Notes

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

**More Flavor,** Add cilantro, tomato, onion or jalapeno.

**No Lemon,** Use lime juice instead.

**No Cucumbers,** Serve with carrot sticks or crackers instead.