



Derek Wahler Fitness LLC

20-Day Kickstart Soup
Cooobook

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Crispy Prosciutto & Leek Soup

4 servings

30 minutes

Ingredients

1/2 tsp Avocado Oil
2 Leeks (trimmed, roughly chopped)
1/2 Yellow Onion (chopped)
1/2 head Cauliflower (cut into florets)
4 cups Organic Chicken Broth
1/2 tsp Sea Salt
4 ozs Prosciutto (sliced into small pieces)
1 1/4 cups Organic Coconut Milk (full fat, canned)
1/4 cup Parsley (chopped)

Nutrition

Amount per serving	
Calories	266
Fat	18g
Carbs	15g
Fiber	3g
Sugar	6g
Protein	12g
Sodium	1796mg

Directions

- 1 In a large pot or dutch oven, heat the avocado oil over medium heat. Once hot, add the leeks and onion and sauté for 4 to 5 minutes. Add the cauliflower, chicken broth and sea salt. Bring to a boil, then reduce heat and let simmer for 15 to 18 minutes.
- 2 Meanwhile, heat a large non-stick skillet over medium heat. Add the prosciutto and cook for 3 minutes per side or until crisp. Remove from the pan and set aside.
- 3 Add the coconut milk to the soup and stir to incorporate. Blend the soup with a stick blender or in a blender. Ladle into bowls and top with crispy prosciutto and parsley. Serve and enjoy!

Notes

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

Serving Size, One serving is equal to approximately 1.5 cups of soup.

More Flavor, Add black pepper or your favorite herbs and spices to the soup.

No Prosciutto, Omit, or use crispy bacon instead.

Make it Vegan, Use vegetable broth and omit the prosciutto.



Curried Coconut Soup

8 servings

30 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
 1 tbsp Ginger (chopped)
 2 Garlic (clove, minced)
 1 Yellow Onion (chopped)
 2 tbsps Curry Powder
 2 cups Mushrooms (sliced)
 1 oz Lemongrass (chopped)
 1 cup Broccoli (chopped into small florets)
 1 tbsp Lime Juice
 3 cups Organic Coconut Milk
 4 cups Organic Vegetable Broth
 1 Zucchini (spiralized into noodles)
 1/4 cup Cilantro
 1 tsp Chili Flakes (optional)

Nutrition

Amount per serving	
Calories	208
Fat	18g
Carbs	9g
Fiber	2g
Sugar	4g
Protein	3g
Sodium	359mg

Directions

- 1 In a pot over medium-low heat, add the olive oil, ginger, garlic and onion. Sauté for 3 to 5 minutes. Add in the curry powder, mushrooms and lemongrass.
- 2 Once the mushrooms are cooked through, add in the broccoli, lime juice, coconut milk and broth. Bring to a boil, reduce heat and let it simmer for 10 minutes.
- 3 During the last minute, add the zucchini noodles and remove from heat.
- 4 Divide between bowls and top with cilantro and red chilli flakes, if using. Enjoy!

Notes

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

Serving Size, One serving is equal to approximately one cup of soup.

More Flavor, Add salt and pepper.

Make it a Meal, Add in leftover cooked chicken breast or cooked lentils.



Thai Chicken & Mushroom Soup

2 servings

40 minutes

Ingredients

- 1 1/2 tps Coconut Oil
- 1 Garlic (clove, minced)
- 1 tsp Ginger (minced)
- 3 cups Organic Chicken Broth
- 1 tbsp Coconut Aminos
- 1/4 oz Lemongrass (peeled, chopped into large pieces)
- 8 ozs Chicken Breast (skinless, boneless, chopped into cubes)
- 1 1/2 cups Shiitake Mushrooms (sliced)
- 1 cup Organic Coconut Milk (canned)
- 1 tbsp Lime Juice
- 1/4 cup Thai Basil (chopped)

Nutrition

Amount per serving	
Calories	478
Fat	29g
Carbs	24g
Fiber	2g
Sugar	9g
Protein	31g
Sodium	1607mg

Directions

- 1 In a pot over medium heat, add the coconut oil, garlic and ginger. Sauté for 1 minute. Then add the broth, coconut aminos and lemongrass. Bring to a simmer, reduce heat to medium-low and cook for 15 to 20 minutes.
- 2 Add the chicken and mushrooms and cook for 10 minutes or until the chicken is cooked through. Remove from heat. Remove the lemongrass stalks and discard. Add the coconut milk and lime juice. Stir to combine.
- 3 Divide into bowls and garnish with basil. Enjoy!

Notes

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

Additional Toppings, Add leafy greens such as spinach or kale.

No Lemongrass, Use extra lime juice instead.

No Coconut Aminos , Use tamari or soy sauce instead.

No Thai Basil, Use regular basil, cilantro or mint instead.



Slow Cooker Chicken Soup

6 servings

6 hours

Ingredients

1 Yellow Onion (diced)
4 stalks Celery (diced)
3 Carrot (medium, chopped)
1 tbsp Rosemary (fresh)
8 ozs Chicken Breast (boneless, skinless)
1 lb Chicken Thighs (boneless, skinless)
Sea Salt & Black Pepper (to taste)
6 cups Water (or broth)

Nutrition

Amount per serving	
Calories	161
Fat	4g
Carbs	6g
Fiber	2g
Sugar	3g
Protein	24g
Sodium	137mg

Directions

- 1 Add all ingredients to the crock pot and cook on low for 6-8 hrs.
- 2 Once chicken is cooked through, transfer it to a large bowl and shred it with two forks. Return the shredded chicken to the crock pot and let it soak for at least 5-10 minutes before serving. Adjust seasoning as needed.

Notes

More Carbs, Add chopped potatoes or cooked rice/pasta. You can also mix in raw pasta about 15 minutes before serving.

Leftovers, Refrigerate in an air-tight container up to 3-4 days or freeze up to 6 months.

Omit pasta and potatoes if you plan to freeze.



Creamy Cauliflower & Carrot Soup

4 servings

30 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil
6 stalks Green Onion (chopped)
5 Carrot (medium size, chopped)
1 head Cauliflower (chopped into florets)
6 cups Water
2 tps Dried Thyme
1/2 tsp Sea Salt
1/2 cup Parsley

Nutrition

Amount per serving	
Calories	137
Fat	8g
Carbs	17g
Fiber	6g
Sugar	7g
Protein	4g
Sodium	406mg

Directions

1

Heat the olive oil in a large stock pot over medium-low heat. Add the green onions and saute until softened. Add the carrot, cauliflower, water, thyme and salt. Cover the pot and bring to a boil. Once boiling, reduce to a simmer. Let simmer for 20 minutes then add in the parsley and stir until wilted. Turn off the heat.

2

Puree the soup using a blender or handheld immersion blender. (Note: If using a regular blender, be careful. Ensure you leave a space for the steam to escape.) Taste and adjust seasoning if needed. Ladle into bowls and enjoy!

Notes

Make it Fancy, Roast up some leftover carrots and cauliflower and use as a garnish with pumpkin seeds.

Anti-Inflammatory, Add turmeric powder.

Make it a Meal, Stir in lentils, chickpeas or chicken.

Gut-Healing, Make with bone broth instead of water. Adjust sea salt accordingly if the broth is salted.



Turkey & Vegetable Soup

6 servings

50 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
1 Yellow Onion (chopped)
3 Garlic (clove, minced)
1 tsp Dried Thyme
1 tsp Sea Salt
1 Sweet Potato (peeled, cut into 1/2-inch cubes)
1 Carrot (peeled, chopped)
2 stalks Celery (chopped)
10 1/2 ozs Turkey Breast, Cooked (roughly chopped)
6 cups Organic Chicken Broth
1 cup Parsley (chopped)

Nutrition

Amount per serving	
Calories	142
Fat	4g
Carbs	10g
Fiber	2g
Sugar	4g
Protein	18g
Sodium	1411mg

Directions

- 1 Heat the oil in a large pot over medium heat.
- 2 Add the onion and cook until it begins to soften, about 5 minutes. Add in the garlic, thyme and salt and continue cooking for one minute more.
- 3 Add the sweet potato, carrots, celery and turkey. Stir to combine then add the chicken broth to the pot along with the parsley.
- 4 Bring soup to a gentle boil then reduce the heat to low and cover with a lid. Simmer for 40 to 45 minutes or until the vegetables are very tender. Season with additional salt if needed. Serve and enjoy!

Notes

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

Serving Size, One serving is approximately 1 1/2 cups of soup.

More Flavor, Add a bay leaf or some red pepper flakes.

No Turkey, Use chicken breast instead.

Additional Toppings, Serve the soup over top of cooked rice or cooked pasta.



Coconut Shredded Chicken Soup

4 servings

40 minutes

Ingredients

1 lb Chicken Thighs (boneless, skinless)
 1/3 tsp Dried Thyme
 1/2 tsp Onion Powder
 1/2 tsp Sea Salt (divided)
 2 tps Avocado Oil (divided)
 1/2 Yellow Onion (chopped)
 2 stalks Celery (chopped)
 2 Garlic (cloves, minced)
 1 1/4 cups Organic Chicken Broth
 1 1/4 cups Organic Coconut Milk (full fat, from a can)
 2 tbsps Lime Juice
 2 cups Arugula
 1 Avocado (sliced)

Nutrition

Amount per serving	
Calories	392
Fat	28g
Carbs	10g
Fiber	4g
Sugar	3g
Protein	25g
Sodium	734mg

Directions

- 1 In a shallow dish, add the chicken breast and season with thyme, onion powder, half the sea salt and half the avocado oil.
- 2 In a dutch oven, over medium heat, add the remaining avocado oil along with the onion and celery and cook for 5 minutes. Add the garlic and cook for 1 minute more. Add the chicken to the pot and brown on all sides, about 5 to 7 minutes.
- 3 Add the broth and lower the heat to medium-low and let it simmer for about 10 minutes. Remove the chicken and shred it using two forks. Return to the pot along with the coconut milk, lime juice and remaining sea salt and stir to combine.
- 4 Divide the chicken into bowls and top with arugula and avocado. Enjoy!

Notes

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

More Flavor, Add mushroom powder to season the chicken. Top with chili flakes for more spice.

Additional Toppings, Serve with tortilla chips for dipping.



Pressure Cooker Bone Broth

4 servings

3 hours

Ingredients

- 1 Whole Chicken Carcass
- 2 Carrot (medium, chopped)
- 1 Yellow Onion (chopped)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 5 cups Water

Nutrition

Amount per serving	
Calories	25
Fat	0g
Carbs	6g
Fiber	2g
Sugar	4g
Protein	1g
Sodium	618mg

Directions

- 1 Add the cooked chicken carcass/bones to the pressure cooker along with the carrots, onion, apple cider vinegar and sea salt.
- 2 Add the water to the pressure cooker. Lock the lid on and make sure the knob is set to the "sealing" position. Select the "manual" or "pressure cook" (on newer models) setting and set for two hours.
- 3 Once the two hours are up, allow the pressure to release naturally. Then open the lid carefully and strain the broth through a sieve or strainer. Discard the veggies and bones then transfer the broth into jars. Enjoy!

Notes

Chicken Carcass, One whole chicken carcass is equal to about 2 lbs. of bones.

Layer of Fat, A layer of fat may form on the top of the broth once it cools. You can keep it or skim it off once it has hardened.

Storage, Store broth in the fridge for up to 3 to 4 days or freeze until ready to use. For easy freezing, pour into an ice cube tray and freeze, then remove and place in a bag in the freezer.

No Onion, Omit or use celery for extra flavour instead.

Save Your Bones, Anytime you have extra bones from a meal, freeze them for when you are ready to make broth.

Use it With, You can use this broth in soups, stews, curries, quinoa or simply sip it on its own.



Creamy Roasted Tomato Soup

4 servings

1 hour

Ingredients

7 Tomato (sliced into quarters)
2 Sweet Onion (coarsley chopped)
4 Garlic (cloves, peeled)
1 tbsp Extra Virgin Olive Oil
2 cups Organic Vegetable Broth
1 tbsp Thyme
1 tsp Oregano
1/8 tsp Cayenne Pepper
1 tbsp Apple Cider Vinegar
1/2 cup Basil Leaves (chopped)
1 cup Unsweetened Almond Milk
Sea Salt & Black Pepper (to taste)
1/2 cup Baby Spinach (chopped)

Directions

- 1 Preheat the oven to 410°F (210°C). Toss your tomatoes, onion and garlic cloves in olive oil and season with sea salt and pepper. Place on large parchment-lined baking sheet and bake for 40 to 50 minutes.
- 2 In the mean time, add your vegetable broth, thyme, oregano, cayenne pepper, basil leaves and apple cider vinegar to a large stock pot. When your veggies are done roasting also add them to your stock pot. Stir in almond milk.
- 3 Transfer mixture to blender and blend in batches until pureed. Ensure you leave a place for the steam to escape to avoid the lid bursting off during blending.
- 4 Transfer pureed soup back to stock pot and warm through over low heat. Serve topped with chopped spinach and a piece of organic bread for dipping.

Nutrition

Amount per serving	
Calories	136
Fat	5g
Carbs	22g
Fiber	4g
Sugar	9g
Protein	5g
Sodium	466mg



Creamy Cauliflower Soup

4 servings

1 hour

Ingredients

- 1 tbsp Coconut Oil
- 1/2 Sweet Onion (chopped)
- 1 Carrot (chopped)
- 1 head Cauliflower (cut into florets)
- 2 cups Organic Vegetable Broth
- 1 cup Water
- 1 cup Organic Coconut Milk
- 1/4 tsp Sea Salt (or more to taste)
- 1 tsp Nutmeg
- 1 Avocado (peeled and sliced)
- 2 stalks Green Onion (chopped)

Nutrition

Amount per serving	
Calories	283
Fat	22g
Carbs	19g
Fiber	7g
Sugar	8g
Protein	5g
Sodium	553mg

Directions

- 1 Add coconut oil to a large pot and place over medium heat. Saute the onions and carrots for about 5 minutes or until soft and golden.
- 2 Add the cauliflower and cook until it browns (about 5 minutes).
- 3 Add the broth and water. Bring to a boil. Reduce heat to simmer and cover. Let simmer for 30 minutes.
- 4 Add in coconut milk, sea salt and nutmeg. Stir well until milk is heated through and remove from heat.
- 5 With caution, puree your soup using a blender. Ensure lid is on tightly. (NOTE: If using a regular blender, ensure to remove the centerpiece of the lid and cover with a tea towel to allow a place for the steam to escape. Otherwise the steam will cause the lid to pop off, creating a mess and potentially burning yourself.)
- 6 Pour into bowl and top with sliced avocado and green onion. Sprinkle with fresh ground pepper and serve!



Creamy Carrot Soup

4 servings

50 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
8 Carrot (chopped into 1 inch rounds)
1 Sweet Onion (chopped)
2 Garlic (cloves, minced)
1 tsp Cumin
1 tsp Turmeric
Sea Salt & Black Pepper (to taste)
3 cups Organic Vegetable Broth
1 cup Unsweetened Almond Milk
1 Lemon (cut into wedges)
1 cup Baby Spinach (chopped)

Nutrition

Amount per serving	
Calories	133
Fat	5g
Carbs	22g
Fiber	5g
Sugar	11g
Protein	3g
Sodium	629mg

Directions

- 1 In a large pot, heat olive oil over medium heat. Stir in onion, garlic, carrots, cumin and turmeric. Season with salt and pepper to taste. Sauté for about 10 minutes or until veggies start to brown.
- 2 Add in vegetable broth. Cover with lid and let simmer for 30 minutes.
- 3 After 30 minutes, pour in almond milk and stir well. Transfer soup to a blender to puree. Always be careful to leave a hole for the steam to escape or the lid will pop off while blending (DANGER!). Blend in batches and transfer back to pot. Taste and season with more sea salt and pepper if desired.
- 4 Ladle soup into bowls. Garnish with chopped spinach and drizzle with a squeeze of lemon wedge. Serve with an organic piece of bread for dipping and/or a mixed greens salad.



Spicy Roasted Red Pepper Soup

4 servings

1 hour

Ingredients

4 Red Bell Pepper
1 1/2 tsps Extra Virgin Olive Oil
1 Sweet Onion (diced)
2 Garlic (cloves, minced)
1 tsp Black Pepper (fresh ground)
1/8 oz Thyme Sprigs
1 Bay Leaf
3 cups Organic Vegetable Broth
3 tbsps Apple Cider Vinegar
1/4 tsp Cayenne Pepper (less if you don't like it spicy)

Nutrition

Amount per serving	
Calories	90
Fat	2g
Carbs	17g
Fiber	4g
Sugar	11g
Protein	2g
Sodium	503mg

Directions

- 1 Preheat oven to broil. Cut bell peppers in half lengthwise and discard seeds. Place pepper halves skin side down on a parchment paper-lined baking sheet. Broil for 15 minutes or until blackened.
- 2 Place roasted peppers in a zip-lock bag and seal. Let sit for 15 minutes. This allows you to peel the skin off more easily. Remove peppers from bag and peel away the skin. Throw the skin away and coarsely chop the remaining pepper.
- 3 Heat the oil in a large pot over medium heat. Add onion and sauté for 5 minutes or until golden. Then add garlic and sauté for another minute.
- 4 Add bell peppers, fresh ground pepper, bay leaf, thyme, broth, vinegar and cayenne. Bring to a boil then cover and reduce heat to simmer for 10 minutes. After 10 minutes, remove the bay leaf and thyme sprigs from the soup and discard.
- 5 Puree soup. You can do this with a blender, magic bullet or hand/immersion blender. If you are blending with a normal blender, ensure you remove the centerpiece of the lid to allow a place for steam to escape. Otherwise the steam will pop the lid off when blending, which is super dangerous.
- 6 Pour soup back into pot and warm over medium heat. Ladle into soup bowls when ready to eat. Season with a pinch of cayenne for a spicier soup. Enjoy!



Pressure Cooker Carrot Ginger Soup

4 servings

25 minutes

Ingredients

3 cups Organic Vegetable Broth
1 Yellow Onion (chopped)
1 Garlic (clove, minced)
1 tbsp Ginger (fresh, minced)
6 Carrot (chopped)
2 tsps Thyme (fresh, chopped)
1 1/4 cups Organic Coconut Milk (full fat, from a can)

Nutrition

Amount per serving	
Calories	192
Fat	14g
Carbs	16g
Fiber	3g
Sugar	8g
Protein	3g
Sodium	574mg

Directions

- 1 Turn the pressure cooker to sauté mode. Add a splash of vegetable broth along with the onion and cook for 3 to 4 minutes. Add the garlic and ginger and sauté for 1 minute more.
- 2 Turn the sauté mode off and add the carrots, thyme and rest of the broth. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 5 minutes on high pressure. Once finished, release the pressure manually.
- 3 Carefully remove the lid, and purée the soup using an immersion blender or a blender. Add the coconut milk and stir to combine. Serve and enjoy!

Notes

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

Serving Size, One serving is equal to approximately 1 1/2 cups of soup.

Additional Toppings, Top with fresh thyme, chives or sesame seeds.



Cream of Mushroom Soup

4 servings

30 minutes

Ingredients

- 2 tbsps Coconut Oil
- 1 cup Red Onion (diced)
- 3 stalks Celery (diced)
- 2 Carrot (diced)
- 3 cups Mushrooms (any type will work)
- 1 tsp Black Pepper
- 3 tbsps Tamari
- 4 cups Water
- 1/2 cup Cashews (soaked and drained)

Nutrition

Amount per serving	
Calories	214
Fat	15g
Carbs	16g
Fiber	3g
Sugar	6g
Protein	7g
Sodium	811mg

Directions

- 1 Heat your coconut oil in a large stockpot over medium heat. Add the onion and saute for 4 - 5 minutes or until translucent. Add in the celery, carrots, mushrooms, black pepper, tamari and water. Bring to a boil and then reduce to a simmer. Cover with a lid and cook for 20 minutes.
- 2 Add your cashews to the blender. Ladle in one cup of your soup broth and blend well until smooth to create your cashew cream. Now ladle in the rest of your soup and puree. CAUTION: Ensure you leave a place for the steam to escape from the blender, otherwise the lid will blow off and that is bad news.
- 3 Ladle soup into bowls. Enjoy!

Notes

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

Serving Size, One serving equals approximately 2 cups.

Make it Green, Add in a few handfuls of spinach or kale before blending.

Nut-Free, Use sunflower seeds instead of cashews.

Whole Mushroom Lover, Use a slotted spoon to strain out some of the mushrooms before blending, then add them back into the pureed soup.

Toppings, Top with red pepper flakes, a splash of olive oil and/or chopped baby spinach.



Cream of Celery & Asparagus Soup

4 servings

25 minutes

Ingredients

- 2 tbsps Coconut Oil
- 1 Yellow Onion (chopped)
- 6 stalks Celery (chopped)
- 3 Garlic (cloves, minced)
- 4 cups Water
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 3 cups Asparagus (woody ends snapped off)
- 1/2 cup Hemp Seeds
- 4 cups Baby Spinach

Nutrition

Amount per serving	
Calories	222
Fat	17g
Carbs	12g
Fiber	5g
Sugar	5g
Protein	10g
Sodium	671mg

Directions

- 1 Heat coconut oil in a large stock pot over medium heat. Add yellow onion and celery. Saute for 5 minutes or until veggies are slightly softened. Add minced garlic and saute for another minute.
- 2 Add water, sea salt and black pepper to the stock pot. Cover and bring to a boil then reduce to a simmer. Remove lid and set asparagus on top. Cover and let steam for 5 minutes or until bright green.
- 3 Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!

Notes

No Hemp Seeds, Use cashews.

Add Some Crunch, Set aside a few spears of asparagus, roast before serving and use as a garnish.

No Spinach, Use kale, swiss chard or any leafy green.

Leftovers, Store in an airtight container in the fridge for up to four days. Freeze in a freezer-safe container for up to three months.