



Derek Wahler Fitness LLC

20-Day Rapid Smoothie Diet

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Welcome to the 20-Day Rapid Smoothie Diet!

I'm so excited to have you on board :)

Over the next 20 days, we're going to focus on improving your health and blasting off a bunch of fat with:

1. Nutrient-dense smoothies that don't spike your blood sugar
2. Fat-burning meals made up of healthy protein, good fats and low sugar carbs
3. Fasting in the morning to speed up your results

Don't worry, I'll explain each step in details.

And I'm going to make this as simple as possible for you.

That's why this program isn't going to be hundreds of pages.

It's not going to be super-fancy with a bunch of info you don't really need.

Instead, I'd rather just get to the point...

Give you exactly what you need...

And let you get started ASAP!

Because in the end, all that matters is you get the results you want, right?

Sound good?

Let's do this!

Derek & Keri

Step #1 - Morning Fast

Fasting is pretty simple because all you have to do is NOT eat :)

That's the only rule.

Fasting has been used for centuries and it's one of the healthiest things you can do.

Now, let me be clear...

Fasting is NOT starving yourself.

It's simply not eating for health reasons. That's it.

You're not skipping a meal so you can't eat a bunch of junk later on in the day.

Instead, you're doing it for specific health reasons.

When you fast, you give your digestive system a break.

What most people don't realize is when you eat 5-6 small meals a day, or your constantly snacking, you're making your digestive system work overtime.

And that takes it's toll.

Your digestive system and your liver need a break.

Next, the average person has AT LEAST 100,000 calories of fat on their body.

And stored body fat is simply energy waiting to be used.

So when you fast, your body starts using that stored fat for energy.

People think if you don't eat then you're starving yourself, but the truth is, your body is getting all the vitamins and minerals it needs from your stored fat.

In the absence of food, your body will start burning your stored fat for energy.

After a few days, your body gets used to this, and you won't even feel hungry in the morning.

Your body will just turn to your stored fat, and use that for "breakfast".

To get started, I recommend a 16-8 fast.

That means you fast for 16 hours, and eat in an 8-hour window.

Now, I know 16 hours sounds like a lot, but you'll be sleeping for over half of it.

For example, if you stop eating by 8 pm, then you wouldn't eat again until noon the next day.

So all morning long, your body will be running off your stored fat.

And again, the first day or two may seem difficult, but your body will adjust very quickly.

What Can I Drink During My Fast?

Here's what you can drink during your fast:

- Water
- Sparkling water
- Lemon water
- Coffee (no creamers, sugars, milk, etc)
- Hot tea
- Unsweetened iced tea
- Apple cider vinegar

When it comes to coffee, you can add 1 tsp. of heavy whipping cream or coconut oil if you'd like.

That's pretty much it for Step #1.

You're going to fast in the morning...

Don't eat until lunch...

And if you do this for a few days and it's just seems way too hard, you can start having breakfast in the morning.

Just stick with these foods:

- Eggs
- Bacon or turkey bacon
- Veggies
- Plain Greek Yogurt w/ berries
- Canadian Bacon
- Or you can have one of the smoothies for breakfast

But give fasting a try first.

And if it just doesn't work for you, then you can have breakfast.

Step #2 - Smoothie Time!

In this program, we use smoothies VERY strategically.

Sure, I could just tell you to have a smoothie for breakfast, lunch and dinner...

But you'd be super hungry all day long...

And whatever weight you lose would just come back on, when you start eating real food again.

The goal here isn't to eat some super-low calorie diet. That'll never last and it's really unhealthy.

However, we can use smoothies to get you the nutrients your body needs...

While helping to fill you up...

So the fat starts to burn off.

Here's what you're going to do:

1. Pick any of the smoothies from the recipes below. I'd recommend trying them all, then stick with the ones you like the best.

2. Have one smoothie 20 minutes before lunch

3. And another one 20 minutes before dinner

That's it.

In the meal plan below, the smoothies are listed as "snacks", but you'll simply have them 20 minutes before each meal.

The smoothies are designed specifically to thin out your bile, using nutrients like choline, taurine, lemon juice, CLA and lecithin.

These nutrients help thin out your stomach bile, so it can start breaking down fat again.

And that's what makes these smoothies different. It's not just a bunch of fruit thrown in a blender.

You're getting the exact nutrients you need, that most of us are lacking, so you can jumpstart your fat-burning from Day 1.

These are also lower in sugar, so they'll keep your insulin levels low.

Insulin is a fat-storage hormone and we want to keep it as low as possible.

Step #3 - Energy Eating

Below you'll find recipes for lunch and dinner.

So you'll have your smoothie...

Wait 20 minutes...

Then pick any of the meals below for lunch and dinner.

These meals are made up of healthy protein, good fats, and low-sugar carbs.

Some people might look at them and think they're keto meals, but they're really not.

Keto is 75% fat, 20% protein, and 5% carbs.

First off, I don't expect you to measure your food, but I can guarantee you probably won't be getting 75% of your calories from fat.

These meals are also higher in protein, which isn't considered keto.

The truth is, most adults aren't getting nearly enough protein.

And that's a huge problem, because as you get older, your bones and muscle tissue gets weaker...

Next thing you know, you fall down and break a hip. Or you break your arm, or your leg.

Or you pull a muscle getting out of bed.

While these aren't always 100% avoidable, a great start is getting enough protein to keep your muscles and ligaments strong.

Plus, a recent study showed something very interesting.

One group had a diet consisting of 30% protein.

The other group's diet had 15% protein.

The 30% protein group lost TWICE as much fat and weight, compared to the 15% group.

That doesn't mean you're just going to eat meat around the clock, but...

When you get in the right amount of protein, your metabolism increases, you burn more fat, and you get full faster.

Just To Recap

1. You're going to fast in the morning
2. Have one smoothie 20 minutes before lunch and dinner.
3. Fat-blasting lunch and dinner, using the recipes below.

The plan below is for 7 days, so simply repeat it for a total of 20 days.

When it comes to the meals, you don't have to measure portion sizes or count calories.

Instead, just listen to your stomach...

And eat until you're comfortably full but not stuffed.

This will take a little trial and error...

But after a few days, you'll get the hang of it.


















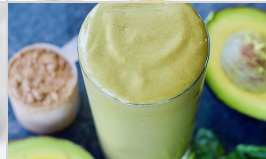






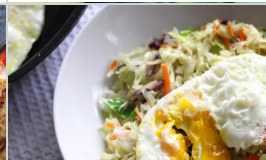
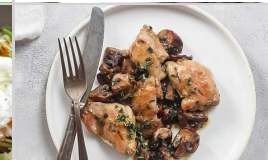

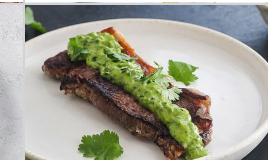
And you'll probably be eating less than normal because of the smoothies and the foods that are in this program.

I told you, I'm going to keep this short and sweet.

If you have any questions, please send them to me at derek@dwahlerfitness.com.

I'm here to help, so please don't be shy :)

On to the recipes!

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Snack 1	 Raspberry Zinger Smoothie	 Berry Avocado Smoothie	 High Fat Green Smoothie	 Chocolate Avocado Smoothie	 Blueberry Protein Smoothie	 Chocolate Cauliflower Shake	 Frozen Berry Avocado Hemp Smoothie
Lunch	 Chicken Salad with Lemon Garlic Tahini Dressing	 BLT Salad Bowls	 Spaghetti Squash, Turkey & Broccoli	 Spaghetti Squash, Turkey & Broccoli	 Beef Burrito Bowl with Cauliflower Rice	 Cauliflower Rice Breakfast Bowl	 Lemon Paprika Chicken Drumsticks
Snack 2	 Raspberry Zinger Smoothie	 Berry Avocado Smoothie	 High Fat Green Smoothie	 Chocolate Avocado Smoothie	 Blueberry Protein Smoothie	 Chocolate Cauliflower Shake	 Frozen Berry Avocado Hemp Smoothie
Dinner	 Savory Turkey & Vegetable Bake	 Savory Turkey & Vegetable Bake	 One Pan Chicken Fajita Bowls	 10 Minute Cabbage Bowl	 Chicken Thighs with Mushrooms	 Chicken Thighs with Mushrooms	 Steak with Creamy Chimichurri Sauce

Fruits

- ☐ 6 Avocado
- ☐ 2 Banana
- ☐ 3 Lemon
- ☐ 1/2 cup Lemon Juice
- ☐ 1 Lime

Breakfast

- ☐ 1/4 cup Almond Butter

Seeds, Nuts & Spices

- ☐ 1/4 cup Chia Seeds
- ☐ 1 2/3 tbsps Chili Powder
- ☐ 1 tbsp Coriander
- ☐ 2 tbsps Cumin
- ☐ 2 tbsps Ground Flax Seed
- ☐ 1/4 cup Hemp Seeds
- ☐ 2 1/3 tbsps Italian Seasoning
- ☐ 1 tbsp Oregano
- ☐ 1 tbsp Paprika
- ☐ 1/4 tsp Red Pepper Flakes
- ☐ 2 1/3 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 1/3 tbsps Tarragon

Frozen

- ☐ 2 cups Frozen Berries
- ☐ 2 cups Frozen Blueberries
- ☐ 4 1/2 cups Frozen Cauliflower
- ☐ 2 cups Frozen Raspberries

Vegetables

- ☐ 4 cups Arugula
- ☐ 10 cups Baby Spinach
- ☐ 8 cups Broccoli
- ☐ 4 cups Butternut Squash
- ☐ 5 1/2 cups Cauliflower Rice
- ☐ 1 cup Cherry Tomatoes
- ☐ 1/4 cup Cilantro
- ☐ 6 cups Coleslaw Mix
- ☐ 1/2 Cucumber
- ☐ 17 Garlic
- ☐ 2 tsps Ginger
- ☐ 1 Green Bell Pepper
- ☐ 4 cups Kale Leaves
- ☐ 1/2 cup Mint Leaves
- ☐ 1 Orange Bell Pepper
- ☐ 1/2 cup Parsley
- ☐ 2 Red Bell Pepper
- ☐ 1 head Romaine Hearts
- ☐ 1/4 cup Shallot
- ☐ 2 Spaghetti Squash
- ☐ 32 White Button Mushrooms
- ☐ 3 Yellow Onion
- ☐ 1 Zucchini

Boxed & Canned

- ☐ 1 cup Organic Chicken Broth
- ☐ 2 1/8 cups Organic Coconut Milk

Baking

- ☐ 1/4 cup Cacao Powder
- ☐ 1/2 cup Nutritional Yeast

Bread, Fish, Meat & Cheese

- ☐ 1 1/2 lbs Chicken Breast
- ☐ 1 1/3 lbs Chicken Drumsticks
- ☐ 2 lbs Chicken Thighs
- ☐ 1 lb Extra Lean Ground Beef
- ☐ 4 lbs Extra Lean Ground Turkey
- ☐ 8 ozs Ny Striploin Steak
- ☐ 6 slices Organic Bacon

Condiments & Oils

- ☐ 1/2 tsp Avocado Oil
- ☐ 1 1/2 tsps Coconut Aminos
- ☐ 2 1/3 tbsps Coconut Oil
- ☐ 1 cup Extra Virgin Olive Oil
- ☐ 2 tbsps Tahini

Cold

- ☐ 9 Egg
- ☐ 2 cups Plain Coconut Milk
- ☐ 7 cups Unsweetened Almond Milk

Other

- ☐ 1 cup Chocolate Protein Powder
- ☐ 1 tbsp Maca Powder
- ☐ 1 1/2 cups Vanilla Protein Powder
- ☐ 10 1/8 cups Water



Raspberry Zinger Smoothie

1 serving
10 minutes

Ingredients

- 1 cup Frozen Cauliflower
- 1 cup Frozen Raspberries
- 1 Lemon (juiced)
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1 1/2 cups Unsweetened Almond Milk

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!



Berry Avocado Smoothie

1 serving

5 minutes

Ingredients

1 cup Plain Coconut Milk
(unsweetened, from the box)
1/2 Zucchini (chopped, frozen)
1/4 cup Frozen Cauliflower
1/2 cup Frozen Berries
1/4 Avocado
1 tbsp Chia Seeds
1/4 cup Vanilla Protein Powder

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!



High Fat Green Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Water (cold)
- 2 tbsps Lemon Juice
- 1 cup Baby Spinach
- 1/2 Avocado (frozen)
- 1/4 cup Mint Leaves (fresh, roughly chopped)
- 1 tsp Ginger (fresh, roughly chopped)

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!



Chocolate Avocado Smoothie

1 serving

5 minutes

Ingredients

1/4 Avocado
1 cup Unsweetened Almond Milk
1 tbsp Almond Butter
1 cup Baby Spinach
1/4 cup Chocolate Protein Powder

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!



Blueberry Protein Smoothie

1 serving

5 minutes

Ingredients

1/4 cup Vanilla Protein Powder
1 tbsp Ground Flax Seed
1 cup Frozen Blueberries
1 cup Baby Spinach
1 cup Water (cold)

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!



Chocolate Cauliflower Shake

1 serving

5 minutes

Ingredients

- 1 cup Frozen Cauliflower
- 1 Banana (frozen)
- 1 tbsp Almond Butter
- 2 tbsps Cacao Powder
- 1/4 cup Chocolate Protein Powder
- 1 cup Unsweetened Almond Milk
- 1 1/2 tsps Maca Powder

Directions

1

In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!



Frozen Berry Avocado Hemp Smoothie

1 serving

3 minutes

Ingredients

- 1 cup Water
- 1/2 cup Frozen Berries
- 1/2 Avocado
- 2 cups Baby Spinach
- 2 tbsps Hemp Seeds

Directions

- 1 Blend and enjoy!



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)

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 overtop and enjoy!



BLT Salad Bowls

2 servings

15 minutes

Ingredients

- 2 Egg
- 4 slices Organic Bacon
- 4 cups Arugula
- 1 cup Cherry Tomatoes (halved)
- 1/2 Avocado (sliced)
- 2 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

Directions

1

Hard boil your eggs by placing them in a small pot and fill with enough cold water to cover them by 1-inch. Bring to a boil over medium-high heat. Once boiling, cover the pot and remove it from the heat. Let stand for 12 minutes then drain. Place eggs in a bowl of ice-cold water for 10 minutes.

2

While the eggs are cooling, cook your bacon in a pan over medium heat until crispy. Remove from pan and pat excess oil away with paper towel. Once cool, chop it up.

3

To assemble the salads: divide arugula between bowls and top with cherry tomatoes, avocado, chopped bacon and hard-boiled egg. Drizzle with olive oil and season with salt and pepper, to taste. Enjoy!



Spaghetti Squash, Turkey & Broccoli

4 servings

1 hour

Ingredients

- 1 Spaghetti Squash (medium)
- 1 lb Extra Lean Ground Turkey
- 2 cups Water
- 4 cups Broccoli (chopped into florets)
- 1/4 cup Nutritional Yeast
- 1 tsp Sea Salt

Directions

- 1 Preheat the oven to 425°F (218°C). Cut the spaghetti squash in half through its belly, remove the seeds and place flesh-side down on a baking sheet lined with parchment paper. Cook for 30 to 35 minutes, or until cooked through. Remove from the oven and let it cool slightly.
- 2 While the squash is in the oven, cook the turkey in a pan over medium heat. Break it up with the back of a wooden spoon until crumbled and cooked through. Remove from heat and set aside.
- 3 In a small saucepan, bring the water to a boil and add in the broccoli florets. Cook for 10 minutes or until soft. Drain the broccoli and set aside.
- 4 Scoop out the spaghetti squash into noodles using a fork and divide them between plates. Add the broccoli and ground turkey to the plates and top with nutritional yeast and sea salt. Enjoy!



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)

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!



Cauliflower Rice Breakfast Bowl

1 serving
25 minutes

Ingredients

2 slices Organic Bacon
4 White Button Mushrooms (sliced)
1 1/2 tsps Coconut Aminos
1 1/2 cups Cauliflower Rice
1 Egg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the bacon and cook for 15 to 18 minutes or until the bacon is cooked to your preference. Remove and set aside.
- 2 Meanwhile, in a pan over medium heat, add the mushrooms and cook for 3 to 4 minutes. Add the coconut aminos to the pan and stir. Then add the cauliflower rice and cook for 2 to 3 minutes. Remove and set aside.
- 3 Crack the eggs into the pan and cook until the whites are set and the yolk is done to your preference. Place the egg on top of the cauliflower rice and add the bacon on the side. Serve and enjoy!



Lemon Paprika Chicken Drumsticks

3 servings

1 hour 30 minutes

Ingredients

- 1/4 cup Extra Virgin Olive Oil
- 3 Garlic (clove, minced)
- 1 Lemon (juice and zest)
- 1 tbsp Paprika
- 2 tsp Chili Powder
- 1 tsp Italian Seasoning
- 1/2 tsp Sea Salt
- 1/4 tsp Red Pepper Flakes
- 1 1/3 lbs Chicken Drumsticks

Directions

- 1 Combine the olive oil, garlic, lemon juice, lemon zest, paprika, chili powder, Italian seasoning, salt and red pepper flakes in a bowl. Mix well.
- 2 Add the drumsticks to a large zipper-lock bag followed by the marinade. Seal the bag and massage the marinade into the chicken. Place in the fridge for at least 1 hour or up to 24 hours.
- 3 Preheat the oven to 400°F (204°C).
- 4 Transfer the marinated drumsticks to a baking dish and discard the excess marinade. Bake for 25 to 30 minutes or until the chicken is cooked through.
- 5 Divide between plates and enjoy!



Savory Turkey & Vegetable Bake

4 servings

40 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Turkey
- 1 Yellow Onion (finely chopped)
- 2 Garlic (clove, minced)
- 1 tbsp Italian Seasoning
- 1 tsp Sea Salt
- 2 cups Kale Leaves (chopped)
- 2 cups Butternut Squash (chopped into 1 cm cubes)
- 3/4 cup Organic Coconut Milk (full fat, from the can)

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Heat the oil in a large pan over medium-high heat. Add the turkey to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 3 Add the onions and garlic to the turkey and cook for 3 to 5 minutes until the onions soften. Add the Italian seasonings and sea salt and stir to combine. Add the kale and butternut squash to the pan and cook until the kale wilts down then stir in the coconut milk. Season with additional salt if needed.
- 4 Transfer the turkey and vegetable mixture to a baking dish. Cover with a lid or foil and bake for 20 to 25 minutes or until the squash is tender.
- 5 Divide between plates and enjoy!



One Pan Chicken Fajita Bowls

4 servings

40 minutes

Ingredients

- 2 Red Bell Pepper (sliced)
- 1 Orange Bell Pepper (sliced)
- 1 Green Bell Pepper (sliced)
- 2 tbsps Extra Virgin Olive Oil
- 1 lb Chicken Breast
- 1 tbsp Cumin
- 1 tbsp Chili Powder
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, toss the sliced bell peppers with the olive oil. Transfer to a baking sheet and add the sliced chicken breast. Sprinkle with cumin, chilli powder, salt and pepper.
- 3 Bake for 30 minutes, or until chicken is cooked through.
- 4 Divide between bowls or containers. Enjoy!



10 Minute Cabbage Bowl

2 servings

10 minutes

Ingredients

2 tbsps Coconut Oil (divided)
6 cups Coleslaw Mix
4 Egg

Directions

- 1 Heat half of the coconut oil in a large frying pan over medium heat. Add the coleslaw mix. Cover and cook for 5 minutes stirring occasionally.
- 2 Once the coleslaw mixture is softened, season with salt and pepper then transfer to bowls.
- 3 Add the remaining coconut oil to the pan and use it to fry the eggs. Top the cabbage bowls with fried eggs and enjoy!



Chicken Thighs with Mushrooms

4 servings

40 minutes

Ingredients

1 lb Chicken Thighs (boneless, skinless)
1/4 tsp Sea Salt
1/2 tsp Coconut Oil
14 White Button Mushrooms
(quartered)
2 tbsps Shallot (diced)
2 Garlic (cloves, minced)
1/2 cup Organic Chicken Broth
1/3 cup Organic Coconut Milk
2 tsps Tarragon

Directions

1

Heat a pan over medium heat. Season the chicken thighs with sea salt. Add the coconut oil to the pan and once melted, add the chicken. Cook for 5 to 6 minutes per side. Remove and set aside.

2

Lower the heat to medium-low and add the mushrooms. Cook for 3 to 4 minutes. Add the shallot and cook for 2 to 3 minutes. Add the garlic cloves and cook for 1 minute and then add the chicken back in along with the broth. Cover and simmer for 8 to 10 minutes.

3

Remove the lid and add the coconut milk and tarragon. Stir to combine. Cook for 2 to 3 minutes. Divide the chicken and mushrooms between plates and spoon your desired amount of liquid over top. Serve and enjoy!



Steak with Creamy Chimichurri Sauce

2 servings

20 minutes

Ingredients

- 1/2 Avocado
- 1/2 cup Parsley
- 1/4 cup Cilantro
- 2 tbsps Lemon Juice
- 1 Garlic (clove)
- 1/2 tsp Sea Salt (divided)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 tsp Avocado Oil
- 8 ozs NY Striploin Steak

Directions

- 1 In a blender, add the avocado flesh, parsley, cilantro, lemon juice, garlic and half of the sea salt. Blend together while slowly adding the extra virgin olive oil. Blend until smooth and creamy. Set aside.
- 2 Heat a cast iron pan over medium heat and add the avocado oil. Meanwhile, season the steak with the remaining sea salt.
- 3 Add the steak to the pan once it is hot. Cook for 3 to 4 minutes per side.
- 4 Let the steak rest for about 10 minutes on a plate. Serve with chimichurri sauce on top. Enjoy!