



Derek Wahler Fitness LLC

5-Day Soup Diet

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Welcome to the 5-Day Soup Diet!

Below you'll find the meal plan for the next 5 days.

As you'll see, some recipes are repeated to save you time on cooking.

And you can always replace a meal with leftovers from the day before.

Simply use this program as often as you'd like.

And if you're fasting, you can skip the breakfast options...or make them for lunch or dinner instead :)

Enjoy!

	Mon	Tue	Wed	Thu	Fri
Breakfast	 Cauliflower Rice Breakfast Bowl	 Cauliflower Rice Breakfast Bowl	 Spinach & Sausage Egg Muffins	 Spinach & Sausage Egg Muffins	 Green Coconut Ginger Juice
Lunch	 Slow Cooker Chicken Soup	 Slow Cooker Chicken Soup	 Avocado Burger	 Avocado Burger	 BLT Salad Bowls
Dinner	 Creamy Taco Soup	 Creamy Taco Soup	 Chicken Cauliflower Rice Soup	 Chicken Cauliflower Rice Soup	 Chicken Cauliflower Rice Soup

Fruits

- 1 1/2 Avocado
- 1/4 Lime

Seeds, Nuts & Spices

- 3 pinches Black Pepper
- 1/2 tsp Sea Salt
- 3 pinches Sea Salt
- 0 Sea Salt & Black Pepper

Vegetables

- 4 cups Arugula
- 13 cups Baby Spinach
- 12 Carrot
- 12 cups Cauliflower Rice
- 14 stalks Celery
- 1 cup Cherry Tomatoes
- 4 Garlic
- 2 tsps Ginger
- 2 Green Bell Pepper
- 2 stalks Green Onion
- 3/4 cup Parsley
- 2 tbsps Rosemary
- 1 tbsp Thyme
- 2 slices Tomato
- 2 Tomato
- 16 White Button Mushrooms
- 7 Yellow Onion

Boxed & Canned

- 3 cups Beef Broth
- 12 cups Organic Chicken Broth
- 1/3 cup Organic Coconut Milk

Bread, Fish, Meat & Cheese

- 4 lbs Chicken Breast
- 2 lbs Chicken Thighs
- 2 lbs Extra Lean Ground Beef
- 2 Ground Beef Patties
- 12 slices Organic Bacon
- 1 1/8 lbs Pork Sausage

Condiments & Oils

- 2 tbsps Coconut Aminos
- 1/3 cup Extra Virgin Olive Oil
- 2 servings Taco Seasoning

Cold

- 1 tbsp Butter
- 24 Egg
- 1/3 cup Ghee
- 6 cups Plain Coconut Milk

Other

- 1 lb Cream Cheese
- 13 1/8 cups Water



Cauliflower Rice Breakfast Bowl

2 servings

25 minutes

Ingredients

4 slices Organic Bacon
8 White Button Mushrooms (sliced)
1 tbsp Coconut Aminos
3 cups Cauliflower Rice
2 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!



Spinach & Sausage Egg Muffins

6 servings

30 minutes

Ingredients

1 1/2 tsps Extra Virgin Olive Oil
8 3/4 ozs Pork Sausage (casing removed)
6 cups Baby Spinach (chopped)
8 Egg
1/4 cup Water
1/4 tsp Sea Salt
1 stalk Green Onion (chopped)

Directions

- 1 Preheat your oven to 350°F (176°C) and grease a muffin pan with the oil.
- 2 In a pan over medium-high heat, cook the sausage until no longer pink, about 5 to 8 minutes. Break it up into little pieces as it cooks. Drain the excess drippings from the pan and stir in the spinach. Cook until the spinach has wilted then remove the pan from heat to let cool slightly.
- 3 In a mixing bowl whisk the eggs together with the water and sea salt. Fold in the green onion.
- 4 Divide the sausage mixture evenly into the muffin tins and pour in the egg mixture. Bake for 15 to 18 minutes until the egg is firm to the touch and just brown around the edges. Let the egg muffins cool slightly before removing from the pan. Enjoy!



Green Coconut Ginger Juice

1 serving

5 minutes

Ingredients

- 1/3 cup Organic Coconut Milk (from the can or carton)
- 2/3 cup Water
- 1/4 Lime (juiced)
- 1 cup Baby Spinach
- 2 tsps Ginger (grated)

Directions

- 1 Combine all ingredients in a high-speed blender. Blend for 30 seconds or until very smooth.
- 2 Enjoy immediately as is, or strain through a fine mesh sieve to remove the pulp.



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)

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.



Avocado Burger

1 serving
10 minutes

Ingredients

- 1 Ground Beef Patties
- 1 Egg
- 1 slice Tomato
- 1/2 Avocado
- 1 1/2 tsps Butter

Directions

- 1 Grill your burger patties
- 2 Fry the egg in butter
- 3 Take ½ avocado and mash in a bowl
- 4 Place the mashed avocado on top of the burger, followed by the fried egg
- 5 Add other desired condiments, such as tomato, lettuce, mustard, salsa, or bacon



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!



Creamy Taco Soup

4 servings

25 minutes

Ingredients

- 1 lb Extra Lean Ground Beef
- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (Diced)
- 2 Garlic (minced cloves)
- 1 Green Bell Pepper (diced)
- 1 Tomato (Chopped)
- 8 ozs Cream Cheese
- 1 serving Taco Seasoning
- 1 1/2 cups Beef Broth

Directions

- 1 Add 1 tablespoon oil to a pot or large pot or dutch oven, brown beef, onion, and garlic over medium-high heat for 7-8 minutes or until the ground beef is browned through.
- 2 Add the bell pepper, tomatoes, cream cheese, and spices. Stir for 4-5 minutes or until tomatoes are soft and tender and cream cheese is mixed through.
- 3 Pour in beef broth and reduce heat to low-medium. Simmer 15-20 minutes or until desired thickness is achieved.
- 4 Serve in small soup bowls. Top with freshly sliced avocado, sour cream, shredded cheese, freshly minced cilantro, and/or a drizzle of lime.



Chicken Cauliflower Rice Soup

6 servings

30 minutes

Ingredients

- 2 tbsps Ghee
- 1 Yellow Onion (chopped)
- 2 Carrot (diced)
- 2 stalks Celery (diced)
- 1 pinch Sea Salt
- 1 pinch Black Pepper
- 1 tsp Thyme
- 4 cups Organic Chicken Broth
- 1 lb Chicken Breast
- 2 cups Cauliflower Rice
- 2 cups Plain Coconut Milk
- 1/4 cup Parsley

Directions

- 1 Melt the ghee in a large soup pot. Add the onion, carrot, and celery. Cook for 5-8 minutes, or until the vegetables begin to soften. Season with salt and pepper and stir in the thyme.
- 2 Pour in the chicken stock and add the bay leaf. Bring to a boil, then reduce to a low simmer. Add the whole chicken breast. Cover and simmer 15 minutes, or until the chicken is cooked through.
- 3 Remove the chicken from the pot and use two forks to separate it into shreds.
- 4 Return the shredded chicken to the pot, along with the cauliflower rice. Simmer 5 minutes, until the cauliflower is cooked. Stir in the coconut milk and parsley and cook until warmed through. Season with salt and pepper to taste.