



**Derek Wahler Fitness LLC**

**Rapid Fat Loss Lunch Cookbook**

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[derek@dwahlerfitness.com](mailto:derek@dwahlerfitness.com)





## 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)

### 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!



## 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

### 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!





## 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 tsp Oregano
- 2 tbsps Capers
- 1/2 cup Black Olives (pitted, sliced)
- 1/2 tsp Sea Salt
- 1/2 cup Parsley (finely chopped)

### 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!



## 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)

### 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!



## One Pan Sausage & 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

### 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!





## 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)

### 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!



## 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)

### 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!





## 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)

### 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!



## 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

### 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!





## 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

### 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!



## 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!





## 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)

### 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!



## 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)

### Directions

1

Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.

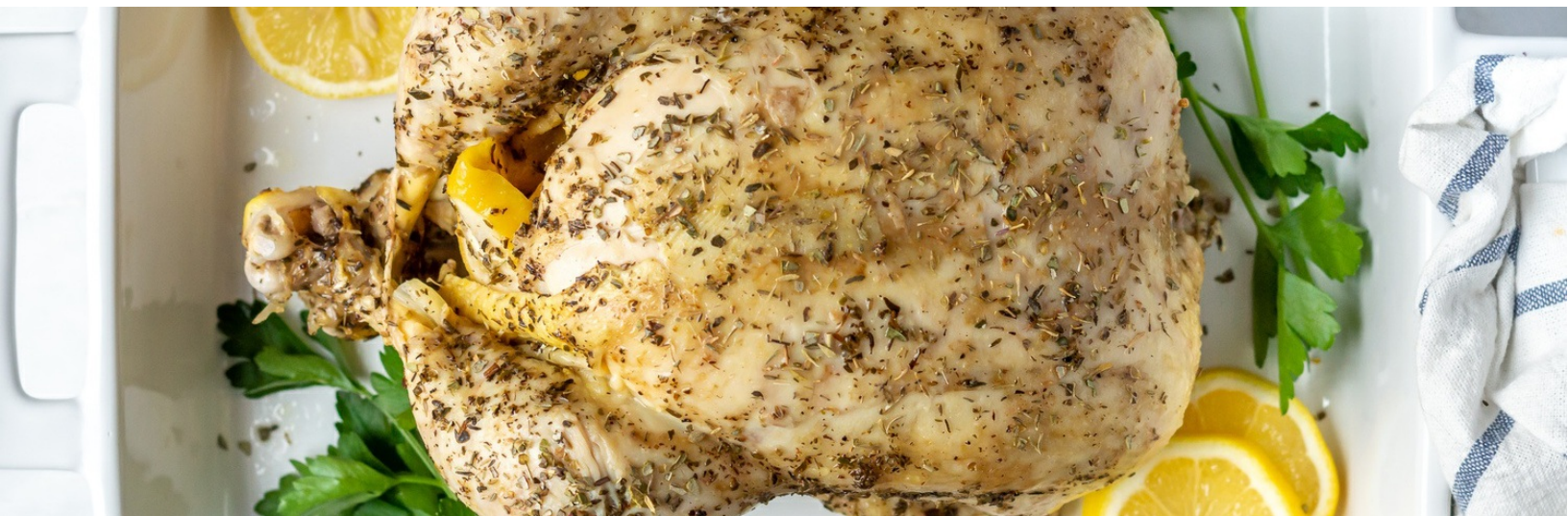
2

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!





## 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

### 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!



## 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)

### 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!