



**Derek Wahler Fitness LLC**

**Rapid Fat Loss 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)

### 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!



## 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)

### 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!



## 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)

### Directions

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



## 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

### Directions

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



## 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)

### Directions

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



## Cucumber Tuna Bites

2 servings

5 minutes

### Ingredients

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

### 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!



## 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)

### 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!





## Boiled Eggs with Mayo & Asparagus

1 serving  
15 minutes

### Ingredients

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

### 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!



## 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

### 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!



## Arugula & Tomato Egg Muffins

6 servings

30 minutes

### Ingredients

- 1 1/2 tps 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

### 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!



## 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)

### 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!



## 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

### Directions

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



## Smoked Salmon Egg Cups

3 servings

25 minutes

### Ingredients

- 1 1/2 tsps 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)

### 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!



## 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

### Directions

- 1 Arrange all ingredients on a plate. Enjoy!



## 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)

### 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!