



**Derek Wahler Fitness, LLC**

**3-Day Keto Soup Diet**

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Welcome to the 3-Day Keto Soup Diet!

Below you'll find breakfast, lunch and dinner recipes for the next three days.

This plan is based on eating a keto breakfast...

Along with keto soup for lunch and dinner.

You should have enough to last you the full 3 days...










But if you don't, simply make another batch of soup.

You don't have to count calories or portion sizes.

Simply eat until you're full but not stuffed.

And you can repeat this for longer than three days if you'd like.

Let's get started!

|           | Mon  | Tue  | Wed  |
|-----------|--|--|--|
| Breakfast | <br>Spinach, Feta & Olive Omelette  | <br>Spinach, Feta & Olive Omelette  | <br>Spinach, Feta & Olive Omelette  |
| Lunch     | <br>Slow Cooker Chicken Soup        | <br>Slow Cooker Chicken Soup        | <br>Slow Cooker Chicken Soup        |
| Dinner    | <br>Pressure Cooker Bean-Free Chili | <br>Pressure Cooker Bean-Free Chili | <br>Pressure Cooker Bean-Free Chili |

### Seeds, Nuts & Spices

- 1/3 cup Chili Powder
- 3 tbsps Cumin
- 1 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper

### Vegetables

- 9 cups Baby Spinach
- 9 Carrot
- 12 stalks Celery
- 9 Garlic
- 3/4 cup Parsley
- 3 Red Bell Pepper
- 3 tbsps Rosemary
- 3 Tomato
- 6 Yellow Onion

### Boxed & Canned

- 3 cups Organic Chicken Broth
- 1/3 cup Tomato Paste

### Bread, Fish, Meat & Cheese

- 1 1/2 lbs Chicken Breast
- 3 lbs Chicken Thighs
- 3 lbs Extra Lean Ground Beef
- 3/4 cup Feta Cheese

### Condiments & Oils

- 3/4 cup Pitted Kalamata Olives

### Cold

- 12 Egg
- 1/3 cup Ghee

### Other

- 18 cups Water



## Spinach, Feta & Olive Omelette

2 servings

10 minutes

### Ingredients

2 tsps Ghee (divided)  
3 cups Baby Spinach  
4 Egg  
Sea Salt & Black Pepper (to taste)  
1/4 cup Pitted Kalamata Olives  
1/4 cup Feta Cheese (crumbled)  
1/4 cup Parsley (optional, finely chopped, for topping)

### Directions

- 1 In a non-stick skillet over medium heat, add half the ghee. Once melted, add the spinach and cook until just wilted. Remove and set aside.
- 2 In a bowl, mix together eggs, sea salt and black pepper. Whisk until frothy.
- 3 Add the remaining ghee to the skillet. Pour the egg mixture into the skillet and let it cook until almost set. Place the spinach, olives and feta cheese on one half of the omelette and then fold the other half over on top. Remove from the heat and transfer onto a plate. Garnish with parsley, if using, and enjoy!



## 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.



## Pressure Cooker Bean-Free Chili

4 servings

50 minutes

### Ingredients

- 1 lb Extra Lean Ground Beef
- 1 tbsp Ghee
- 1 Yellow Onion (chopped)
- 1 Red Bell Pepper (chopped)
- 3 Garlic (clove, minced)
- 2 tbsps Tomato Paste
- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 1/2 tsp Sea Salt
- 1 Tomato (chopped)
- 1 cup Organic Chicken Broth

### Directions

- 1 Turn your pressure cooker onto sauté mode. Cook the beef, breaking it up as it cooks until it's no longer pink. Remove the meat from the pot and drain any excess drippings.
- 2 Add ghee to the pressure cooker and when melted add the onion, pepper and garlic. Saute for 5 minutes or until the onions are translucent. Add the tomato paste, chili powder, cumin and salt. Cook for another minute. Add the tomatoes, broth and cooked meat to the pressure cooker and stir to combine.
- 3 Put the lid on the pressure cooker and change to pressure cooker mode. Cook for 20 minutes and let the steam release naturally for 5 to 10 minutes. Release the rest of the steam manually.
- 4 Divide between bowls and enjoy!