



Derek Wahler Fitness, LLC

7-Day Rapid Soup Diet

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Welcome to the 7-Day Rapid Soup Diet!

This plan is super simple to follow, and...

You can use it as a quick 7-day plan to get even faster results.

I'd recommend doing this AFTER the Flat Belly Now plan...

Or whenever you want to switch things up for a week.

Below you'll see recipes for breakfast, lunch and dinner.

You do not have to count calories or only eat one serving.






















For each meal, simply eat until you're full but not stuffed.

If you're still hungry 15 minutes after your meal, then eat a little more...

Or have a yogurt bowl from the Flat Belly Now main manual.

Otherwise, enjoy the soups!

Derek Wahler, CTT

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Cauliflower & Egg Breakfast Muffins	 Cauliflower & Egg Breakfast Muffins	 Spinach, Feta & Olive Omelette	 Spinach, Feta & Olive Omelette	 Cauliflower Rice Breakfast Bowl	 Cauliflower Rice Breakfast Bowl	 Cauliflower Rice Breakfast Bowl
Lunch	 Coconut Shredded Chicken Soup	 Sauerkraut & Vegetable Soup	 Slow Cooker Chicken Soup	 Curried Coconut Soup	 Roasted Garlic & Asparagus Soup	 Crispy Prosciutto & Leek Soup	 Pressure Cooker Bean-Free Chili
Dinner	 Coconut Shredded Chicken Soup	 Sauerkraut & Vegetable Soup	 Slow Cooker Chicken Soup	 Curried Coconut Soup	 Roasted Garlic & Asparagus Soup	 Crispy Prosciutto & Leek Soup	 Pressure Cooker Bean-Free Chili

Fruits

- ☐ 1 1/2 Avocado
- ☐ 3 3/4 tbsps Lime Juice

Seeds, Nuts & Spices

- ☐ 1 1/3 Bay Leaf
- ☐ 3/4 tsp Chili Flakes
- ☐ 3 tbsps Chili Powder
- ☐ 1 1/2 tbsps Cumin
- ☐ 1 1/2 tbsps Curry Powder
- ☐ 1/2 tsp Dried Thyme
- ☐ 3/4 tsp Onion Powder
- ☐ 1 1/4 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper

Vegetables

- ☐ 5 cups Arugula
- ☐ 8 cups Asparagus
- ☐ 10 cups Baby Spinach
- ☐ 3/4 cup Broccoli
- ☐ 4 2/3 Carrot
- ☐ 1 1/4 heads Cauliflower
- ☐ 28 cups Cauliflower Rice
- ☐ 5 2/3 stalks Celery
- ☐ 2 2/3 cups Celery Root
- ☐ 3 tbsps Cilantro
- ☐ 33 Garlic
- ☐ 2 1/4 tps Ginger
- ☐ 3 Leeks
- ☐ 3/4 oz Lemongrass
- ☐ 1 1/2 cups Mushrooms
- ☐ 2 1/3 cups Parsley
- ☐ 1 1/2 Red Bell Pepper
- ☐ 2 tps Rosemary
- ☐ 1 1/2 Tomato
- ☐ 48 White Button Mushrooms
- ☐ 6 3/4 Yellow Onion
- ☐ 3/4 Zucchini

Boxed & Canned

- ☐ 6 cups Canned Coconut Milk
- ☐ 9 1/3 cups Chicken Broth
- ☐ 3 tbsps Tomato Paste
- ☐ 16 cups Vegetable Broth

Baking

- ☐ 1 cup Nutritional Yeast

Bread, Fish, Meat & Cheese

- ☐ 24 slices Bacon
- ☐ 5 1/3 ozs Chicken Breast
- ☐ 2 1/8 lbs Chicken Thighs
- ☐ 1 1/2 lbs Extra Lean Ground Beef
- ☐ 1/2 cup Feta Cheese
- ☐ 14 ozs Prosciutto

Condiments & Oils

- ☐ 1 1/4 tbsps Avocado Oil
- ☐ 1/3 cup Coconut Aminos
- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 1/2 cup Pitted Kalamata Olives
- ☐ 4 cups Sauerkraut

Cold

- ☐ 28 Egg
- ☐ 2 3/4 tbsps Ghee

Other

- ☐ 4 cups Water



Cauliflower & Egg Breakfast Muffins

6 servings

25 minutes

Ingredients

4 ozs Prosciutto (roughly chopped)
5 cups Cauliflower Rice
4 Egg
1 cup Arugula (roughly chopped)
1/4 cup Parsley (finely chopped)
1/2 cup Nutritional Yeast
Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 375°F (191°C) and lightly grease a muffin tin.
- 2 Heat a large skillet over medium heat. Add the prosciutto and cook for a 3 minutes per side or until crisp. Remove from the pan and set aside.
- 3 In a large bowl add the cauliflower rice, eggs, arugula, parsley, nutritional yeast, sea salt and pepper. Mix well to combine.
- 4 Scoop the cauliflower mix into the muffin tin, filling to the top and creating a small hollow space in the top. Add the prosciutto to the hollowed-out space. Place in the oven and bake for 15 minutes. Remove, let it cool slightly and then serve and enjoy!



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!



Cauliflower Rice Breakfast Bowl

4 servings

25 minutes

Ingredients

8 slices Bacon
16 White Button Mushrooms (sliced)
2 tbsps Coconut Aminos
6 cups Cauliflower Rice
4 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!



Coconut Shredded Chicken Soup

4 servings

40 minutes

Ingredients

- 1 lb Chicken Thighs (boneless, skinless)
- 1/3 tsp Dried Thyme
- 1/2 tsp Onion Powder
- 1/2 tsp Sea Salt (divided)
- 2 tps Avocado Oil (divided)
- 1/2 Yellow Onion (chopped)
- 2 stalks Celery (chopped)
- 2 Garlic (cloves, minced)
- 1 1/4 cups Chicken Broth
- 1 1/4 cups Canned Coconut Milk (full fat)
- 2 tbsps Lime Juice
- 2 cups Arugula
- 1 Avocado (sliced)

Directions

- 1 In a shallow dish, add the chicken and season with thyme, onion powder, half the sea salt and half the avocado oil.
- 2 In a dutch oven, over medium heat, add the remaining avocado oil along with the onion and celery and cook for 5 minutes. Add the garlic and cook for 1 minute more. Add the chicken to the pot and brown on all sides, about 5 to 7 minutes.
- 3 Add the broth and lower the heat to medium-low and let it simmer for about 10 minutes. Remove the chicken and shred it using two forks. Return to the pot along with the coconut milk, lime juice and remaining sea salt and stir to combine.
- 4 Divide the chicken into bowls and top with arugula and avocado. Enjoy!



Sauerkraut & Vegetable Soup

4 servings

1 hour

Ingredients

- 2 cups Sauerkraut
- 1 1/3 tbsps Extra Virgin Olive Oil
- 2/3 Yellow Onion (chopped)
- 2 Garlic (cloves, minced)
- 1/8 tsp Sea Salt
- 1 1/3 Carrot (peeled, chopped)
- 1 1/3 cups Celery Root (peeled, cubed)
- 1/2 cup Parsley (roughly chopped)
- 4 cups Vegetable Broth
- 2/3 Bay Leaf

Directions

- 1 Rinse the sauerkraut well and wring out the excess liquid using a kitchen towel or paper towel. Set aside.
- 2 Heat the oil in a large pot over medium heat. Add the onion and cook until it begins to soften, about 5 minutes. Add the garlic and salt and cook for another minute. Add the carrots, celery root, parsley and sauerkraut. Stir to combine then add the vegetable broth to the pot along with the bay leaf.
- 3 Bring the soup to a gentle boil then reduce the heat to simmer for 40 to 45 minutes or until the vegetables are tender. Serve and enjoy!



Slow Cooker Chicken Soup

2 servings

6 hours

Ingredients

1/3 Yellow Onion (diced)
1 1/3 stalks Celery (diced)
1 Carrot (medium, chopped)
1 tsp Rosemary (fresh)
2 2/3 ozs Chicken Breast (boneless, skinless)
5 1/3 ozs Chicken Thighs (boneless, skinless)
Sea Salt & Black Pepper (to taste)
2 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.



Curried Coconut Soup

3 servings

30 minutes

Ingredients

- 1 1/8 tps Extra Virgin Olive Oil
- 1 1/8 tps Ginger (chopped)
- 3/4 Garlic (clove, minced)
- 1/3 Yellow Onion (chopped)
- 2 1/4 tps Curry Powder
- 3/4 cup Mushrooms (sliced)
- 1/3 oz Lemongrass (chopped)
- 1/3 cup Broccoli (chopped into small florets)
- 1 1/8 tps Lime Juice
- 1 1/8 cups Canned Coconut Milk
- 1 1/2 cups Vegetable Broth
- 1/3 Zucchini (spiralized into noodles)
- 1 1/2 tps Cilantro
- 1/3 tsp Chili Flakes (optional)

Directions

- 1 In a pot over medium-low heat, add the olive oil, ginger, garlic and onion. Sauté for 3 to 5 minutes. Add in the curry powder, mushrooms and lemongrass.
- 2 Once the mushrooms are cooked through, add in the broccoli, lime juice, coconut milk and broth. Bring to a boil, reduce heat and let it simmer for 10 minutes.
- 3 During the last minute, add the zucchini noodles and remove from heat.
- 4 Divide between bowls and top with cilantro and red chilli flakes, if using. Enjoy!



Roasted Garlic & Asparagus Soup

4 servings

50 minutes

Ingredients

4 cups Asparagus (trimmed, cut in half)
10 Garlic (cloves, peeled and cut in half)
1/2 Yellow Onion (cut into thick slices)
1/4 head Cauliflower (cut into florets)
1 tbsp Extra Virgin Olive Oil
1/2 tsp Sea Salt (divided)
2 1/2 cups Vegetable Broth
2 cups Baby Spinach

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Toss the asparagus, garlic, onion and cauliflower with the olive oil and arrange in an even layer on the baking sheet. Season the vegetables with half of the salt then bake for 35 to 40 minutes or until the vegetables have caramelized and the garlic is fork-tender. Flip everything halfway through to prevent burning.
- 3 When the vegetables are just about done, heat the vegetable broth in a pot on the stove to a simmer. Add the spinach to the broth and stir to allow it to wilt.
- 4 To make the soup, transfer the warmed broth and spinach, the roasted vegetables and the remaining salt to a blender. Blend until smooth and creamy, allowing space for the heat to escape. If the soup is too thick, add more broth until your desired consistency is reached.
- 5 Divide between bowls and enjoy!



Crispy Prosciutto & Leek Soup

3 servings

30 minutes

Ingredients

1/3 tsp Avocado Oil
1 1/2 Leeks (trimmed, roughly chopped)
1/3 Yellow Onion (chopped)
1/3 head Cauliflower (cut into florets)
3 cups Chicken Broth
1/3 tsp Sea Salt
3 ozs Prosciutto (sliced into small pieces)
1 cup Canned Coconut Milk (full fat)
3 tbsps Parsley (chopped)

Directions

- 1 In a large pot or dutch oven, heat the avocado oil over medium heat. Once hot, add the leeks and onion and sauté for 4 to 5 minutes. Add the cauliflower, chicken broth and sea salt. Bring to a boil, then reduce heat and let simmer for 15 to 18 minutes.
- 2 Meanwhile, heat a large non-stick skillet over medium heat. Add the prosciutto and cook for 3 minutes per side or until crisp. Remove from the pan and set aside.
- 3 Add the coconut milk to the soup and stir to incorporate. Blend the soup with a stick blender or in a blender. Ladle into bowls and top with crispy prosciutto and parsley. Serve and enjoy!



Pressure Cooker Bean-Free Chili

3 servings

50 minutes

Ingredients

12 ozs Extra Lean Ground Beef
2 1/4 tsps Ghee
3/4 Yellow Onion (chopped)
3/4 Red Bell Pepper (chopped)
2 1/4 Garlic (clove, minced)
1 1/2 tbsps Tomato Paste
1 1/2 tbsps Chili Powder
2 1/4 tsps Cumin
1/3 tsp Sea Salt
3/4 Tomato (chopped)
3/4 cup 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!