



Late Night Snacks Cookbook

Derek Wahler Fitness, LLC

derek@dwahlerfitness.com

Welcome to the Late Night Snacks Cookbook!

Now, before you look at the recipes, I have to admit...

Having one of the yogurt bowls from the Cheat Sheet is the BEST late night snack you can have.

Add a couple of the toppings...

And it really hits the spot.

However, if you want some other options...

Take a look at the recipes below...

And try the ones that look best to you.

-Derek Wahler, CTT



Greek Yogurt Berry Smoothie

1 serving

5 minutes

Ingredients

1/2 cup Plain Greek Yogurt
1 cup Frozen Raspberries
2 tsp Stevia Powder
1 tbsp Ground Flax Seed
1 cup Water

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!



Delicious Popcorn Chicken

2 servings

20 minutes

Ingredients

1 cup Plain Greek Yogurt
1/2 tsp Sea Salt (divided)
9 ozs Chicken Breast (boneless,
skinless, diced into cubes)
1/4 cup Almond Flour

Directions

- 1 Preheat oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 2 Combine the yogurt and half the salt in a large bowl. Add the chicken and toss to coat.
- 3 In a separate bowl, combine the almond flour and remaining salt. Transfer the chicken to the bowl of almond flour and coat lightly. Add the chicken to the baking sheet and bake for 10 to 15 minutes or until cooked through.
- 4 Remove the chicken from the oven, divide onto plates 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!



Prosciutto Wrapped Avocado

4 servings

10 minutes

Ingredients

3 ozs Prosciutto
2 Avocado (sliced)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Slice the prosciutto pieces in half. Wrap one piece around one slice of avocado. Repeat until all of the avocado slices are wrapped.
- 2 Top with sea salt and black pepper. Enjoy!



Almond Pancakes

3 servings

20 minutes

Ingredients

- 1 cup Almond Flour
- 1 tsp Baking Powder
- 2 Egg
- 1 tbsp Monk Fruit Sweetener
- 1/3 cup Unsweetened Almond Milk
- 2 tbsps Coconut Oil (softened)
- 1/2 tsp Cinnamon
- 1/8 tsp Sea Salt
- 3 tbsps Almond Butter (for topping)
- 3 tbsps Almonds (roughly chopped, for topping)

Directions

- 1 In a medium-sized bowl, whisk together the almond flour, baking powder, eggs, sweetener, almond milk, coconut oil, cinnamon and sea salt.
- 2 Heat a greased skillet over medium-low heat. Pour the batter into the skillet, no more than 1/4 cup at a time. Cook each side for 3 to 4 minutes or until browned.
- 3 Divide the pancakes onto plates and top with almond butter and almonds. Enjoy!



Keto Snack Plate

1 serving

5 minutes

Ingredients

3/4 oz Prosciutto
2 ozs Cheddar Cheese (sliced)
1/4 Cucumber (sliced)
1/4 cup Green Olives

Directions

1

Assemble all ingredients onto a plate. Enjoy!



Mint Chocolate Fat Bombs

8 servings

50 minutes

Ingredients

1/2 cup Almond Butter
1/4 cup Coconut Oil
3 tbsps Cocoa Powder
1/2 tsp Vanilla Extract
1/2 tsp Peppermint Extract
1/8 tsp Stevia Powder

Directions

- 1 Arrange paper baking cups on a plate or a small baking sheet. Set aside.
- 2 Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce to lowest heat.
- 3 Add the almond butter and coconut oil to the smaller pot and allow them to melt and stir to combine. Stir in the cocoa powder.
- 4 In a small bowl combine the vanilla, mint and stevia powder and stir until the stevia has fully dissolved. Add the stevia mixture to the almond butter mixture and stir well to combine.
- 5 Divide the chocolate almond butter mixture between the paper baking cups then transfer to the freezer. Allow the fat bombs to set for about 30 minutes or until solid. Transfer to an airtight container and keep frozen. Enjoy!



Chicken, Lettuce & Tomato Egg Wrap

4 servings

15 minutes

Ingredients

- 4 Egg
- 1/4 tsp Sea Salt
- 1 tsp Extra Virgin Olive Oil (divided)
- 4 leaves Romaine (large, whole)
- 1 Tomato (sliced)
- 7 ozs Chicken Breast, Cooked (thinly sliced)

Directions

- 1 In a mixing bowl, whisk the eggs and salt together until well combined.
- 2 Heat a small non-stick pan over medium heat. Add enough oil to the pan to evenly coat it.
- 3 Add a 1/4 cup of the egg to the oiled pan and tilt the pan in a circular motion to distribute the egg evenly. Cook for 60 to 90 seconds or until just set and the egg releases easily from the pan then flip the egg and continue cooking for 30 to 60 seconds until cooked through. Repeat with remaining egg.
- 4 To serve, layer the lettuce, tomato and cooked chicken on the egg wrap and roll or fold altogether. Enjoy!



Turkey & Cheese Snack Box

1 serving

5 minutes

Ingredients

4 1/4 ozs Sliced Turkey Breast
2 ozs Cheddar Cheese (cubed)
1/4 cup Walnuts

Directions

1

Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!



Dark Chocolate Almond Fat Bombs

8 servings

50 minutes

Ingredients

1/2 cup Almond Butter
1/4 cup Coconut Oil
2 1/2 tbsps Cocoa Powder
1 tsp Vanilla Extract
1/8 tsp Stevia Powder

Directions

- 1 Arrange paper baking cups on a plate or a small baking sheet. Set aside.
- 2 Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce to lowest heat.
- 3 Add the almond butter and coconut oil to the double boiler and allow them to melt. Stir to combine. Stir in the cocoa powder.
- 4 In a small bowl combine the vanilla and stevia powder and stir until the stevia has fully dissolved. Add the sweetened vanilla extract to the almond butter mixture and stir well to combine.
- 5 Divide the chocolate almond butter mixture between the paper baking cups then transfer to the freezer. Allow the fat bombs to set for about 30 minutes or until solid. Transfer to an airtight container and keep frozen. Enjoy!



Fruit & Egg Snack Plate

2 servings

20 minutes

Ingredients

- 2 Egg
- 1 cup Blueberries
- 1 cup Strawberries (halved)

Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat then turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Transfer the eggs to a bowl of cold water and let the eggs sit until cool enough to handle.
- 2 Peel and slice the hard boiled egg and serve with the blueberries and strawberries. Enjoy!



Yogurt Clusters

12 servings

2 hours

Ingredients

3/4 cup Plain Greek Yogurt
1/2 cup Almonds
1/4 cup Cashews
1/4 cup Pumpkin Seeds

Directions

- 1 Line a baking sheet with parchment paper, wax paper or a silicone mat.
- 2 Add all ingredients in a bowl and mix well to combine. Scoop the mixture and transfer to the lined baking sheet, forming clusters of about 2 to 2.5 inches.
- 3 Freeze for at least 2 hours before serving. Enjoy!