



Derek Wahler Fitness, LLC

Rapid Fat Loss Soups

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If you want to switch things up...

Add in one of these soups for lunch or dinner during the 7-Day Apple Cider Vinegar Detox, or...

Use these soups after you finish the program.



Turmeric Beef Stew

4 servings

55 minutes

Ingredients

- 1 lb Top Sirloin Steak
- 1 tbsp Tapioca Flour
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 1/2 tbsps Extra Virgin Olive Oil
- 2 Carrot (medium, chopped)
- 1 Yellow Potato (large, chopped)
- 1 tsp Turmeric (ground)
- 1 tsp Coriander (ground)
- 1 tsp Cumin (ground)
- 1 tsp Ground Ginger
- 2 cups Beef Broth
- 4 stalks Green Onion (green parts only, chopped)
- 1/2 cup Cilantro (chopped)

Directions

- 1 Cut steak into 1-inch cubes. Transfer to a mixing bowl with tapioca flour, salt and pepper. Toss until the steak is well coated.
- 2 Heat oil in a dutch oven or large pot over medium-high heat. Add the beef and brown it on all sides. Remove the beef from the pot and set aside. (Adjust the heat as necessary when browning the steak to prevent the bottom of the pot from burning. You may need to do the browning in batches.)
- 3 Add the carrots and potatoes to the pot along with the turmeric, coriander, cumin and ginger. Stir frequently for 2 to 3 minutes. If the spices start sticking to the bottom of the pot add two tablespoons of water to help them along. Add the browned beef back to the pan.
- 4 Add the broth to the pot, being sure to scrape the browned bits off the bottom. Cover with a tight-fitting lid, reduce heat to medium-low and let simmer for 20 minutes.
- 5 Remove the lid and stir in the green onions and cilantro. Continue to simmer uncovered for 10 minutes. Taste and season with additional salt and pepper, if needed.
- 6 Divide into bowls and enjoy!

Notes

Too Thick: If the stew thickens too much or if it's looking a little bit dry, add extra broth or water one tablespoon at a time until desired consistency is reached.

Leftovers: Store in an airtight container in the fridge up to 3 days. Freeze for longer.

No Beef Broth: Use vegetable or chicken broth instead.



Roasted Red Pepper & Tomato Lentil Soup

5 servings

45 minutes

Ingredients

- 2 Tomato (cut in half)
- 3 Red Bell Pepper (halved and seeds removed)
- 1 Sweet Onion (coarsley chopped)
- 3 Garlic (cloves)
- 1 tbsp Extra Virgin Olive Oil
- 1 cup Dry Red Lentils (uncooked)
- 3 cups Water
- 3 cups Vegetable Broth
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 tsp Oregano
- 1/4 cup Cashews (raw, unsalted)

Directions

- 1 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper. Toss the tomatoes, red peppers, onion and garlic in olive oil and place on the baking sheet. Place in the oven and bake for 30 minutes. After 30 minutes, turn the oven to broil and bake for another 5 minutes.
- 2 Meanwhile, add lentils and water to a stockpot. Bring to a boil. Reduce heat to medium-low and simmer uncovered for 15 to 20 minutes or until tender. Stir in vegetable broth, sea salt, black pepper and oregano in with the lentils and mix well.
- 3 Remove vegetables from oven. Let cool slightly. Peel away the skin from the red pepper and discard. Place vegetables in pot with your lentils.
- 4 Add your cashews to the bottom of your blender. Pour in contents of your stock pot. Ensure there is somewhere for the steam to escape. Blend into a puree.
- 5 Ladle into bowls. Drizzle with a splash of olive oil and red chilli flakes. Enjoy!

Notes

Add Some Greens: Top with chopped baby spinach.



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.

Notes

More Carbs: Add chopped potatoes or cooked rice/pasta. You can also mix in raw pasta about 15 minutes before serving.

Leftovers: Refrigerate in an air-tight container up to 3-4 days or freeze up to 6 months. Omit pasta and potatoes if you plan to freeze.



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 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!

Notes

Optional Toppings: Diced avocado, sliced jalapenos, fresh lime juice, sliced green onion and/or chopped cilantro.

No Ground Beef: Use ground turkey or chicken instead.

More Flavor: Add smoked paprika, chipotle chili powder, ground cayenne, ground coriander, black pepper or dried oregano.

Tomato Options: Use cherry tomatoes, Roma tomato, field tomatoes or drained diced tomatoes from the can.

No Ghee: Use extra virgin olive oil or avocado oil instead.

Leftovers: Store in an airtight container in the fridge for up to three days. Freeze for up to three months.

Serving Size: One serving is equal to approximately one cup of chili.



Turkey & Vegetable Soup

6 servings

50 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (chopped)
- 3 Garlic (clove, minced)
- 1 tsp Dried Thyme
- 1 tsp Sea Salt
- 1 Sweet Potato (peeled, cut into 1/2-inch cubes)
- 1 Carrot (peeled, chopped)
- 2 stalks Celery (chopped)
- 10 1/2 ozs Turkey Breast, Cooked (roughly chopped)
- 6 cups Chicken Broth
- 1 cup Parsley (chopped)

Directions

- 1 Heat the oil in a large pot over medium heat.
- 2 Add the onion and cook until it begins to soften, about 5 minutes. Add in the garlic, thyme and salt and continue cooking for one minute more.
- 3 Add the sweet potato, carrots, celery and turkey. Stir to combine then add the chicken broth to the pot along with the parsley.
- 4 Bring soup to a gentle boil then reduce the heat to low and cover with a lid. Simmer for 40 to 45 minutes or until the vegetables are very tender. Season with additional salt if needed. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/2 cups of soup.

More Flavor: Add a bay leaf or some red pepper flakes.

No Turkey: Use chicken breast instead.

Additional Toppings: Serve the soup over top of cooked rice or cooked pasta.



Pressure Cooker Chicken & Bacon Soup

2 servings

30 minutes

Ingredients

2 slices Bacon (chopped)
1/2 Yellow Onion (chopped)
1 stalk Celery (chopped)
3/4 tsp Garlic Powder
1/2 tsp Onion Powder
1/2 tsp Dried Chives
1/2 tsp Dried Parsley
2 cups Chicken Broth
10 1/2 ozs Chicken Thighs (boneless and skinless, trimmed)

Directions

- 1 Turn the pressure cooker to sauté mode. Add the bacon and cook for 3 to 4 minutes. Drain the fat, leaving a small amount.
- 2 Add the onions and celery to the bacon and cook for 3 to 5 minutes or until the onions start to soften. If the bacon starts sticking to the bottom of the pot, add a splash of the chicken broth. Stir in the garlic powder, onion powder, chives, and parsley. Cook for another minute. Add all of the chicken broth and stir to combine. Add the chicken and close the lid.
- 3 Set to "sealing", then press manual/pressure cooker and cook for 10 minutes on high pressure. Once it is done, release the pressure manually.
- 4 Remove the lid carefully and transfer the cooked chicken to a plate or bowl and use two forks to shred it. Transfer the shredded chicken back to the pot and stir to combine. Taste and season soup with salt if needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/2 cups of soup.

More Flavor: Add fresh garlic or dried dill.

No Boneless, Skinless Chicken Thighs: Use bone-in chicken thighs or chicken breast instead.

More Vegetables: Add spinach or kale.



Savory Mushroom Stew

4 servings

35 minutes

Ingredients

- 2 cups Vegetable Broth
- 1 Yellow Onion (medium, diced)
- 2 Carrot (medium, diced)
- 2 Garlic (cloves, minced)
- 20 Cremini Mushrooms (sliced)
- 1 tsp Thyme
- 2 tbsps Arrowroot Powder
- 1/4 cup Water
- 1 tbsp Apple Cider Vinegar

Directions

- 1 In a large pot, heat a large splash of vegetable broth over medium heat. Cook the onion, carrot, and garlic for about five to seven minutes, or until the onions are soft. Add additional broth if it begins to stick to the bottom of the pot.
- 2 Stir in the mushrooms and thyme. Cook for another five minutes, stirring occasionally.
- 3 Meanwhile, whisk together the arrowroot powder and water in a small bowl to create a slurry. Add the slurry to the pot and stir until the vegetables are well coated.
- 4 Add the remaining broth and apple cider vinegar. Lower the heat to a simmer, close the lid and cook for 15 minutes. If needed, add salt to taste or more arrowroot powder for a thicker stew. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Freeze if longer.

Serving Size: One serving equals approximately 1 1/2 cups.

More Flavor: Sauté the vegetables in oil instead of broth. Add more spices of your choice.

Additional Toppings: Add lentils, chickpeas, or already cooked meat for more protein. Serve with brown rice, mashed potatoes, mashed cauliflower, quinoa, or barley. Garnish with cilantro or chives.

No Arrowroot Powder: Use tapioca flour or cornstarch instead.

Soup Lover: Turn this stew into a soup by adding more broth and adjusting the seasoning to taste. Puree with a hand blender, if preferred.



Okra & Beef Stew

3 servings

40 minutes

Ingredients

- 4 1/4 cups Water
- 1 lb Stewing Beef (cubed)
- 3 Garlic (cloves, minced)
- 1 Yellow Onion (small, diced)
- 1/4 cup Cilantro (chopped)
- 1 1/2 tsps Lebanese 7 Spice Blend
- 4 cups Okra (trimmed, sliced)
- 1/2 cup Tomato Paste
- 2 Tomato (chopped)
- 1/2 tsp Sea Salt

Directions

- 1 In a large pan over medium-high heat, heat a splash of the water and cook the beef for about eight minutes, flipping halfway. Set aside the beef.
- 2 In the same pan, heat a few more tablespoons of the water and cook the garlic, onion, and cilantro for about two minutes. Stir in the Lebanese seven spice and okra. Cook until the okra is tender, about 10 minutes. Add more water as needed to prevent sticking.
- 3 Stir in the cooked beef, tomato paste, tomatoes, sea salt, and the remaining water. Lower the heat to a simmer, cover with a lid, and cook for about 15 minutes or until your desired consistency is reached.
- 4 Season with more salt to taste. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days, or freeze if longer.

Serving Size: One serving equals approximately 2 1/2 cups.

More Flavor: Cook the beef, onions, and garlic in oil instead of water.

Additional Toppings: Serve it with Lebanese rice and more fresh herbs.

Make it Vegan: Use beans or add more veggies instead of beef.



Turkey & Barley Soup

6 servings

30 minutes

Ingredients

6 1/2 cups Water
5 Carrot (medium, diced)
1/2 Sweet Onion (diced)
1 1/2 tsps Italian Seasoning
1 tsp Sea Salt (to taste)
2/3 cup Pearl Barley (uncooked)
12 ozs Turkey Breast, Cooked (roughly chopped)
2 cups Baby Spinach

Directions

- 1 In a pot over medium-high heat, add the water, carrots, onions, Italian seasoning, and salt. Once boiling, lower to a simmer and cook until the carrots are tender-crisp, about five to seven minutes.
- 2 Stir in the barley and cook for 15 more minutes.
- 3 Add the turkey and spinach and cook until the turkey is warmed through and spinach is wilted, about three minutes. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two cups.

Gluten-Free: Use quinoa, gluten-free pasta, or rice instead of barley and adjust cooking time accordingly.

More Flavor: Sauté the onions and carrots in your choice of cooking oil. Add minced garlic or ginger. Use broth instead of water.

Additional Toppings: Add parsley, sliced green onion, or red pepper flakes.

Make it Vegan: Use tofu, edamame, chickpeas, or lentils instead of turkey breast.



Cheeseburger Soup

10 servings

4 hours

Ingredients

4 cups Beef Broth
1 1/2 cups Oat Milk (unsweetened, plain)
3 stalks Celery (diced)
1 tsp Dried Basil
3/4 head Cauliflower (chopped)
1 cup Pickle (diced)
Sea Salt & Black Pepper (to taste)
1 1/2 lbs Extra Lean Ground Beef
8 ozs Cheddar Cheese (shredded)

Directions

- 1 Turn on the slow cooker and add the beef broth, oat milk, celery, basil, cauliflower, pickles, salt, and pepper.
- 2 Meanwhile, heat a large nonstick pan over medium-high heat. Cook the ground beef for five to eight minutes, breaking it up as it cooks. Drain extra fat if needed. Add the ground beef to the slow cooker and cook on low for six to eight hours.
- 3 Divide the soup into bowls and top with cheddar cheese. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately 1 1/2 cups.

Dairy-Free: Use vegan cheese instead of cheddar cheese.

More Flavor: Add sautéed garlic and onions.

Additional Toppings: Add greek yogurt and sliced green onions.