

5-DAY AIP MEAL PLAN

5 days of recipes for breakfast, lunch, dinner, and snacks - with the instructions to meal prep on the weekend too if desired!



Michele Spring

TABLE OF CONTENTS:

Meals in this Plan ...	1
How To Use This Plan	4
Shopping List....	5
Batch Cooking Instructions ...	8
Day of Instructions...	17
Recipes ...	27

MEALS IN THIS PLAN:

MONDAY

Breakfast

Carrot Ginger Soup and Maple Blueberry Pork Sausage



Lunch

Harvest Chicken Salad over Mixed Greens



Dinner

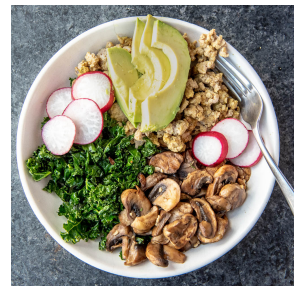
Pulled Pork and Pineapple Salsa with Roasted Broccoli and Sweet Potatoes



TUESDAY

Breakfast

Nourishing Breakfast Bowl



Lunch

Curry Chicken or Tuna Salad over Mixed Greens



Dinner

BBQ Pork Bowl with Cabbage Slaw and Pineapple



WEDNESDAY

Breakfast

Carrot Ginger Soup and Maple Blueberry Pork Sausage



Lunch

BBQ Pork Bowl with Cabbage Slaw and Pineapple



Dinner

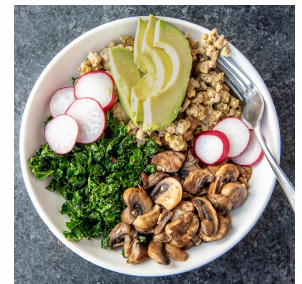
Steak with Roasted Broccoli, Sweet Potatoes, and Cauliflower Rice



THURSDAY

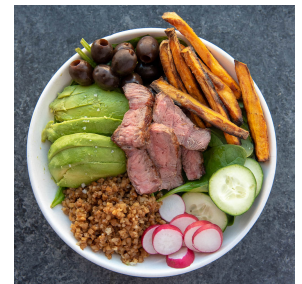
Breakfast

Nourishing Breakfast Bowl



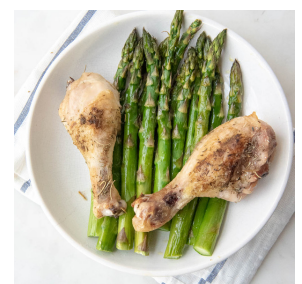
Lunch

Steak Bowl with Roasted Sweet Potato, Cauliflower Rice, and Veggies



Dinner

Chicken Drumsticks with Roasted Asparagus



FRIDAY

Breakfast

Carrot Ginger Soup and Maple Blueberry Pork Sausage



Lunch

"Summer" Chicken Salad over mixed greens



Dinner

Baked Cod with Pineapple Salsa, Kale Salad, and Baked Plantains (or diced roasted butternut squash)



HOW TO USE THIS PLAN:

This plan details a full 5 days of meals - breakfasts, lunches, and dinners for the strict elimination portion of the Autoimmune Paleo diet.

You can either go straight to the recipes and make each meal OR use the Batch Cooking Session instructions that will lead you through one 1.5-2 hour cooking session where you'll prep a bunch of the ingredients for the week, and then the Day of Instructions will guide you through the steps to take each day. There will still be cooking involved each day, but most of the prep is done, so most of the cooking is "throw into the oven for 30 minutes" kind of thing.

The batch prep instructions are set so that you do everything in the most efficient manner, saving you hours of prep and cooking time. Yet you'll get varied, nutrient-dense meals.

The meal plan is set for one person eating these meals, but can easily be multiplied for additional family members if necessary.

The meals start off heavily using the ingredients/meals you prepped in the batch cooking session and then require more hands-on cooking towards the end of the week. This is on purpose as many pre-cooked ingredients don't hold up well for a full 5 days. However, the meals towards the end of the week are easy to prepare and make, so they shouldn't take a lot of time or energy.

Can I double (or triple) the recipes?

Definitely - you'll have to do the math, but most is just a straight # times what you want. Some, like the pulled pork, make quite a lot, so you won't have to cook extra.

How long will the batch cooking session take?

The session will most likely take you between 1.5-2 hours to complete. If you use some shortcuts, like frozen broccoli, pre-shredded cabbage, prewashed greens, and already riced cauliflower it will take less time.

I've given time estimates on each step, but these are estimates using all raw, fresh ingredients and for taking your time.

Is there anything I have to prep before the session?

Yes, you'll need to have either bought 3 cups of chicken or beef stock/broth or made it yourself BEFORE this session. Also, if you cannot have coconut you may need to make your own tigernut milk. Plus, the pulled pork takes longer than the allotted session time, so you might want to start that earlier in the day.

SHOPPING LIST:

The number in parenthesis "()" represents the recipe number that it's for.

Recipe #'s-

1. Carrot Ginger Soup and Maple Blueberry Pork Sausage
2. Harvest Chicken Salad over Mixed Greens
3. Pulled Pork and Pineapple Salsa with Roasted Broccoli and Sweet Potatoes
4. Nourishing Breakfast Bowl
5. Curry Chicken or Tuna Salad over Mixed Greens
6. BBQ Pork Bowl with Cabbage Slaw and Pineapple
7. Steak with Roasted Broccoli, Sweet Potatoes, and Cauliflower Rice
8. Steak Bowl with Roasted Sweet Potato, Cauliflower Rice, and Veggies
9. Chicken Drumsticks with Roasted Asparagus
10. "Summer" Chicken Salad over mixed greens
11. Baked Cod with Pineapple Salsa, Kale Salad, and Baked Plantains (or diced roasted butternut squash)

Meats and Seafoods:

- 2 slices Bacon (3,6)
- 3-5 lbs Pork Shoulder (get more if serving more than 1 person) (3,6)
- 1 lb ground Pork (1)
- 1 lb ground Chicken (or can be an additional 1 lb of ground Pork) (4)
- 2 x 4 oz Sirloin Steaks (7, 8)
- 1 lb Chicken Drumsticks (9, 10)
- 1 Cod Filet (approx 4-6 oz) (11)

Canned Goods:

- 1 cup Coconut Milk (1) * *If you cannot have coconut milk make tigernut milk -directions on pg 9)*
- 2 cans pre-cooked Chicken or Tuna (make sure only meat/seafoods, water, and salt) (2, 5)
- 1 can Black Olives (8, 11)

Misc:

- 3 cups Chicken or Beef Stock (or make your own) (1)
- 3 tbsp Maple Syrup (1, 6)
- 3 tbsp Lime Juice (2, 3, 5, 10, 11)
- 1 handful dried Cranberries (fruit-juice sweetened, no sunflower oil) (2)
- 1 handful Raisins (5)
- 3 dried Apricots (5)

SHOPPING LIST CONTINUED:

Fresh Produce:

- 2 medium Yellow Onions (1, 6)
- 1/4 Red Onion (3, 11)
- 5 cloves Garlic (1, 3, 4, 7, 11)
- 1-inch piece fresh Ginger (or 1 tsp dried) (1)
- 1.5 lb Carrots (or baby carrots) (1)
- 1 cup Blueberries (these can also be frozen) (1, 10)
- 1 bunch Radishes (4, 8, 10)
- 1 bunch Kale (4, 11)
- 1 medium head Broccoli (or 2 cups of florets, can be frozen) (3, 7)
- 8 oz pre-sliced Baby Bella or Crimini Mushrooms (4)
- 1 tsp Fresh Thyme (or 1/4 dried) (4)
- 1 large Carrot (6)
- 1 small Apple (6)
- 1 small Apple or Pear (2)
- 3 small or 2 medium Sweet Potatoes (3, 7, 8)
- 1 Pineapple (or a can of pineapple chunks) (3, 11)
- 3/4 cup Cilantro (3, 10, 11)
- 1/4 head Cabbage (red or green) (6)
- 1/2 small head Cauliflower OR pre-riced Cauliflower (can be frozen) (7, 8)
- 5 cups Mixed Greens (2, 5, 6, 10)
- 3 Avocados (2, 4, 5, 8, 10)
- 4 stalks Celery (2, 5)
- 2 Green Onions (6)
- 1/2 Cucumber (8)
- Optional Herbs for Steaks (Thyme, Rosemary, Oregano - can also be dried) (7, 8)
- 1 bunch Asparagus (9)
- 1 Orange or Lemon (11)
- 1 yellowish-black Plantain OR 1/2 small Butternut Squash (11)

Oils and Vinegars:

- Coconut Oil
- Avocado Oil
- 3 tbsp Apple Cider Vinegar (or White Wine Vinegar) (6)

SHOPPING LIST CONTINUED:

Herbs and Spices:

- 1 tbs of Red Hawaiian Sea Salt (or just use more sea salt) (1)
- 1 tsp Smoked Sea Salt (or just use more sea salt) (6)
- Sea Salt (all recipes)
- 2 tsp Garlic Powder (1, 5)
- 2 tsp Onion Powder (1, 5)
- 3/4 tsp Turmeric (5)
- 3/4 tsp dried Sage (1, 9)
- 1/2 tsp Cinnamon (1, 5,)
- 1 tsp dried Ginger (5, 6)
- 1/4 tsp dried Rosemary (9)
- 1/4 tsp dried Thyme (9)
- 1 tsp dried Italian Seasoning (9)
- 1 tsp Primal Palate Breakfast Blend (or a pinch of Garlic Powder, Onion Powder, dried Oregano, Cinnamon, Turmeric, Sage) (4)

THE BATCH COOKING SESSION

The following are the directions to prep ingredients and some meal elements in ONE batch cooking session prior to the week. The Day of Instructions follow that tells you what to do each day to get ready for the meals. You'll still be doing some cooking each day, but it will be a LOT less than if you had to do it all on demand - and it will be in the most efficient manner.

If you don't have the time for a batch cooking session and/or would rather cook on demand, follow the instructions in the "Recipes" section instead.

INSTRUCTIONS FOR THE BATCH COOKING SESSION:

This gets you prepped for the entire week of meals as written.

OPTIONAL PRE-STEP 1: Make Tigernut Milk - 3 days before

NOTE: If you cannot have coconut milk, you'll need to make this for the Carrot Ginger Soup and have it ready for the batch cooking session, so plan accordingly.

For this step you'll need:

- 1 cup Whole Tigernuts
- 4 cups Water – divided
- pinch Sea Salt

Directions:

1. 24-48 hours ahead of time, place the tigernuts into a jar or bowl and cover with water. Store covered in the fridge for 24-48 hours.
2. When ready to make the milk, strain the water out, rinse, and then add the tigernuts, the remaining 2 cups of water, and the pinch of sea salt to a blender. Blend on high for 3-4 minutes, or until there are no chunks remaining.
3. Strain the mixture through a nut milk bag, cheesecloth, or a fine mesh sieve. Squeeze or knead as needed to get all of the liquid out. Store in a glass jar in the fridge for up to a week.

OPTIONAL PRE-STEP 2: Make the chicken or beef stock - 1 day before

NOTE: If you choose to make this rather than buy it, you'll need to have it ready for the batch cooking session, so plan accordingly.

For this step you'll need:

- 2-4 lbs of Chicken or Roasted Beef Bones
- 1 cup Carrot pieces
- 1 cup Celery Pieces
- 1 Bay Leaf
- 2 tbs Apple Cider Vinegar
- Optional: 1 cup Onion pieces (including the paper)
- 8 cups Water

Directions:

1. Place all of the ingredients into a slow cooker, Instant Pot, or on a large pot over the stove.

SLOW COOKER: Cook on low for 12- 24 hours (longer is better).

INSTANT POT: Cook on high pressure for 30-90 min (longer is better). Natural release the pressure.

POT ON STOVE: Bring to a boil and then simmer over low heat for 2-3 hours.

2. Strain the broth from the bones and veggies using a fine mesh sieve and then store or use as needed.

STEP 1: Cook the pork shoulder (5 min prep time and then 6-12 hours in slowcooker, 2 hours in an Instant Pot)

A NOTE ON THIS ONE: You may choose to make this the day of serving as it's so easy to do. Totally up to you, it's a good one to put in the crockpot all day. If you choose NOT to do this during your batch prep session you'll see a note to do it the day of.

For this step you'll need:

- 2 slices Bacon
- 3-5 lbs Pork Shoulder or Butt
- approx 1 tbs of Red Hawaiian Sea Salt or 1.5 tsp of regular white Sea Salt

Directions:

1. Place the bacon slices in the bottom of the slow cooker or Instant Pot insert.
2. If using the red sea salt, pat it on the pork. If using the regular sea salt, roughly sprinkle it on all sides. Note: Be sure to use only 1.5 tsp or so of regular sea salt as this can get VERY salty if you use too much of the regular sea salt. Place the pork on top of the bacon.
3. **SLOW COOKER:** Cook on LOW anywhere from 6-15 hours. (this one is hard to overcook so leave it all day or overnight)
- INSTANT POT:** Add 1 cup of water and then cook on high pressure for 90 minutes, naturally release the pressure for 15 min after cooking.
4. When the cooking time is up, remove the pork from the cooking device and shred. Do NOT put back into the juices (will get too salty).

STEP 2: Start the Carrot Ginger Soup (10 min)

For this step you'll need:

- 1 tbsp Coconut Oil or other fat
- 1 medium Yellow Onion
- 1 clove Garlic
- 1-inch piece fresh Ginger (or 1 tsp dried Ginger)
- 1.5 lb Carrots (or baby carrots)
- 3 cups Chicken or Vegetable Stock

Directions:

1. Peel and dice the onions.
2. Peel and mince the garlic.
3. Peel and grate or mince the ginger.
4. In a large saucepan, melt the coconut oil over medium heat. Add the onions, garlic, and ginger and cook, stirring occasionally, for about 10 minutes or until the onion is translucent.
5. Meanwhile, peel and roughly chop the carrots.
5. Add the carrots and stock to the pan, bring to a boil, and then reduce the heat to a simmer. Cover and set a timer for 30 minutes.

STEP 3: Start the Maple Blueberry Sausage (10 min)

For this step you'll need:

- 1 lb ground Pork
- 1 tbsp Maple Syrup
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1/2 tsp dried Sage
- 1/4 tsp Cinnamon
- 1/2 tsp Sea Salt
- 1/2 cup Blueberries (fresh or frozen)
- 1 tbsp Coconut Oil

Directions:

1. Mix everything except for the blueberries together in a large bowl. Once evenly mixed, gently mix in the blueberries. Form into 8 patties.
2. Heat the coconut oil in a large pan over medium heat. Place the patties in the pan and cook for 5 min a side or until cooked all the way through (no pink remains). Move onto Step 4 while the patties are cooking.

STEP 4: Slice Radishes, Kale, and Broccoli (10 min)

For this step you'll need:

- 1 bunch Radishes
- 1 bunch Kale
- 1 medium head Broccoli (or 2 cups of florets)

Directions:

1. Wash the radishes if needed and slice into thin slices. Place in a storage container in the fridge. REMEMBER to flip the Maple Blueberry Sausage after 5 min!
2. Cut the woody stalks from the kale and then cut into small pieces. Place in a storage container in the fridge.
3. If you bought already-cut broccoli florets (fresh or frozen), skip this step. Otherwise, cut the stems off the broccoli and break into florets. Set aside.
4. Remove the Maple Blueberry Sausage from the pan and place into a storage container in the fridge.

STEP 5: Prep the Nourishing Breakfast Bowl (10 min)

For this step you'll need:

- 1 tbsp Coconut Oil or other fat
- 1 lb ground Chicken or Pork
- 1 tsp Primal Palate Breakfast Blend OR (a pinch each of: Sea Salt, Garlic Powder, Onion Powder, dried Oregano, Cinnamon, Turmeric, and Sage)
- 8 oz pre-sliced Baby Bella or Crimini Mushrooms
- 2 cloves Garlic
- 1 tsp Fresh Thyme (or 1/4 dried)

Directions:

1. Heat the oil in a pan over medium heat, add the ground chicken or pork and brown. Once browned, add the spice blend and mix thoroughly. (This is a loose sausage, not patties like the Maple Blueberry Patties).
2. While the sausage is browning, peel and mince the garlic.
3. Place the mushrooms, garlic, and thyme into a storage container for later and store in the fridge.

STEP 6: Finish the Carrot Ginger Soup (5 min)

For this step you'll need:

- the Carrot Ginger Soup mixture that has been cooking for 30 min
- 1 cup Coconut or Tigernut Milk
- Sea Salt to Taste

Directions:

1. Add the coconut or tiger nut milk and a pinch of sea salt to the pot, then use an immersion blender or regular blender to puree the soup until smooth. Taste and add more salt if necessary.

STEP 7: Start the BBQ Sauce (10 min)

For this step you'll need:

- 1 tbsp Avocado Oil (or other cooking fat)
- 1 medium Yellow Onion
- 1 large Carrot
- 1 small Apple
- 3 tbsp Apple Cider Vinegar (or White Wine Vinegar)
- 2 tbsp Maple Syrup
- 1 tsp dried Ginger
- 1 tsp Sea Salt (Smoked if possible but not necessary)
- 1/2 cup Water

Directions:

1. Dice the onion.
2. Add the oil to a saucepan over medium heat and then add the onions.
3. Dice the carrot (no need to peel). Stir the onions.
4. Dice the apple (no need to peel). Stir the onions again.
5. Add the carrot and apple and the rest of the ingredients to the saucepan, stir, and bring to a boil.
6. Turn the heat down to a simmer and set a timer for 25 minutes.

STEP 8: Prep the Sweet Potatoes (10 min)

For this step you'll need:

- 3 small or 2 medium Sweet Potatoes
- 1 tbs Avocado Oil
- 1 tsp Sea Salt

Directions:

1. Peel and either dice the sweet potatoes or cut them into long french fry shapes (or both if desired).
2. Put into a storage container or ziploc bag and add the avocado oil and sea salt. Massage a bit with your hands to mix and then place in the fridge.

STEP 9: Make the Pineapple Salsa (5 min)

For this step you'll need:

- 1 cup Pineapple Chunks (approx 6 oz) + 1 cup more for dicing
- 1/2 cup Cilantro
- 1/4 Red Onion
- 1 clove Garlic
- 1 tsp Lime Juice
- 1/4 tsp Sea Salt

Directions:

1. Either chop all of the ingredients really finely EXCEPT for the additional 1 cup of pineapple and combine in a bowl, or pulse in a food processor until all the pieces are the same small size.
2. Dice the remaining cup of pineapple.
3. Store the pineapple salsa in one container and leave the plain diced pineapple out for Step 12.

STEP 10: A few more slicing activities (15 min or less)

For this step you'll need:

- 1/4 head Cabbage (if you didn't buy pre-sliced cabbage)
- 1/2 head Cauliflower (if you didn't buy pre-riced cauliflower)
- all of the Mixed Greens (if you didn't buy pre-washed)
- the Broccoli you cut in step 4
- 2 tbsp Avocado Oil
- 1 clove Garlic
- 1/4 tsp Sea Salt

Directions:

1. If you did NOT buy pre-sliced cabbage, slice the cabbage into small strips. Keep the cabbage out for Step 12.
2. If you did NOT buy pre-riced cauliflower, rice the cauliflower by running it through the chute of a food processor over a grating blade, or by using a box grater to make small pieces. Place into a storage container or bag in the fridge.
3. If you did NOT buy washed greens, wash and then dry with a towel. Keep these greens out for Steps 11 and 12.
4. Peel and mince the garlic clove.
5. Place the broccoli you cut in Step 4 into a storage container or bag and then add the avocado oil, minced garlic clove, and sea salt. Place in the fridge.
6. By this time the BBQ sauce is most likely done. Transfer it to a blender and blend until smooth. Set aside.

STEP 11: Make the first 2 Chicken/Tuna Salad lunches (20 min)

For this step you'll need:

- 1 Avocado
- 1/4-1/2 cup Avocado or Olive Oil
- 1 tbs Lime Juice (I used jarred, but you can use fresh too - this would be about 1 lime)
- Pinch Sea Salt
- 2 cans of pre-cooked Chicken or Tuna (make sure to check the ingredients and get ones that are only the meat/seafood, water, and salt. If you really can't find that, you'll need to use 2 cups of diced pre-cooked chicken - something like 1/2 lb boneless, skinless chicken thighs roasted at 425 F for 40 minutes works well)
- 4 stalks Celery
- 1 handful Dried Cranberries (fruit-juice sweetened)
- 1 Apple or Pear, diced
- 3/4 tsp Garlic Powder
- 3/4 tsp Onion Powder
- 3/4 tsp Turmeric
- 1/4 tsp Cinnamon
- pinch ground Ginger
- 1 handful of Raisins
- 3 Dried Apricots, diced
- Sea Salt to taste
- 2 cups Mixed Greens

Directions:

1. Make the "mayo" by placing the flesh of the avocado, the oil, lime juice, and sea salt in a bowl, wide-mouthed glass jar, or blender. Use an immersion stick blender or regular blender to mix until creamy.
2. Slice the celery into small pieces.
3. Dice the apple or pear into small pieces.
4. Dice the dried apricots.
5. In a large bowl, stir 1 can of the chicken or tuna with 1/2 of the "mayo", 1/2 of the celery, the dried cranberries, and the diced apple or pear. Taste and add salt if necessary. Prepare a storage container - (portable if necessary) with a handful of mixed greens and then this chicken/tuna salad over top. Store in the fridge.
6. Rinse the bowl out and then add the remaining can of chicken or tuna, the remaining "mayo", the remaining celery, and the garlic powder, onion powder, turmeric, cinnamon, ginger, raisins, and dried apricots to the bowl. Mix well and taste to see if you need to add any sea salt. Prepare a storage container - (portable if necessary) with a handful of mixed greens and then this chicken/tuna salad over top. Store in the fridge.

STEP 12: Assemble the BBQ Pork Bowls

For this step you'll need:

- The pulled pork you made in Step 1 (if you didn't make this yet it's ok)
- The BBQ Sauce you made in Step 7
- The diced pineapple from Step 9
- 2 cups Mixed greens
- Sliced cabbage from Step 10
- 2 Green Onions

Directions:

1. Slice the green onions to make small rounds.
2. If you ALREADY MADE the pulled pork, mix 10 oz (about 3 cups) with several spoonfuls of the BBQ Sauce (depending on how saucy you like it - keep in mind this is the dressing for the whole bowl, so maybe go a bit saucier than usual).

If you HAVE NOT MADE the pulled pork, put the BBQ sauce into a small storage container.

3. In two storage containers (1 being portable for lunch if necessary), add your mixed greens, diced pineapple, sliced cabbage, and green onions evenly between the bowls.

In two other small containers, add the pulled pork with BBQ sauce. (You'll want to keep these separate if you want to reheat the pork and then just add to the greens before serving)

Store in the fridge.

LEFTOVER BBQ SAUCE

If you have a lot of leftover BBQ Sauce, freeze in ice cube trays and then pop out and store in a freezer-safe container or bag and then use later. Simply thaw overnight in the fridge or reheat quickly in the microwave or in a pan on the stove.

THE DAY OF INSTRUCTIONS

The following are the instructions on what to do each day after you've completed the batch cooking session.

Instructions for Each Day (after batch cooking session)

MONDAY

Breakfast: Carrot Ginger Soup and Maple Blueberry Pork Sausage

For this meal you'll need:

- 1/4 of the Carrot Ginger Soup
- 1 Maple Blueberry Pork Sausage



Directions:

1. For the breakfast, simply reheat the soup and sausage in a pot or pan on the stove or in the microwave. Serve.

IF YOU HAVE NOT COOKED THE PULLED PORK YOU'LL ALSO NEED THIS MORNING:

- 2 slices Bacon
- 3-5 lbs Pork Shoulder or Butt
- approx 1 tbsp of Red Hawaiian Sea Salt or 1.5 tsp of regular white Sea Salt

Directions:

1. Place the bacon slices in the bottom of the slow cooker.
2. If using the red sea salt, pat it on the pork. If using the regular sea salt, roughly sprinkle it on all sides. Note: Be sure to use only 1.5 tsp or so of regular sea salt as this can get VERY salty if you use too much of the regular sea salt. Place the pork on top of the bacon.
3. Cook on LOW anywhere from 6-15 hours. (this one is hard to overcook so ok to leave it all day)

Lunch: Harvest Chicken Salad over Mixed Greens

For this meal you'll need:

- the Harvest Chicken Salad you made during batch cooking

Directions:

1. This needs no reheating, so just serve.



MONDAY continued...

Dinner: Pulled Pork and Pineapple Salsa with Roasted Broccoli and Sweet Potatoes

For this meal you'll need:

- 5 oz Pulled Pork (about 1-1.5 cups) (if you just cooked it today read for instructions below)
- 1/2 Pineapple Salsa from batch cooking
- the Broccoli from batch cooking
- the Sweet Potatoes from batch cooking

IF YOU HAVEN'T ALREADY MADE YOUR BBQ PORK BOWLS YOU'LL ALSO NEED:

- 10 oz Pulled Pork (about 1-1.5 cups)
- The BBQ Sauce you made in batch cooking

Directions:

1. Preheat the oven to 425 F and cover 2 baking sheets with parchment paper.
2. Pour the entire bag of sweet potatoes (with the salt and oil) onto one baking sheet. Spread the sweet potatoes evenly on the sheet and then put in the oven. Set a timer for 20 minutes.
2. Pour the entire bag of broccoli (with the garlic and oil and salt) onto the other baking sheet and spread evenly.
3. When the timer goes off, put the sheet with the broccoli in the oven as well. Set the timer for 25 minutes (keep the sweet potatoes in the oven)

IF YOU COOKED YOUR PORK SHOULDER TODAY:

While the sweet potatoes & broccoli are cooking, remove the pork from the cooking device and shred. Do NOT put back into the juices (it will get too salty).

Take 5 oz (about 1 - 1.5 cups) of pork and set it aside for dinner. Take another 10 oz and mix with several spoonfuls of the BBQ sauce you made during batch cooking. Put into two small containers and store near the rest of the bowls (cabbage, mixed greens, and pineapple).

IF YOU DID NOT COOK THE PORK SHOULDER TODAY:

Meanwhile, if you did NOT cook the pork today, reheat the pork either in the microwave or in a pan on the stove.

NO MATTER WHEN YOU COOKED THE PORK:

6. Put the pork onto a plate and top with the pineapple salsa. When the sweet potatoes and broccoli are done, put 1/4 of the sweet potatoes and 1/2 of the broccoli onto the plate as well.

7. Put the remaining sweet potatoes and broccoli into containers and store in the fridge.

IF YOU HAVE A LOT OF LEFTOVER PORK:

You can easily freeze leftover shredded pork in individual bags or containers for later. They freeze well and to thaw just microwave or cook on the stove. Very yummy crisped up on the stove with some fat!



TUESDAY

Breakfast: Nourishing Breakfast Bowl**For this meal you'll need:**

- 1 tbsp of Coconut Oil (or other cooking oil or fat)
- 1/2 of the Mushroom Garlic Mixture
- 1/3 of the Kale
- 1/2 of the Chicken Sausage
- 1/3 of the Radishes
- 1/2 of an Avocado

**Directions:**

**I don't have you cooking the mushrooms in the batch cooking session prior to this as I can't stand soggy reheated mushrooms, but if that does NOT bother you, then you can go ahead and cook the entire mushroom mixture and eat the rest on Thursday.*

1. Heat a large pan over medium heat and then melt the oil. Add the mushrooms and cook, stirring occasionally, until the mushrooms have released most of their liquid, about 10 minutes.
2. Meanwhile, slice the avocado.
3. When the mushrooms are done cooking, pour them onto your plate, add the chicken sausage to the pan and heat through.
4. When the sausage is heated, pour it onto your plate and put the kale in the pan. Heat for 1-2 minutes or until it starts to wilt. Pour onto the pan and then add the radishes to your plate and serve.

Lunch: Curry Chicken/Tuna Salad over Mixed Greens**For this meal you'll need:**

- the Curry Chicken or Tuna Salad you made during batch cooking

Directions:

1. This needs no reheating, so just serve.

*Dinner:* BBQ Pork Bowl**For this meal you'll need:**

- 1 of the containers of BBQ Pork (5 oz of pork with sauce)
- 1 of the containers with mixed greens, cabbage, and pineapple

**Directions:**

1. Reheat the pork in a small pan on the stove or in the microwave and serve over the greens, cabbage, and pineapple.

WEDNESDAY

Breakfast: Carrot Ginger Soup and Maple Blueberry Pork Sausage

For this meal you'll need:

- 1/3 of the remaining Carrot Ginger Soup
- 1 Maple Blueberry Pork Sausage

Directions:

1. For the breakfast, simply reheat the soup and sausage in a pot or pan on the stove or in the microwave. Serve.



Lunch: BBQ Pork Bowl

For this meal you'll need:

- the BBQ pork and container of cabbage, mixed greens, and pineapple

Directions:

1. Reheat the pork if desired on the stove or in a microwave, and serve over the cabbage, mixed greens, and pineapple.



Dinner: Steak with Roasted Broccoli, Sweet Potatoes, and Cauliflower Rice

For this meal you'll need: (*You'll also be prepping Thursday's lunch)

- 2 tbsp Avocado Oil
- 2 x 4 oz Sirloin Steaks
- Sea Salt
- Optional: Herbs such as dried Thyme, Rosemary, Oregano
- the Cauliflower Rice you prepped in batch cooking
- the Roasted Broccoli you cooked on Monday night
- the Sweet Potatoes you cooked on Monday night
- 1/4 of a Cucumber
- a few Radish slices
- 1 cup Black Olives
- 1/2 Avocado (preferably with the pit still inside to prevent browning)



WEDNESDAY Dinner continued...

Directions:

1. Heat 1 tbsp of the oil in a pan on the stove over medium heat. Rub the rest of the avocado oil over the steaks, sprinkle well with sea salt and if desired, sprinkle some herbs like rosemary, oregano, and/or thyme over each side as well.
2. Once the oil in the pan is hot, place the steaks into the pan and leave for 5 minutes without disturbing, then flip and cook for another 5 minutes. Check the temperature with an instant read thermometer and remove from the pan when done. (130 F for rare, 135 for medium-rare, 145 for medium and 155 for well done). Cover with some aluminum foil or a kitchen towel and let rest while you go onto the next step.
3. While the steaks are cooking, reheat the broccoli and 1/2 of the remaining roasted sweet potatoes in the oven or microwave.
4. Also while the steaks are cooking, slice the 1/4 cucumber thinly and place in a large container for lunch on Thursday (portable if necessary). Add the radish slices, the remaining roasted sweet potatoes, and the black olives.
5. When the steak is done, put the cauliflower rice directly into the pan where the steak was and stir occasionally, scraping up the brown bits from the bottom of the pan, until done, about 5 minutes. The rice will turn brown and get a delicious nutty flavor.
4. Slice the steaks and put 1/2 on a plate, along with half of the cauliflower rice, the broccoli, and sweet potatoes. Put the remaining steak and cauliflower into the container for lunch. Put the container in the fridge. You'll need 1/2 of an avocado as well, but I recommend slicing that right before serving so it doesn't brown too much, so put the avocado somewhere nearby.

***You can alternatively grill the steaks if you'd rather - just note that the cauliflower rice will remain white and you'll need to cook the cauliflower rice in a pan with a few teaspoons of cooking fat and a pinch of sea salt.*

THURSDAY

Breakfast: Nourishing Breakfast Bowl

For this meal you'll need:

- 1 tbsp of Coconut Oil (or other cooking oil or fat)
- the remaining Mushroom Garlic Mixture
- 1/2 of the remaining Kale
- the rest of the Chicken Sausage
- all but 4 slices of the Radishes
- 1/2 of an Avocado



Directions:

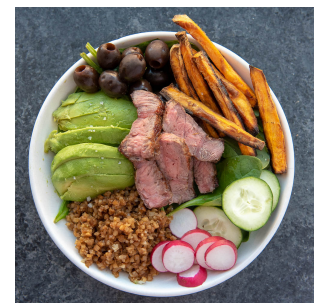
**I don't have you cooking the mushrooms in the batch cooking session prior to this as I can't stand soggy reheated mushrooms, but if that does NOT bother you, then you can go ahead and cook the entire mushroom mixture and eat the rest on Thursday.*

1. Heat a large pan over medium heat and then melt the oil. Add the mushrooms and cook, stirring occasionally, until the mushrooms have released most of their liquid, about 10 minutes.
2. Meanwhile, slice the avocado.
3. When the mushrooms are done cooking, pour them onto your plate, add the chicken sausage to the pan and heat through.
4. When the sausage is heated, pour it onto your plate and put the kale in the pan. Heat for 1-2 minutes or until it starts to wilt. Pour onto the pan and then add the radishes to your plate and serve.

Lunch: Steak Bowl

For this meal you'll need:

- the Steak Bowl you made last night
- 1/2 Avocado



Directions:

1. Reheat the steak if desired in a pan on the stove or in the microwave. Slice the 1/2 avocado and serve.

Dinner Chicken Drumsticks with Roasted Asparagus

For this meal you'll need: (* You'll also prep Friday lunch in this step)

For the chicken:

- 1 lb Chicken Drumsticks
- 1/4 tsp dried Sage
- 1/4 tsp dried Rosemary
- 1/4 tsp dried Thyme
- 1/2 tsp Sea Salt
- 2 tbs Avocado Oil

For the asparagus:

- 1 bunch Asparagus
- 1 tbs Avocado Oil
- 1 tsp dried Italian Seasoning
- 1/2 tsp Sea Salt

For Friday's lunch:

- 1/2 Avocado
- 1/8-1/4 cup Avocado or Olive Oil
- 1.5 tsp Lime Juice (I used jarred, but you can use fresh too - this would be about 1/2 lime)
- Pinch Sea Salt
- 1 handful fresh or frozen Blueberries
- 1 handful chopped fresh Cilantro
- rest of the radish slices
- rest of mixed greens

Directions:

1. Preheat the oven to 425 F and lay the drumsticks in a baking dish. (If the skin has been pushed down, pull it back up as best as you can so it has a chance to get crispy)
2. Sprinkle the herbs and salt evenly over the drumsticks and drizzle the avocado oil over the drumsticks.
3. Put the chicken in the oven and set a timer for 30 minutes .
4. Meanwhile, cut the tough ends off of the asparagus and lay out on the baking sheet. Drizzle with the oil and sprinkle with the remaining ingredients. Toss a little to mix. Set aside until the timer for the chicken goes off.
5. Meanwhile, make the mayo for Friday's lunch: Place the flesh of the avocado, the oil, lime juice, and sea salt in a bowl, wide-mouthed glass jar, or blender. Use an immersion stick blender or regular blender to mix until creamy.
6. Add the mayo, blueberries, cilantro, and radishes to a large bowl and set aside.
7. When the timer goes off, put the asparagus into the oven and set the timer for an additional 10 minutes. When that timer goes off, check to see if the asparagus and chicken is done. Asparagus: easily pierced with fork. Chicken: a meat thermometer inserted near the bone reads at least 165 F.
8. Serve 1/2 of the chicken over the asparagus.
9. When cool enough to touch, remove the remaining chicken from the bone, dice, and put into the bowl with the mayo. Mix and then place into a container over the remaining mixed greens - store in the fridge.



FRIDAY

Breakfast: Carrot Ginger Soup and Maple Blueberry Pork Sausage

For this meal you'll need:

- 1/2 of the remaining Carrot Ginger Soup
- 1 Maple Blueberry Pork Sausage

Directions:

1. For the breakfast, simply reheat the soup and sausage in a pot or pan on the stove or in the microwave. Serve. (You may save the remaining serving of soup for now or freeze for later)



Lunch: "Summer" Chicken Salad over Mixed Greens

For this meal you'll need:

- the Summer Chicken Salad you made last night

Directions:

1. Simply serve - this doesn't need any reheating.



Dinner: Baked Cod with Pineapple Salsa, Kale Salad, and Baked Plantains (or butternut squash)

For this meal you'll need:

For the cod:

- 1 tbsp Coconut Oil, softened
- 1 tsp Orange or Lemon juice
- pinch Sea Salt
- 2 slices Orange or Lemon
- 1 Cod Fillet, approx 4-6 oz
- the Remaining Pineapple Salsa

For the sides:

- 1 Yellowish-black Plantain OR 1/2 small Butternut Squash
- 2 tsp Avocado Oil
- 1/4 tsp Sea Salt

For the salad:

- the Remaining Kale
- the Remaining Olives
- 1 tbsp Olive Oil
- 1 tsp Lemon Juice (from the lemon you used on the fish) or Apple Cider Vinegar



FRIDAY continued....

Directions:

1. Preheat the oven to 425 F. If making the plantain, peel and slice into 1/2-inch slices. If making the butternut squash, peel and dice. Lay either the plantains or squash out on a baking sheet lined with parchment paper and toss with the avocado oil and salt. Bake for 25 minutes.
2. Meanwhile, mix the first 3 cod ingredients together in a small bowl. Place the cod fillet on a baking sheet or in a baking dish. Spread the mixture on the fillet and then lay the orange or lemon slices on top of the fish. Bake for 15-20 minutes or until the fish easily flakes with a fork.
3. While the cod is baking, mix the salad ingredients together. Place on a plate, and then add the plantains/squash, and cod when finished. Top the cod with the pineapple salsa and serve.

THE RECIPES

The following are the individual recipes for the meals and meal components. Use these if you JUST want to make a particular recipe - but please note that the batch prep plan may have you do some of these steps in different orders and quantities to make the most efficient use of your time.

CARROT GINGER SOUP

*AIP Meal
Plan*

Serves: 4

Ingredients

- 1 tbsp Coconut Oil or other fat
- 1 medium Yellow Onion, diced
- 1 clove Garlic, minced
- 1 tbsp freshly grated Ginger (or 1 tsp dried Ginger)
- 1.5 lb Carrots, peeled and roughly chopped (you can also use baby carrots)
- 3 cups Chicken or Vegetable Stock
- 1 cup Coconut or Tigernut Milk
- Sea Salt to Taste



Directions for making ONLY this soup:

Melt the coconut oil in a large saucepan or stockpot over medium heat. Add the onions, garlic, and ginger and cook, stirring occasionally, for about 10 minutes or until the onion is translucent.

Add the carrots and stock, bring to a boil, and then reduce the heat to a simmer. Cover and cook for 30 minutes, until the carrots are tender and easily pierced with a fork.

Add the coconut or tiger nut milk and a pinch of sea salt, then use an immersion blender or regular blender to puree the soup until smooth. Taste and add more salt if necessary.

Serve immediately, refrigerate for up to a week, or freeze in 1.5-2 cup portions in quart-sized freezer bags and lay flat in your freezer.

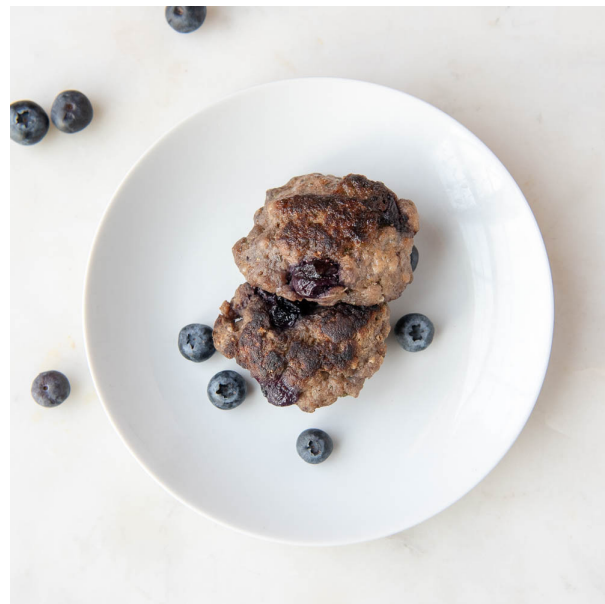
MAPLE BLUEBERRY PORK SAUSAGE

*AIP Meal
Plan*

Serves: 4

Ingredients

- 1 lb ground Pork
- 1 tbsp Maple Syrup
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1/2 tsp dried Sage
- 1/4 tsp Cinnamon
- 1/2 tsp Sea Salt
- 1/2 cup Blueberries (fresh or frozen)
- 1 tbsp Coconut Oil



Directions for making ONLY this sausage:

Mix everything except for the blueberries together in a large bowl. Once evenly mixed, gently mix in the blueberries. Form into 8 patties.

Heat the coconut oil in a large pan over medium heat. Place the patties in the pan and cook for 5 min a side or until cooked all the way through (no pink remains).

You can alternatively cook these in the oven at 350 F for 20 minutes or until cooked through (no pink remains). They won't brown like they will in the pan, but it's more hands-off.

NOURISHING BREAKFAST BOWL

*AIP Meal
Plan*

Serves: 2

Ingredients

- 1 tbsp Coconut Oil or other fat
- 8 oz pre-sliced Baby Bella or Crimini Mushrooms
- 2 cloves Garlic, minced
- 1 tsp Fresh Thyme (or 1/4 dried)
- 1 lb ground Chicken or Pork
- 1 tsp Primal Palate Breakfast Blend OR (a pinch each of: Sea Salt, Garlic Powder, Onion Powder, dried Oregano, Cinnamon, Turmeric, and Sage)
- 1/2 bunch Kale, diced
- 4 Radishes, sliced
- 1 Avocado, sliced



Directions for making ONLY this meal:

Melt 1 tbs of the coconut oil in a large saucepan or stockpot over medium heat. Add the mushrooms, garlic, and thyme and saute until the mushrooms have released most of their liquid, about 10 minutes.

Meanwhile, heat another pan, over medium heat, add the ground chicken or pork and brown. Once browned, add the spice blend and mix thoroughly).

Once the mushrooms are done, remove from the pan (don't wash) and then add the kale over medium heat. Stir for a few minutes until wilted.

Assemble the bowls by adding dividing the sausage mixture, kale, and mushrooms evenly between the portions. Add the sliced avocado and radishes and serve.

HARVEST CHICKEN SALAD

*AIP Meal
Plan*

Serves: 1-2

Ingredients

- 1/2 Avocado
- 1/8-1/4 cup Avocado or Olive Oil
- 1.5 tsp Lime Juice (I used jarred, but you can use fresh too - this would be about 1/2 lime)
- Pinch Sea Salt
- 1 can of pre-cooked Chicken (make sure to check the ingredients and get ones that are only the meat/seafood, water, and salt - You also can use 1 cup of diced pre-cooked chicken if you can't find canned)
- 2 stalks Celery, sliced
- 1 handful Dried Cranberries (fruit-juice sweetened)
- 1 Apple or Pear, diced



Directions for making ONLY this meal:

Make the "mayo" by placing the flesh of the avocado, the oil, lime juice, and sea salt in a bowl, wide-mouthed glass jar, or blender. Use an immersion stick blender or regular blender to mix until creamy.

In a large bowl, stir all of the ingredients together. Serve over mixed greens. If you really want to add more, serve with sweet potato chips, cassava chips, or plantain chips.

CURRY CHICKEN SALAD

*AIP Meal
Plan*

Serves: 1-2

Ingredients

- 1/2 Avocado
- 1/8-1/4 cup Avocado or Olive Oil
- 1.5 tsp Lime Juice (I used jarred, but you can use fresh too - this would be about 1/2 lime)
- Pinch Sea Salt
- 1 can of pre-cooked Chicken (make sure to check the ingredients and get ones that are only the meat/seafood, water, and salt - You also can use 1 cup of diced pre-cooked chicken if you can't find canned)
- 3/4 tsp Garlic Powder
- 3/4 tsp Onion Powder
- 3/4 tsp Turmeric
- 1/4 tsp Cinnamon
- pinch ground Ginger
- 2 stalks Celery
- 1 handful of Raisins
- 3 Dried Apricots, diced



Directions for making ONLY this meal:

Make the "mayo" by placing the flesh of the avocado, the oil, lime juice, and sea salt in a bowl, wide-mouthed glass jar, or blender. Use an immersion stick blender or regular blender to mix until creamy.

In a large bowl, stir all of the ingredients together. Serve over mixed greens. If you really want to add more, serve with sweet potato chips, cassava chips, or plantain chips.

SUMMER CHICKEN SALAD

*AIP Meal
Plan*

Serves: 1-2

Ingredients

- 1/2 Avocado
- 1/8-1/4 cup Avocado or Olive Oil
- 1.5 tsp Lime Juice (I used jarred, but you can use fresh too - this would be about 1/2 lime)
- Pinch Sea Salt
- 1 can of pre-cooked Chicken (make sure to check the ingredients and get ones that are only the meat/seafood, water, and salt - You also can use 1 cup of diced pre-cooked chicken if you can't find canned)
- 1 handful fresh or frozen Blueberries
- 1 handful chopped fresh Cilantro
- 2 Radishes, sliced



Directions for making ONLY this meal:

Make the "mayo" by placing the flesh of the avocado, the oil, lime juice, and sea salt in a bowl, wide-mouthed glass jar, or blender. Use an immersion stick blender or regular blender to mix until creamy.

In a large bowl, stir all of the ingredients together. Serve over mixed greens. If you really want to add more, serve with sweet potato chips, cassava chips, or plantain chips.

PULLED PORK WITH BROCCOLI & SWEET POTATO MEAL

*AIP Meal
Plan*

Serves: 1

Ingredients

- 5 oz of Pulled Pork (Recipe on pg 35)
- 1 cup Roasted Broccoli (Recipe on pg 36)
- 1 cup of Roasted Sweet Potato (Recipe on pg 37)
- 3/4 cup Pineapple Salsa (Recipe on pg 38)



Directions for making ONLY this recipe:

1. Assemble the meal and serve.

PULLED PORK

*AIP Meal
Plan*

Serves: 4-6

Ingredients

- 2 slices Bacon
- 3-5 lbs Pork Shoulder or Butt
- approx 1 tbsp of Red Hawaiian Sea Salt or 1.5 tsp of regular white Sea Salt



Directions for making ONLY this recipe:

1. Place the bacon slices in the bottom of the slow cooker insert.
2. If using the red sea salt, pat it on the pork. If using the regular sea salt, roughly sprinkle it on all sides. Note: Be sure to use only 1.5 tsp or so of regular sea salt as this can get VERY salty if you use too much of the regular sea salt.
3. Place the pork on top of the bacon and close the lid of the slow cooker. Cook on LOW anywhere from 6-15 hours. (this one is hard to overcook if you leave it on all day while at work)
4. When the cooking time is up, remove the pork from the slow cooker and shred. Do NOT put back into the juices (will get too salty). Serve, store for about a week in the fridge, or freeze into individual sized portions (typically 4-5 oz or about 1 cup of meat).

ROASTED BROCCOLI

*AIP Meal
Plan*

Serves: 1-2

Ingredients

- 1 small head Broccoli, chopped into florets and stalks removed
- 2 tbsp Coconut Oil, melted (or Avocado Oil)
- 1 clove Garlic, minced
- 1/4 tsp Sea Salt



Directions for making ONLY this recipe:

1. Preheat oven to 425 F.
2. Mix all of the ingredients in a bowl. Pour onto a baking sheet lined with parchment paper.
3. Roast for 20-25 minutes or until the edges of the broccoli turn brown.

ROASTED SWEET POTATOES

*AIP Meal
Plan*

Serves: 1

Ingredients

- 1 Small/Medium Sweet Potato
- 1/4 tsp Sea Salt
- 1 tsp Avocado, Olive Oil, or melted Lard or Coconut Oil
- Optional: 1 tsp Cinnamon



Directions for making ONLY this recipe:

1. Preheat oven to 425 F.
2. Peel and dice the sweet potato into 1/2-inch pieces. Toss with the sea salt, oil, and if desired, cinnamon, and then place on a parchment-lined baking sheet.
3. Roast for 30-35 minutes or until tender. Continue to roast for 10 more minutes if you'd like them slightly crispy.

PINEAPPLE SALSA

*AIP Meal
Plan*

Serves: 2

Ingredients

- 1 cup Pineapple Chunks (approx 6 oz)
- 1/2 cup Cilantro
- 1/4 Red Onion
- 1 clove Garlic
- 1 tsp Lime Juice
- 1/4 tsp Sea Salt



Directions for making ONLY this recipe:

1. Either chop all of the ingredients really finely and combine in a bowl, or pulse in a food processor until all the pieces are the same small size.

AIP BBQ SAUCE

*AIP Meal
Plan*

Makes: 2 cups

Ingredients

- 1 tbsp Avocado Oil (or other cooking fat)
- 1 medium Yellow Onion, diced
- 3 tbsp Apple Cider Vinegar (or White Wine Vinegar)
- 1 large Carrot, diced
- 1 small Apple, diced
- 2 tbsp Maple Syrup
- 1 tsp dried Ginger
- 1 tsp Sea Salt (Smoked if possible but not necessary)
- 1/2 cup Water



Directions for making ONLY this recipe:

1. Heat the oil in a saucepan over medium heat. Add the onions and cook, stirring occasionally, for 5 minutes until the onions start to soften.
2. Add the rest of the ingredients and bring to a boil. Turn the heat down to a simmer and simmer for 20-25 minutes or until the carrots are tender.
3. Pour the mixture into a blender and blend until smooth.

BBQ PORK BOWL

*AIP Meal
Plan*

Serves: 1

Ingredients

- 5 oz Pulled Pork (recipe on pg 35)
- 1/4 cup of BBQ Sauce
- 1 cup shredded Cabbage
- 1/4 cup Diced Pineapple
- 1 sliced Green Onion
- Mixed Greens



Directions for making ONLY this recipe:

1. Mix the pork and bbq sauce.
2. Place the mixed greens on a plate or in a container and then add the rest of the ingredients. If you wish to serve this later and will want to reheat the pork, put it in a separate small container (though it tastes fine cold as well).

PAN SEARED STEAK

*AIP Meal
Plan*

Serves: 1

Ingredients

- 1 tbsp Avocado Oil, divided
- 1 small Beef Sirloin Steak (approx 4 oz)
- 1/2 tsp Sea Salt
- Optional: Herbs like Rosemary, Oregano, Thyme

Directions for making ONLY this recipe:

1. Heat 1 tsp of the oil in a pan on the stove over medium heat. Rub the rest of the avocado oil over the steaks, sprinkle with the sea salt, and if desired, sprinkle some herbs like rosemary, oregano, and/or thyme over each side as well.
2. Once the oil in the pan is hot, place the steaks into the pan and leave for 5 minutes without disturbing, then flip and cook for another 5 minutes. Check the temperature with an instant read thermometer and remove from the pan when done. (130 F for rare, 135 for medium-rare, 145 for medium and 155 for well done). Cover with some aluminum foil or a kitchen towel and let rest for 5 min.

STEAK WITH ROASTED BROCCOLI, SWEET POTATOES, AND CAULIFLOWER RICE

*AIP Meal
Plan*

Serves: 1

Ingredients

- 1 Pan Roasted Steak (recipe pg 41)
- 1 cup Roasted Broccoli (recipe pg 36)
- 1 cup Roasted Diced Sweet Potatoes (recipe pg 37)
- 1/4 head Cauliflower or 1 cup Cauliflower Rice



Directions for making ONLY this recipe:

1. Rice the cauliflower if it isn't already in rice form by running it through the grater of a food processor or using a hand grater.
2. If you cooked the steak in a pan, return the pan to medium heat and then add the cauliflower rice. Stir to get the browned bits from the bottom of the pan and cook for approx 5 minutes or until the rice is heated through.

If you grilled the steaks, add a tablespoon of a cooking fat to a pan, let it melt if necessary, and then add the cauliflower rice and a pinch of salt. Cook, stirring occasionally, for 5 minutes or until the rice is heated through.

3. Assemble the plates, reheating anything that needs to be reheated and serve.

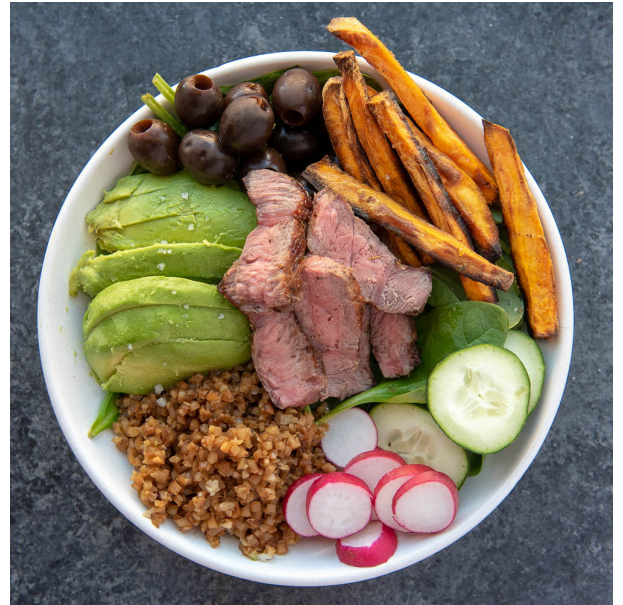
STEAK BOWL

*AIP Meal
Plan*

Serves: 1

Ingredients

- 1 tbsp Avocado Oil, divided
- 1 small Beef Sirloin Steak (approx 4 oz)
- 1/2 tsp Sea Salt
- Optional: Herbs like Rosemary, Oregano, Thyme
- 1 cup Cauliflower Rice
- 1/2 Avocado
- 1 Radish
- 1/4 Cucumber
- 1 cup Olives
- 1 cup Diced Roasted Sweet Potatoes (recipe on pg 37)



Directions for making ONLY this recipe:

1. Heat 1 tsp of the oil in a pan on the stove over medium heat. Rub the rest of the avocado oil over the steaks, sprinkle with the sea salt, and if desired, sprinkle some herbs like rosemary, oregano, and/or thyme over each side as well.
2. Once the oil in the pan is hot, place the steaks into the pan and leave for 5 minutes without disturbing, then flip and cook for another 5 minutes. Check the temperature with an instant read thermometer and remove from the pan when done. (130 F for rare, 135 for medium-rare, 145 for medium and 155 for well done). Cover with some aluminum foil or a kitchen towel and let rest while you go onto the next step.
3. Put the cauliflower rice directly into the pan where the steak was and stir occasionally, scraping up the brown bits from the bottom of the pan, until done, about 5 minutes. The rice will turn brown and get a delicious nutty flavor.
4. Assemble the bowls and serve!

CHICKEN DRUMSTICKS

*AIP Meal
Plan*

Serves: 2

Ingredients

- 1 lb Chicken Drumsticks
- 1/4 tsp dried Sage
- 1/4 tsp dried Rosemary
- 1/4 tsp dried Thyme
- 1/2 tsp Sea Salt
- 2 tbsp Avocado Oil



Directions for making ONLY this recipe:

1. Preheat the oven to 425 F.
2. Lay the drumsticks in a baking dish. (If the skin has been pushed down, pull it back up as best as you can so it has a chance to get crispy)
3. Sprinkle the herbs and salt evenly over the drumsticks.
4. Drizzle the avocado oil over the drumsticks.
5. Roast for 40 minutes or until a meat thermometer inserted near the bone reads at least 165 F.

ROAST ASPARAGUS

*AIP Meal
Plan*

Serves: 2-4

Ingredients

- 1 bunch Asparagus
- 1 tbsp Cooking Oil or Fat (Avocado Oil, Coconut Oil, Olive Oil, Lard, etc)
- 1 tsp dried Italian Seasoning
- 1/2 tsp Sea Salt



Directions for making ONLY this recipe:

1. Preheat oven to 425 F. Cover a baking sheet with parchment paper.
2. Lay the asparagus out on the baking sheet and then drizzle with the oil and sprinkle with the remaining ingredients. Toss a little to mix. Roast for 10-12 minutes or until easily pierced with fork.

BAKED COD WITH PINEAPPLE SALSA, KALE SALAD, AND BAKED PLANTAINS (OR DICED ROASTED BUTTERNUT SQUASH)

*AIP Meal
Plan*

Serves: 1

Ingredients

- 1 Baked Cod (recipe p 46)
- 1 baked Plantain (recipe p 47) OR roasted diced Butternut Squash (recipe p 48)
- 1 cup Pineapple Salsa (recipe pg 38)
- 1/3 bunch Kale, diced
- 1 cup Black Olives, sliced
- 1 tsp Lemon Juice or Apple Cider Vinegar
- 1 tbs Avocado or Olive Oil
- pinch Sea Salt



Directions for making ONLY this recipe:

1. Put the kale in a large bowl and toss with the black olives, lemon juice (or ACV), avocado or olive oil, and sea salt.
2. Pour the salad onto a plate and add the cod, plantains or butternut squash, and pineapple salsa and serve.

BAKED COD

*AIP Meal
Plan*

Serves: 1

Ingredients

- 1 tbsp Coconut Oil, softened
- 1 tsp Orange or Lemon juice
- pinch Sea Salt
- 2 slices Orange or Lemon
- 1 Cod Fillet, approx 4-6 oz



Directions for making ONLY this recipe:

1. Preheat the oven to 400 F.
2. Mix the first 3 ingredients together in a small bowl.
3. Place the cod fillet on a baking sheet or in a baking dish.
4. Spread the mixture on the fillet and then lay the orange or lemon slices on top of the fish.
5. Bake for 15-20 minutes or until the fish easily flakes with a fork.

BAKED PLANTAINS

*AIP Meal
Plan*

Serves: 1

Ingredients

- 1 Yellowish-black Plantain
- 2 tsp Avocado Oil
- 1/4 tsp Sea Salt



Directions for making ONLY this recipe:

1. Preheat oven to 425 F.
2. Peel and slice the plantains into 1/2-1 inch slices. Place on a baking sheet covered in parchment paper. Drizzle the plantains with the avocado oil, and then sprinkle with the sea salt.
3. Roast for 25 minutes, flipping once halfway through.

DICED BUTTERNUT SQUASH

*AIP Meal
Plan*

Serves: 2

Ingredients

- 1 Small Butternut Squash
- 1/4 tsp Sea Salt
- 2 tsp Avocado, Olive Oil, or melted Lard or Coconut Oil

Directions for making ONLY this recipe:

1. Preheat oven to 425 F.
2. Peel and dice the butternut squash into 1/2-inch pieces. Toss with the sea salt and oil and then place on a parchment-lined baking sheet.
3. Roast for 25-30 minutes or until tender.

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