

The
YOU CAN DO AIP
CHALLENGE VIP

5-DAY MEAL PLAN



by
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of

WHAT'S IN THIS AIP MEAL PLAN?

This meal plan features recipes that are AIP elimination phase-friendly and incorporate the dishes that you'll be making for the You Can Do AIP Challenge.

You'll find 5 days' worth of **Breakfasts, Lunches, Dinners, and a Snack.**

HOW MANY PEOPLE IS THIS MEAL PLAN FOR?

I made the meal plan to serve 1 person. If you're making this to serve more people, simply multiply the servings by that many people.

The breakfast sausages and soups make several servings though - as they're meant to be frozen for later as per the Challenge.

DOES IT REQUIRE HARD-TO-FIND INGREDIENTS?

If you're in the US you should be able to find most of these ingredients either at your local grocery store.

I did not use specialty ingredients in this plan, so you should hopefully have no issues finding these.

DO I NEED TO MEAL PREP?

The only things I'd recommend you **should** meal prep are the Apple Thyme Breakfast Sausages for breakfast on Monday (unless you have time to make them in the morning) and the Chicken, Beef, or Vegetable Broths for the soups if you aren't purchasing them.

Otherwise, everything else can be made during the week.

However, if you **WANT** to meal prep, you definitely can - things like the breakfast sausages, sweet potato bowl, soups, etc all can be made ahead of time and I give you details on that in each of the recipes.

IS THERE COCONUT IN THIS MEAL PLAN?

All of the recipes are either coconut-free or offer an easy alternative to make it so.



SHOPPING LIST

MEATS AND SEAFOODS

- 1 lb Ground Chicken
- 2 lb Ground Pork
- 1.5 lb boneless, skinless Chicken Breasts or Thighs
- 10 oz Flank Steak
- 1/2 lb Raw, peeled, and deveined Shrimp

CANNED, JARRED, AND PACKAGED GOODS

- 2 scoops Collagen (optional)
- 3.75 cups Coconut Milk *
- 6.5 cups Chicken, Beef, or Vegetable Stock**
- 1 can or jar Green Olives (no pimentos and look for non-AIP ingredients)
- 1 can or jar Kalamata Olives (look for non-AIP ingredients)
- 1 can chunk Tuna packed in water
- 2 tbsp Coconut Aminos*
- 1/4 cup Raisins
- Plantain Chips (or whatever you want to serve with the Guacamole) X 2

**If you can't have coconut, you can sub the milks for tigernut milk, sweet potato milk, or sometimes omit, depending on the recipe. See the Beef and Broccoli recipe for a coconut amino sub*

*** It sometimes is hard to find AIP-compliant broth/stock, so you may have to make your own*

FRESH PRODUCE

- 3 Apples
- 3 teaspoons fresh Thyme (or you can use dried thyme)
- 1 Banana

FRESH PRODUCE CONTINUED...

- 2 large handfuls fresh Spinach
- 2 ribs Celery
- 4 Avocados
- 2 Lemons
- 3-inch piece fresh Ginger (or can use 4.5 teaspoons dried Ginger)
- 2 cups Blueberries (can also use frozen)
- 3 medium Yellow Onions
- 11 cloves Garlic
- 1.5 lb Carrots (make it easy and get baby carrots!)
- 4 medium Carrots
- 2 medium/large Sweet Potatoes
- 15 Brussels Sprouts
- 2 Parsnips (or sub with Carrots)
- 8 oz sliced Mushrooms
- 2 bunches Kale
- 1 cup Mixed Berries (fresh or frozen)
- 1 small Zucchini or Cucumber
- 1 Cucumber
- 4 cups Mixed Greens
- 4 cups Broccoli Florets (about 1 large head or 1 medium + 1/2 small)
- 1/2 small head Cauliflower
- 1 bunch Cilantro
- 4 sprigs Parsley
- 3 Limes
- Large Leaf Lettuce for Fajitas on Friday (if desired)
- Rosemary for Marinated Olives (if desired)

PANTRY

- 2.25 teaspoons Garlic Powder
- 2.25 teaspoons Onion Powder
- 1/2 teaspoon dried Sage
- 1.5 teaspoons Cinnamon
- 1.5 teaspoons dried Parsley
- 1 teaspoon Italian Seasoning
- 1/2 teaspoon dried Basil
- 1 teaspoon dried Oregano
- 1/2 teaspoon dried Ginger
- 1/4 teaspoon dried Turmeric
- Sea Salt
- 10 tablespoons Coconut Oil, Avocado Oil, Olive Oil, or Lard
- 1.5 cups Olive Oil
- 4 tbsp Maple Syrup
- 1 tablespoon Honey (or Maple Syrup)
- 1/2 cup Balsamic Vinegar
- 1 tablespoon Arrowroot Powder (optional - can also use Tapioca)
- 1/8 cup Apple Cider Vinegar (or Red or White Wine Vinegar)



THE MEAL PLAN

MONDAY



BREAKFAST

Go-to Green Smoothie (pg 14)
+
Apple Thyme Breakfast Sausage
(pg 13)



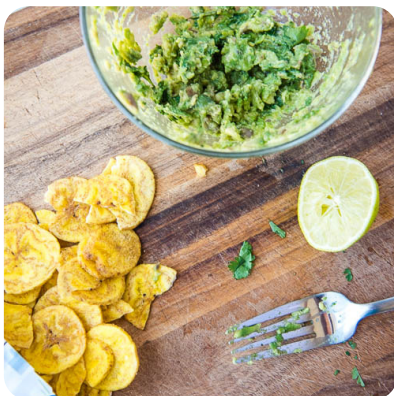
LUNCH

Tuna Salad Bites (pg 20)



DINNER

Italian Sausage Kale Soup (pg 21)



SNACK

Quick Guacamole and Plantain
Chips (pg 28)

TUESDAY



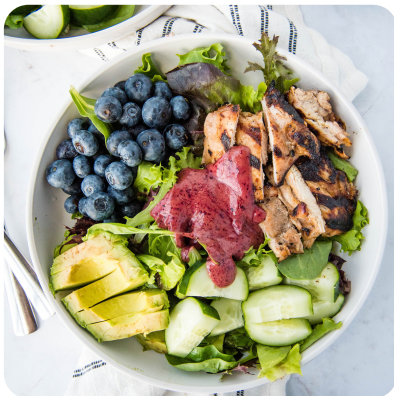
BREAKFAST

Leftover Go-to Green Smoothie
+
Maple Blueberry Breakfast
Sausage (pg 15)



LUNCH

Leftover Italian Sausage Kale Soup



DINNER

Blueberry Chicken Salad with
Blueberry Vinaigrette (pg 22)



SNACK

Marinated Olives (pg 29)

WEDNESDAY

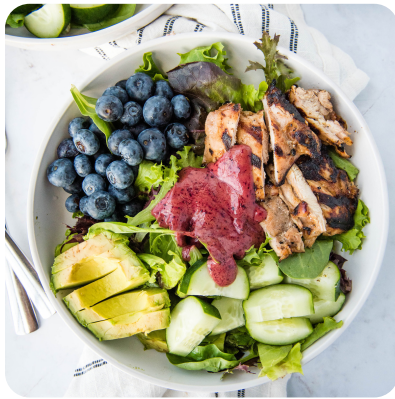


BREAKFAST

Carrot Ginger Soup (pg 16)

+

Leftover Apple Thyme Breakfast Sausage



LUNCH

Leftover Blueberry Chicken Salad



DINNER

Beef and Broccoli (pg 23)



SNACK

Leftover Marinated Olives

THURSDAY



BREAKFAST

Sweet Potato Bowl (pg 17)



LUNCH

Leftover Beef and Broccoli

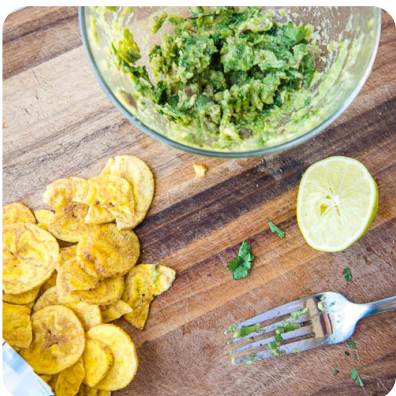


DINNER

Roasted Herbed Chicken (pg 24)

+

Broccoli Power Salad (pg 25)



SNACK

Quick Guacamole and Plantain Chips (pg 28)

FRIDAY



BREAKFAST

Veggie Sheet Pan Breakfast (pg 18)
+
Leftover Maple Blueberry Sausage



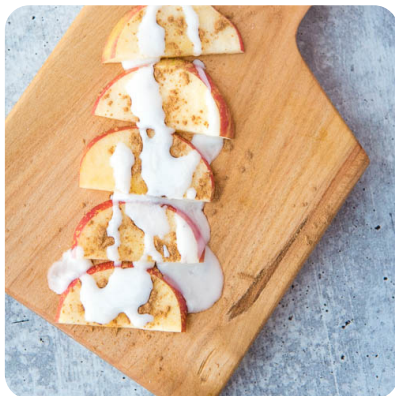
LUNCH

Leftover Roasted Herbed Chicken +
Broccoli Power Salad



DINNER

Shrimp Sheet Pan Fajitas (pg 26)



SNACK

Cinnamon Apple Snack (pg 30)



BREAKFAST RECIPES

APPLE THYME CHICKEN SAUSAGE



YIELDS

8-10 small
patties

TIME

40 min

INGREDIENTS

- 1 lb ground Chicken
- 1 Apple, grated
- 1 tbsp Maple Syrup
- 1 tsp dried or fresh Thyme
- 1/4 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 1 /2 tsp Sea Salt

DIRECTIONS

Preheat the oven to 400 F. Line a baking sheet with parchment paper.

Mix everything together in a large bowl and then form into 8-10 patties. Place on the baking sheet.

Bake for 15 minutes, then flip and bake for an additional 15 minutes.

M *Make ahead:*

Make ahead and refrigerate for up to 5 days.

These are a great option to make a double or triple batch of and then freeze for later. To freeze, lay the cooked patties on a baking sheet or dish and freeze, then remove and put into a freezer-safe container or bag. This way you'll easily be able to get 1-2 at a time. Simply reheat in the microwave or on the stove.

S *Substitutions:*

Replace the ground chicken with ground pork or turkey.

Don't have thyme? Try some dried sage instead!



GO-TO GREEN SMOOTHIE



YIELDS
2 Servings



TIME
10 minutes

INGREDIENTS

- 1 Frozen Banana
- 2 large handfuls Spinach
- 2 ribs Celery
- 1 Avocado, pitted (optional)
- 1 scoop Collagen (optional)
- 1 cup Coconut or Tigernut Milk or water if you don't have either – and add more if you want it thinner to drink
- 1 Lemon – juice of (about 4 tbsp)
- 1-inch piece fresh Ginger (could also use 2 tsp of dried Ginger)

DIRECTIONS

Blend everything together and enjoy!

T *Additional Tips:*

I'm giving you instructions and ingredients here to make TWO smoothies at one time. This might seem strange but it stores in the fridge just fine so you can easily make it once and then have it both days in the plan.

NOTE: This is pretty thick the way it's written so you can eat it with a spoon, but just add some more milk or even some water to make it more like a traditional drinkable smoothie.

Or make it into a smoothie bowl and add any of the AIP Breakfast Toppings from the sheet in your welcome packet!





MAPLE BLUEBERRY SAUSAGE



YIELDS
8 small
patties



TIME
20 min

INGREDIENTS

- 1 lb ground Pork
- 1 tbsp Maple Syrup
- 1 tsp Garlic Powder (*omit for a sweeter sausage*)
- 1 tsp Onion Powder (*omit for a sweeter sausage*)
- 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, Avocado Oil, Olive Oil, or Lard

S *Substitutions:*

Don't eat pork? Replace the ground pork with ground chicken, turkey, or beef!
You can replace the berries as well - cranberries, chopped blackberries, huckleberries, chopped raspberries, etc - whatever you have and like!

DIRECTIONS

Mix everything except for the blueberries and coconut oil 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.

M *Make ahead:*

Make ahead and refrigerate for up to 5 days.

These are a great option to make a double or triple batch of and then freeze for later. To freeze, lay the cooked patties on a baking sheet or dish and freeze, then remove and put into a freezer-safe container or bag. This way you'll easily be able to get 1-2 at a time. Simply reheat in the microwave or on the stove.

CARROT GINGER SOUP



YIELDS
4 Servings



TIME
45 min

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

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 tigernut 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.

M *Make ahead:*

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. Reheat on the stove or in the microwave.

S *Substitutions:*

You can either buy large carrots and then dice them, or to make it easier, use baby carrots.

This recipe also calls for coconut milk to add creaminess to the soup, but if you are unable to have coconut you can either make Tigernut Milk ([see the recipe here](#)) or just use additional broth instead.

Can't have or don't like carrots? You can replace them with an equivalent amount of sweet potato, squash, or pumpkin. Peel and dice the sweet potato or squash and cook like the carrots in the recipe above.

You can also use a can of already cooked and pureed pumpkin and skip the whole simmering for 30-minutes step. Just throw it in with the cooked onions and then move on to the adding of milk step.

SWEET POTATO BOWL



YIELDS
1 Bowl



TIME
Depends -
20-60 min

INGREDIENTS

- 1 medium/large Sweet Potato
- 1 tbsp Coconut Oil, Avocado Oil, or Olive Oil
- 1 tsp Cinnamon
- 1/4 tsp Sea Salt
- Optional: 1 scoop Collagen Powder
- Optional: 1/4-1/2 cup of Coconut Milk, [Tigernut Milk](#), or [Banana Milk](#)
- Optional Toppings - see Breakfast Toppings Ideas on the next page for ideas

M *Make ahead:*

This can be made up to 5 days ahead of time and just reheated as necessary.

You can also freeze the cooked and mashed sweet potatoes for up to 6 months as well. I recommend placing individual servings in freezer-safe containers or bags. When you need them, thaw overnight in the fridge and reheat or quickly cook from frozen in a saucepan over medium heat. (Take out of the bag or container first)

S *Substitutions:*

Use cooked mashed carrots, pumpkin, squash, cauliflower, or any other root vegetable in place of the sweet potato if desired.

DIRECTIONS

To make, cook your sweet potato in **ONE** of the following ways:

Instant Pot: Put the steamer rack in the bottom of the Instant Pot liner and add 1 cup of water.

Poke holes in the sweet potato with a knife or fork and if necessary, cut into pieces small enough to fit into the Instant Pot. Turn the valve to "sealing" and hit "Manual" and set to 18 minutes for a small sweet potato, 22 for a medium-sized one, and 25 for a large-sized one. Quick-release when done.

Carefully remove the potato from the IP, remove the peel and place in a large bowl with the other ingredients. Use an immersion blender or potato masher to mash together. Serve with desired toppings.

Stovetop: Peel and cut the sweet potato into 1-inch cubes. Either bowl in a pot of water for 15 minutes (or until tender) or steam in a steamer basket for 10-15 minutes (until tender). Carefully place the sweet potato into a large bowl with the other ingredients. Use an immersion blender or potato masher to mash together. Serve with desired toppings.

Oven: Preheat the oven to 425 F. Prick holes all over the sweet potato with a fork or knife and set into the oven (either on a baking sheet or dish or directly onto the oven rack). Bake until tender, about 45-50 minutes. Carefully remove the potato from the oven, remove the peel and place in a large bowl with the other ingredients. Use an immersion blender or potato masher to mash together. Serve with desired toppings.

T *Additional Tips:*

This recipe calls for Collagen Powder, which is similar to gelatin, but does not have to be heated. It's a protein source that'll help keep you fuller longer and provide nutrients. You'll want to make sure you get collagen and NOT gelatin as gelatin will make the texture weird if you make this ahead of time and let it cool.

VEGGIE SHEET PAN BREAKFAST



YIELDS

2 Servings

*Have

leftovers on
Saturday!



TIME

45 min



INGREDIENTS

- 1 Sweet Potato, peeled and diced
- 15 Brussels Sprouts, halved
- 1 Apple, cored and diced
- 2 Parsnips, peeled and diced (or Carrots)
- 8 oz sliced Mushrooms
- 2 tbsp Olive Oil
- 1 tsp dried Thyme
- big pinch Sea Salt
- 1 bunch Kale, woody stem removed and chopped

For the Stewed Berries

- 1 cup Mixed Berries, fresh or frozen
- 1.5 tsp Maple Syrup
- 1/8 cup Water

M *Make ahead:*

Prep and roast up to 4 days ahead of time. You could also just prep the veggies and then roast right before serving if you'd rather.

If making the stewed berries, that can also be made up to 4 days ahead of time as well. Store separately from the roasted veggies.

DIRECTIONS

Preheat the oven to 425 F. Line a sheet pan with parchment paper.

Prepare the veggies as indicated (peeling, dicing, etc) and then put everything up to the mushrooms on the sheet pan.

Drizzle the veggies with the olive oil and then sprinkle with the thyme and sea salt. Toss to coat. Roast for 30 minutes, adding the chopped kale to the sheet pan in the last 10 minutes.

Meanwhile, put the ingredients for the stewed berries in a small saucepan and bring to a boil, then simmer uncovered for 20 minutes.

Serve warm. Especially good when served drizzled with the stewed berries for a sweet and tangy flavor punch.

T *Additional Tips:*

- Mix up the veggies! This is just an example of what you can do, but try different veggies too. Sliced fennel would make a great addition, diced carrots, turnips, kohlrabi, butternut squash, and acorn squash would also be great.
- If serving this for others not on AIP, a fried egg on top could be a great addition (or do that yourself once you've reintroduced eggs!)
- This is a meatless meal but you could add a sausage patty, some bacon, or some other form of meat to add some protein.



LUNCH & DINNER RECIPES

TUNA SALAD BITES



YIELDS
8 rounds



TIME
5 minutes

INGREDIENTS

- 1 can chunk Tuna (packed in water and drained)
- 1 tbsp Apple Cider Vinegar
- 1 tbsp Olive Oil
- 1/2 tsp dried Parsley
- 1/2 tsp Sea Salt
- Olives (Kalamata, Black, or Green)
- 1 small Zucchini or Cucumber



DIRECTIONS

Cut the zucchini or cucumber into thin rounds.

In a bowl, mix the tuna, apple cider vinegar, olive oil, parsley, and sea salt with a fork until combined, breaking the tuna up as you mix.

Top the zucchini/cucumber with some of the tuna mixture and then an olive or two. Serve!

*I recommend just taking a few of the kalamata olives from the jars you purchased for the week but note that means you'll have a bit less for the Marinated Olive snack. You'll still have plenty though as that makes several servings.

S *Substitutions:*

Tuna not your fave? You can substitute canned chicken or salmon instead.

T *Additional Tips:*

This also makes a great quick snack - it'll probably make enough servings for 2 people (or 2 different snack times) with these amounts.

ITALIAN SAUSAGE KALE SOUP



YIELDS

TIME

2-3 Servings 30 minutes

INGREDIENTS

- 1 tbsp Avocado Oil
- 1 lb Ground Pork (or ground meat of choice)
- 1 tsp dried Parsley
- 1 tsp Italian Seasoning
- 1 tsp Sea Salt
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1 medium Onion (diced)
- 2 medium Carrots (finely diced)
- 2 cloves Garlic (minced)
- 3 cups Chicken Broth
- 1 bunch Kale (chopped, stems removed)
- 1 cup Coconut Milk (or Tigernut Milk or Sweet Potato Milk if coconut-free AIP - or omit)

M *Make Ahead:*

This soup can be made up to 5 days ahead of time and stored in the fridge. Just reheat before eating.

It also is a great soup to freeze **AFTER** cooking. Let cool and then put into a freezer-safe container or bag and freeze up to 3 months.

DIRECTIONS

Heat the oil in a large sauce pan or dutch oven over medium-high heat. Add the ground pork, breaking it up with a spatula.

Add the parsley, Italian seasoning, sea salt, garlic powder, and onion powder and mix with the pork as you break it up. Cook until the meat is browned, about 10 minutes. Using a slotted spoon, remove the meat from the pan and put it on a plate.

Add the onions and carrots to the same pan and cook, stirring occasionally, until the onions are translucent, about 5-8 minutes.

Add the garlic, and cook for a further 1-2 minutes, until fragrant.

Pour in the chicken broth and using the spatula, scrape up any browned bits from the bottom of the pan.

Bring the broth to a boil and then simmer for 5 minutes.

Add the chopped kale, the cooked meat, and the coconut milk into the pan. Mix to disperse everything and then simmer for an additional 5 minutes.

Serve warm.



BLUEBERRY CHICKEN SALAD



YIELDS

2 Servings



TIME

20 minutes + marinade time



M *Make Ahead:*

The vinaigrette and chicken can be made up to 5 days ahead of time.

INGREDIENTS

For the Chicken:

- 3/4 lb boneless, skinless Chicken Breasts or Thighs
- 3 tablespoons Olive Oil
- 3 tablespoons Balsamic Vinegar

For the Blueberry Vinaigrette:

- 1/4 cup Blueberries
- 1/8 cup Balsamic Vinegar
- 1 teaspoon Honey (or Maple Syrup)
- 1/2 Lemon, juiced (about 2 tbsp)
- Pinch Sea Salt
- 1/4 cup Olive Oil

For the Salad:

- 4 cups Mixed Greens
- 1 Cucumber, thinly sliced
- 1 avocado, peeled, pitted, and thinly sliced
- 1 cup Blueberries

DIRECTIONS

Between 30 minutes and 12 hours ahead of time:

In a medium bowl or gallon-sized ziploc bag, add the chicken, olive oil, vinegar and a pinch of sea salt. Stir or massage everything to mix and coat the chicken. Cover the bowl or seal the bag and refrigerate for at least 30 minutes and up to 12 hours.

When cooking:

When it comes time to cook the chicken, you can either cook it by grilling it or roasting it (or use your favorite method).

To grill, preheat the grill to medium-high. Remove the chicken from the marinade and grill for 5-6 minutes a side, or until done.

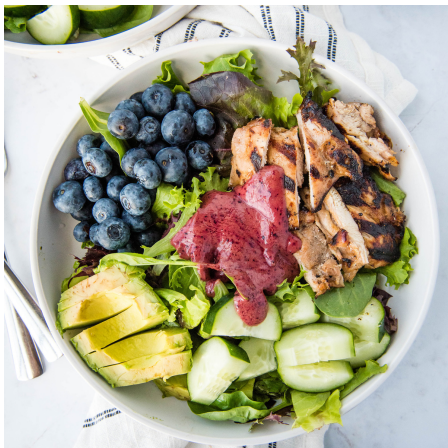
To roast it, remove the chicken from the marinade and put into a baking dish or on a baking pan lined with parchment paper. Put into the oven and set the timer for 15 minutes.

Once the timer goes off, check to make sure the chicken is done either with a meat thermometer - it should be 165 F, or by slicing a breast open and making sure it's no longer pink inside. If it isn't, continue to cook until it is.

Once it's done, remove it from the oven and cover with aluminum foil or a kitchen towel for 5 minutes to rest.

While the chicken is cooking, make the Blueberry Vinaigrette by blending all of the ingredients in a blender or food processor until smooth.

Assemble the salad by placing a layer of greens on each plate or meal prep container, then adding sliced chicken, sliced cucumber, avocado, and blueberries. Drizzle with the vinaigrette (though if storing in a meal prep container it's best to wait until right before serving to put the dressing on).



BEEF AND BROCCOLI



YIELDS
2 Servings



TIME
15 minutes

INGREDIENTS

- 1/3 cup Bone Broth (Beef or chicken)
- 2 tbsp Coconut Aminos (skip if coconut-free or see Substitutions to the right)
- 2 cloves Garlic, minced
- 1 tsp fresh Ginger, minced (or dried Ginger)
- 1 tbsp Arrowroot Powder (optional - for thickening the sauce - can also use Tapioca Starch)
- 1/2 tsp Avocado or Olive Oil
- 10 oz Flank Steak (sliced against the grain)
- 3 cups Broccoli florets, chopped



DIRECTIONS

In a small bowl, whisk together the broth, coconut aminos, garlic, ginger, and optional arrowroot powder until no clumps remain.

Heat a skillet over medium heat and add the avocado oil.

Once it is hot, add the steak slices and cook for 3 to 4 minutes.

Add the sauce to the pan and cook for an additional minute.

Add the broccoli, stir and then cover and cook for an additional 3 minutes. Serve and enjoy!

M *Make Ahead:*

Refrigerate in an airtight container for up to three days.

T *Additional Tips:*

Serve on top of cauliflower rice if you want to make it heartier or stretch out the servings. (This is a good one to make for family - serve theirs on white rice if cauli rice isn't their thing)

S *Substitutions:*

If coconut-free you can either omit the coconut aminos, use 1/2 tsp of Fish Sauce instead, or you could also make your own coconut-free coconut aminos [using this recipe by Mel Joulwan](#). I recommend making a batch of this and freezing it in an ice cube tray, giving you approx 2 tbs of "coconut aminos/soy sauce" per ice cube to use whenever you need it!

ROASTED HERBED CHICKEN



YIELDS
2 Servings



TIME
20 minutes +
Marinating time

INGREDIENTS

- 1 large (or 2 small) boneless, skinless Chicken Breasts or Thighs
- 1 tbsp Olive Oil or Avocado Oil
- 1 clove Garlic minced
- 1/2 tbsp (1/2 inch) sliced fresh Ginger or 1/2 tsp dried Ginger
- 1 tbsp Cilantro minced
- 1/2 tsp dried Basil or 1/2 tbsp fresh minced Basil
- 1/8 tsp Sea Salt



DIRECTIONS

Between 30 minutes and 12 hours ahead of time:

In a medium bowl or gallon-sized ziploc bag, add all of the ingredients for the chicken, stir or massage everything to mix and coat the chicken. Cover the bowl or seal the bag and refrigerate for at least 30 minutes and up to 12 hours.

When cooking:

Preheat the oven to 450 F.

Remove the chicken from the marinade and put into a baking dish or on a baking pan lined with parchment paper. Put into the oven and set the timer for 15 minutes.

Once the timer goes off, check to make sure the chicken is done either with a meat thermometer - it should be 165 F, or by slicing a breast open and making sure it's no longer pink inside. If it isn't, continue to cook until it is.

Once it's done, remove it from the oven and cover with aluminum foil or a kitchen towel for 5 minutes to rest.

M *Make Ahead:*

The chicken can be stored in the fridge for up to 5 days.

You can also slice and freeze for up to 3 months.

BROCCOLI POWER SALAD



YIELDS
2 Servings



TIME
15 minutes

INGREDIENTS

- 1/2 small head Broccoli (about 1-2 cups florets)
- 1/2 small head Cauliflower (about 1-2 cups florets)
- 1 medium Carrot
- 1 small clove Garlic
- 1 sprig Parsley
- 1 sprig Cilantro
- 1/4 cup Olive Oil (or Avocado Oil)
- 1/8 cup Apple Cider Vinegar (or White or Red Wine Vinegar)
- 1 pinch Sea Salt
- 1/4 cup Raisins



DIRECTIONS

Cut the broccoli into florets if not already done. (You can use the stalk as well if you'd like, but peel the outer layer off first to prevent digestive distress). Add the broccoli to the food processor and pulse until finely chopped, about 20 pulses. Transfer the broccoli mixture to a large bowl.

Remove the leaves from the cauliflower if not already done and cut into florets. Add the cauliflower to the food processor (no need to have rinsed it) and pulse until finely chopped about 20 pulses. Transfer the cauliflower mixture to the bowl with the broccoli.

Remove the tops of the carrots and cut them into large pieces. I don't bother peeling, but you can if you'd like.

Add the carrots to the food processor and pulse until finely chopped, about 20 pulses. Transfer the carrot mixture to the bowl.

Add the garlic, parsley, and cilantro to the food processor and pulse about 10 times until finely chopped. Add these to the bowl as well.

Add the oil, vinegar, sea salt, and raisins to the bowl and mix well.

M *Make Ahead:*

This dish can be made up to 4 days ahead of time and stored in the fridge.

SHEET PAN LIME SHRIMP FAJITAS



YIELDS
2 Servings



TIME
40 minutes

T *Additional Tips:*

These are delicious on lettuce leaves, but if you're craving tortillas, I love [Downshiftology's Cassava Flour Tortilla recipe!](#)

INGREDIENTS

- 3 tablespoon Avocado Oil (or Olive Oil or melted and cooled Coconut Oil)
- 1 Lime (both the juice and zest of)
- 1/4 tsp Sea Salt
- 1 clove Garlic (minced)
- 1 tsp dried Oregano
- 1/2 tsp ground Ginger
- 1/4 tsp ground Turmeric
- 1/4 tsp Cinnamon
- 1/2 lb Raw, peeled, and deveined Shrimp (thawed if frozen)
- 1 large Carrot (cut into thin matchsticks)
- 1 small Yellow Onion (sliced thinly)

For serving:

- 1/8 cup fresh Cilantro (chopped)
- Lime wedges
- Lettuce Leaves, Cabbage Leaves, AIP-friendly Tortillas, or thinly sliced Jicama rounds

For the Lime Crema:

- 1/4 cup Coconut Milk (or Tigernut Milk (or dairy-free milk of choice if not on AIP))
- 1/2 Lime (juice and zest of)
- 1/8 cup fresh Cilantro
- 1/8 tsp Sea Salt

DIRECTIONS

Preheat the oven to 425 F and line a sheet pan with parchment paper.

In a small bowl, whisk together the oil, garlic, lime juice and zest, and spices.

Place the sliced onions and carrots on the baking sheet and toss with half of the marinade until covered. Put the sheet pan into the oven and bake for 15-20 minutes (the carrots should be soft at this point).

In the meantime, place the shrimp in a bowl and pour the remaining marinade over the top and then toss to coat. Also make the Lime Crema by mixing the ingredients together in a blender or food processor until creamy.

Once the carrots and onions are finished, remove the sheet pan from the oven and toss the veggies a bit to mix and push off to the side. Then place the shrimp onto the sheet pan as well in a single layer. Bake for another 6-8 minutes, or until the shrimp is pink and opaque. (If your shrimp were frozen and not completely thawed it may take a few more minutes) Assemble your fajitas as desired – placing the onions and carrots on the bottom of lettuce leaves, cabbage leaves, jicama, or tortillas, adding the shrimp on top, and drizzling with the Lime Crema. Enjoy!





SNACK RECIPES

QUICK GUACAMOLE



YIELDS
1 Serving



TIME
5 minutes

INGREDIENTS

- 1/2 ripe Avocado
- 1 tsp Lime Juice
- Pinch Sea Salt
- Pinch Garlic Powder
- Splash Apple Cider Vinegar
- 1/2 tablespoon Cilantro, minced

DIRECTIONS

Combine all ingredients in bowl or jar with a fork, mashing the avocado as you go.

Serve as a snack with plantain chips - or cassava chips, sweet potato chips, celery, carrots, or raw cauliflower.



MARINATED OLIVES



YIELDS
4 Servings



TIME
5 minutes

INGREDIENTS

- 1 can or jar pitted Green Olives (no pimentos and check that they don't have any non-AIP spices)
- 1 can or jar pitted Kalamata Black Olives (check that they don't have any non-AIP spices)
- 2 cloves Garlic, thinly sliced
- 2 sprigs Parsley, finely chopped
- 1 teaspoon fresh Thyme (or dried)
- 1 sprig of fresh Rosemary, finely chopped (optional)
- Peel from 1/2 of a Lemon, thinly sliced
- 1/2 cup Olive Oil

DIRECTIONS

Combine all ingredients in a bowl or jar. Store covered in the fridge for up to 2 weeks.

These are best if made at least a few hours ahead of time, but still delicious if you need to eat them now.

Note that the olive oil may solidify in the fridge - this is ok. Just remove the olives you want to eat and let them sit at room temperature for a few minutes before eating.

*Note that you may have used a few olives for the Tuna Bites lunch on Monday. That's fine! Just use the rest of the olives you have for this.



CINNAMON APPLE SNACK



YIELDS
1 Serving



TIME
5 minutes

INGREDIENTS

- 1 Apple
- pinch Cinnamon
- 1-2 tbsp Coconut Butter (omit if coconut-free - or you could use tigernut butter instead (try [this 30-second tigernut butter](#)))

DIRECTIONS

Slice the apple into thin half-moons. Melt the coconut butter in the microwave (just a few seconds is needed) or in a pan filled with hot water.

Sprinkle the apple slices with the cinnamon and then drizzle with coconut butter.

Serve!



M *Make Ahead:*

This one is best served immediately after slicing the apples, but if you really need to make it ahead of time, dunk the apples into a bowl of water mixed with about 1 tsp of lemon juice first to help prevent the apples from browning.

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