

*January 15-19, 2024*



*The*  
**YOU CAN DO AIP  
CHALLENGE**

*Welcome Packet*

by  
Michele Spring  
of  
Thriving Autoimmune



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# SCHEDULE FOR THE CHALLENGE

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**From now until we start:** Buy your groceries (list on page 7), join [our exclusive challenge Facebook group](#), and get excited!

**Monday, January 15 (Day 1):** Today's lesson is why batch cooking is awesome, some great examples of how I use it to save so much time, and you get to practice by making a Maple Blueberry Breakfast Sausage (see alternative recipes starting on page 13)

**Tuesday, January 16 (Day 2):** You'll learn all about batch cooking soups then make a Carrot Ginger Soup (see alternative recipes starting on page 13).

**Wednesday, January 17 (Day 3):** You'll learn why having a simple thing like mashed potatoes in your freezer is SO key and you get to make a Sweet Potato Breakfast Bowl. (see alternative recipes starting on page 13).

**Thursday, January 18 (Day 4):** There is no recipe - this is a catch-up day. But you'll get a guided meditation to help you relax!! All you need to do with it is to put on some headphones, sit back, and enjoy 10 minutes of stress-relieving you-time.

**Friday, January 19 (Day 5):** Sheet pan meals rock, why? You'll find out! Plus you make a loaded Veggie Sheet Pan breakfast (see alternative recipes starting on page 13).

# GIVEAWAY DETAILS

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The giveaway drawings will happen the day AFTER the lesson so everyone has enough time to make the items and get their pictures up in the Facebook group (that's your entry into the giveaway). Each day I'll be putting up a post in the FB group for that day's challenge- please put your pictures IN that post.

**If you aren't on Facebook** you can also email me at [michele@thrivingautoimmune.com](mailto:michele@thrivingautoimmune.com) by 9 pm Mountain Time the day after the lesson with your completed picture and you'll then be entered in the giveaway as well.

**So for example:** You get the lesson for Day 1 Maple Blueberry Sausage on Monday, January 15th but the GIVEAWAY will be drawn on Day 2, Tuesday, January 16th at 9 pm Mountain Time. So everyone has PLENTY of time to get their pictures of their Maple Blueberry Sausage (or selected alternative) in.

## GIVEAWAY SCHEDULE:

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**Tuesday, January 16th at 9 PM MST:** The drawing for the Day 1 Maple Blueberry Sausage or selected alternative will occur. Today's prize is Beth's Blends AIP Flours!

**Wednesday, January 17th at 9 PM MST:** The drawing for the Day 2 Soup will occur. The prize is Sip Herbals AIP Coffee Substitute!

**Thursday, January 18th at 9 PM MST:** The drawing for the Day 3 Sweet Potato Bowl or selected alternative will occur. The prize for today is a 4-pack of Lovebird Cereals!

**Friday, January 19th at 9 PM MST:** The drawing for the Day 4 "I did the meditation" comment or email will occur. The prize today is a variety pack of Eat G.A.N.G.S.T.E.R. Cookie mixes!

**Saturday, January 20th at 9 PM MST:** The drawing for the Day 5 Veggie Sheet Pan breakfast or selected alternative will occur. The prize today is a variety pack of instant soups from Wild Zora!

**Monday, January 22nd at 4 PM MST:** Grand Prize Giveaway of one Lifetime Membership to The Autoimmune Collective (\$797 value!!) and a 2-pack of 1-cup Souper Cubes! You must have completed at least 3 of the days to be entered into this giveaway - but you have until 4 pm to get caught up. If you missed any of the days it's ok - just go back and post your pics on each of the days' posts or email me with them by 4 pm MST and we'll get you entered!

# NOTES FOR THE RECIPES YOU'LL BE MAKING:

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Everything in this challenge is compliant for the elimination portion of the Autoimmune Paleo Protocol (AIP Diet).

Nothing needs to contain coconut, so everything can easily be made coconut-free if needed.

The only recipe that includes meat is the Maple Blueberry Sausage, which you can either freeze for later or use with the rest of the recipes throughout the week that do not have any meat.

## Timing of meals:

Don't have lots of time in the mornings? If you plan on EATING these recipes for breakfast during the challenge rather than freezing them for later, they're best made at night for the following morning.

So for instance, cooking the Carrot Ginger soup on Day 2's evening but eating it on Day 3's morning, cooking the Sweet Potato Bowl on Day 3's evening but eating it on Day 4's morning, etc.

The only recipe that can't be frozen for later is the Veggie Sheet Pan meal - that's best eaten within a week of making it. That one is a great option to prep the night before and then just throw in the oven while you get ready in the morning, or you can cook the whole thing the night before as well and just reheat quickly. Or if you're ambitious in the morning, prep and cook the whole thing then.

During the previous challenges many people even ate these items as dinner instead of breakfast - so that's an option too! All of this is EXTREMELY flexible - make it work for YOUR lifestyle!!



# RECIPES AND SHOPPING LIST

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These are the recipes that I'll be demonstrating and referring to throughout the week.

If you want to try something else, see some alternative recipes starting on Page 13

# SHOPPING LIST FOR THE AIP CHALLENGE

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The number in parentheses () next to each item indicates the challenge day it is for. See what you're making on the previous page.

## Meats and Seafoods:

1 lb ground Pork (or Chicken or Turkey) (Day 1)

## Fresh Produce:

1/2 cup Blueberries (can be fresh or frozen) (Day 1)

1 medium Yellow Onion (Day 2)

1 clove Garlic (Day 2)

1 tbsp grated Ginger (1 inch piece - or 1 tsp dried) (Day 2)

1.5 lb Carrots (can also use baby carrots) (Day 2)

2 medium/large Sweet Potatoes (Days 3, 5)

15 Brussels Sprouts (Day 5)

1 Apple (Day 5)

2 Parsnips (Day 5) (Can also use carrots)

8 oz sliced Mushrooms (Day 5)

1 bunch Kale (Day 5)

1 cup Mixed Berries (can be fresh or frozen) (Day 5)

## Herbs and Spices:

Sea Salt (all Days)

1 tsp Garlic Powder (Day 1)

1 tsp Onion Powder (Day 1)

1/2 tsp dried Sage (Day 1)

1.25 tsp Cinnamon (Days 1, 3)

1 tsp dried Thyme (Day 5)

## Note:

I did NOT add any toppings for the Sweet Potato Bowl on Day 3 in this list, so if you want some, use the list of AIP Breakfast Bowl Toppings on page 11 of this guide for inspiration!

## Oils and Vinegars:

5 tbsp Coconut Oil, Avocado Oil, Olive Oil, or Lard (All Days)

## Canned and Jarred Goods:

3 cups Chicken or Vegetable Broth/Stock (Day 2)

1.5 cups Coconut Milk (*can't have coconut? See notes on the recipes \*\*\**) (Days 2, 3)

Optional: 1 scoop Collagen Powder (Day 3)

## Baking:

1.5 tbsp Maple Syrup (Days 1, 5)



# DAY 1: 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.



# DAY 2: 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.



# DAY 3: 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.

# AIP BREAKFAST BOWL TOPPINGS

*Make things exciting! Use these toppings over AIP porridges and breakfast bowls to add flavor, texture, and nutrients.*

- Acai Powder
- Apple Butter (homemade, with compliant ingredients)
- Apples, plain, diced or sliced
- Apples, sautéed in a pan with cinnamon and coconut oil
- Apple Sauce
- Apricots, diced or sliced
- Avocado, chopped or mashed
- Bananas, sliced
- Banana (Dried Chips), crumbled
- Beets, raw, shredded
- Blackberries
- Blueberries
- Cantaloupe, diced or sliced
- Carob Powder (or made into homemade carob chips)
- Carrots, shredded or grated
- Cherries, diced or sliced
- Cinnamon
- Coconut Butter (also known as coconut concentrate or manna)
- Coconut Cream
- Coconut, Flakes or Unsweetened Shredded
- Coconut Milk Yogurt (homemade preferable)
- Coconut Sugar
- Cranberries
- Dates, chopped
- Dragonfruit, diced or sliced
- Dried Apricots
- Dried Blueberries (make sure no sunflower oil)
- Dried cherries (make sure no sunflower oil)
- Dried Cranberries (make sure no sunflower oil)
- Fennel, chopped finely or sliced
- Fermented Apples and Raisins
- Figs, dried or fresh, chopped or sliced
- Freeze Dried Bananas
- Freeze Dried Mango
- Freeze Dried Peaches
- Freezes Dried Pineapple
- Freeze dried Raspberries
- Freeze Dried Strawberries
- Fresh Berries (except goji)
- Fresh Fruit, chopped or diced
- Frozen Fruits and Berries
- Ginger (ground or freshly grated/minced)
- Grapefruit, sliced or diced
- Grapes
- Honey
- Kiwi
- Lemon zest
- Lime zest
- Mace
- Mango, sliced
- Maple sugar
- Maple Syrup
- Melon, diced or sliced
- Mint
- Molasses
- Oranges, sliced
- Orange Zest
- Passionfruit, diced
- Peaches, sliced or diced
- Peach Butter (homemade, with compliant ingredients)
- Pears, sliced or diced
- Pear Butter (homemade, with compliant ingredients)
- Pineapple, diced or sliced
- Plantain Chips, crumbled
- Plums, sliced or diced
- Pomegranate Arils
- Raisins
- Raspberries
- Rhubarb, chopped or diced
- Roasted Beets, diced
- Roasted Strawberries
- Rosemary, chopped finely
- Sea Salt (large flake)
- Strawberries, diced or sliced
- Tigernuts (sliced or chopped)
- Tigernut butter
- Toasted Coconut (flakes or shredded)
- Turmeric (ground or freshly grated/minced)
- Vanilla Powder (grain-free, sugar-free)
- Watermelon (without seeds), chopped

# DAY 5: VEGGIE SHEET PAN BREAKFAST



**YIELDS**  
2 Servings



**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.



# ALTERNATIVE RECIPES

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You won't see the demonstration on how to make these throughout the week, but these are similar to the recipes in that they utilize the same batch cook/meal prep concepts.

Use these recipes to:

- further practice the concepts,
- find something you and/or your family would rather eat
- find recipes that might work your unique intolerances
- or to further build your freezer stash!

*\*\*If the recipe has a corresponding YouTube video, I've noted that so you can see how to make it.*

# 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!



# SWEET POTATO & TURKEY PATTIES



**YIELDS**

10 servings



**PREP TIME**

10 minutes



**COOK TIME**

20 minutes

## INGREDIENTS

- 2 medium Sweet Potatoes, peeled and chopped
- 2 lb Ground Turkey
- 2 cloves Garlic, minced
- 1 tbsp Italian Seasoning
- 2 tsp Sea Salt

## DIRECTIONS

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

Bring a pot of water to a boil. Place the sweet potato in a steamer over the boiling water and cover for 7 to 10 minutes, or until tender. Transfer the sweet potato to a large mixing bowl and mash it well. Allow it to cool. Add the garlic, Italian seasoning and salt to the cooled mashed sweet potato and mix well. Add the turkey and gently mix to combine.

Form the sweet potato mixture into thin patties, approximately 4 inches in diameter and place on the prepared baking sheet. Bake the patties for 20 to 25 minutes or until cooked through.

### TO FREEZE:

Let cool on the baking sheet for about 30 minutes, then transfer the baking sheet to the freezer. After about 4 hours, remove the patties from the baking sheet and place in a plastic bag or other freezer safe container and store in the freezer.

### TO SERVE:

To reheat the patties from frozen, just reheat in the microwave for 30-seconds-1 min, in a pan on the stove for a few minutes, or in the oven for about 10-15 minutes.

### **T** *Additional Tips*

If you don't have room in your freezer for a baking sheet, transfer the patties to a baking dish or freezer-safe plate that does fit.

# ASPARAGUS SOUP



**YIELDS**  
4 Servings



**TIME**  
25 min

## INGREDIENTS

- 2 tbsp Coconut Oil, Avocado Oil, or Olive Oil
- 1 slice Bacon, diced
- 1 medium Yellow Onion, diced
- 1 bunch Asparagus, cut into small pieces
- 3 cups Chicken or Beef Stock
- 1 tsp Fresh Parsley, chopped
- 2 tbsp Fresh Tarragon, chopped
- 1/2 cup Coconut Milk or Tigernut Milk
- 1 tsp Lemon Zest
- 1/4 tsp Sea Salt

## DIRECTIONS

In a large pot, melt the coconut oil. Add the onion and bacon, and cook, stirring occasionally, until the onion is translucent, about 6-8 minutes.

Add the asparagus and stir for 1 minute.

Add stock and cover. Simmer on low for 10 minutes or until the asparagus is tender.

Add the parsley, tarragon, coconut milk, lemon zest, and sea salt.

Using an immersion blender or working in batches and transferring to a blender or food processor, puree the soup.

Return to the pot and warm thoroughly. Season with more salt if desired.

### **T** *Additional Tips:*

Serve garnished with tarragon or parsley.

### **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.





# BROCCOLI MINT SOUP



**YIELDS**

4 servings



**TIME**

30 minutes

## INGREDIENTS

- 1 tbsp Coconut Oil or other cooking fat
- 1 medium Yellow Onion, diced
- 2 cloves Garlic, minced
- 2 tbsp freshly grated Ginger (or 2 tsp dried Ginger)
- 4 cups Broccoli (fresh, with stalks included) OR Frozen Florets
- 3 cups Chicken or Beef Stock
- 1.5 cups Coconut or Tigernut Milk
- 20 leaves fresh Mint
- Sea Salt to taste



## DIRECTIONS

In a large saucepan or pot, heat the oil over medium heat. Add the onion, garlic, and ginger and a pinch of salt and saute for about 10 minutes, or until the onion is soft and translucent.

Add the broccoli and stock. Bring to a boil and then reduce the heat to a simmer until the vegetables are tender, about 20 minutes.

Remove from the heat and stir in the coconut milk and mint. Then use an immersion blender to blend until smooth (or transfer in batches to a blender or food processor and blend).

Taste and stir in some salt if needed.

### **T** *Additional Tips:*

This soup tastes great if you add some crunch to it – I love crumbled bacon and slices of red cabbage (as seen in the picture).

### **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.

# THAI CHICKEN SOUP



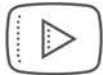
**YIELDS**

4-6 Servings



**TIME**

Depends



**YouTube**

[Tap to Watch](#)



## INGREDIENTS

- 2 lb Boneless, skinless Chicken Thighs, cut into 1-inch pieces
- 1 Shallot or Small Yellow Onion, diced
- 4 cloves Garlic, minced
- 1 Lime, juiced and zested (or 1 tbs Lime Juice)
- 1 tbsp Coconut Aminos
- 1 tbsp Fish Sauce
- 2 cups Chicken Broth
- 1 tbsp Honey
- 1 tsp Ground Ginger
- 3-inch piece of fresh or dried Lemongrass
- 1 x 13.5 oz can Coconut Milk or 1.5 cups Tigernut Milk

### For the Garnish:

- 3 sliced Green Onions,
- 1/2 cup chopped Basil
- 1/2 cup chopped Cilantro

### **M** *Make ahead:*

Make up to 4 days ahead of time or freeze for up to 3 months (it's best if you can wait to add the garnish when serving, but it'll be ok if you have to add it before freezing).

You can also put all of the ingredients except for the garnish into a freezer safe container **WITHOUT** cooking and then just thaw and follow the directions for cooking. \*Do NOT put the garnish into the bags and also wait to put the coconut milk in if you know you'll using the Instant Pot.

## DIRECTIONS

Do one of the following:

**STOVETOP:** Put all of the ingredients except for the garnish into a large saucepan or stockpot. Bring to a boil and then lower the heat and simmer for about 7-9 minutes, until the chicken is cooked through. Garnish with the green onions, basil, and cilantro.

**INSTANT POT:** Put all of the ingredients except for the garnish AND the coconut milk into the basin of the Instant Pot. Close the lid, turn the valve to "Sealing" and cook on High Pressure on Manual for 5 minutes (10 if cooking from frozen). Quick release the pressure when finished and stir in the coconut milk. If you need the coconut milk to heat up a bit, turn the Instant Pot to "Sauté" and cook until desired temp. Garnish with the green onions, basil, and cilantro.

**SLOW COOKER:** Put all of the ingredients except for the garnish into the slow cooker and cook for 2-4 hours on low. Garnish with the green onions, basil, and cilantro.

# SPICED CARROT PORRIDGE

\*\* Use the Breakfast Toppings List on pg. 11 for ideas to put on top!



**YIELDS**

3-4 Servings



**TIME**

40 minutes



**YouTube**

[Tap to Watch](#)

## INGREDIENTS

- 8 medium Carrots
- 1 small head Cauliflower
- 1 tsp Cinnamon
- 1/2 tsp ground Ginger
- 1/4 tsp Mace
- 1 tsp Vanilla Powder
- 1.5 cups Coconut Milk, Tigernut Milk or Banana Milk
- 1 tbsp Maple Syrup

## DIRECTIONS

Cut the carrots and cauliflower into small chunks and then steam for 30 minutes.

Put into a blender, food processor, or large bowl to use with a hand immersion blender.

Add the rest of the ingredients and blend until smooth.

Serve.

### **M** *Make Ahead:*

Make up to 5 days ahead of time and store in the fridge. It can be eaten cold or warm.

You can also freeze this in individual portions and either thaw overnight in the fridge and rewarm it in the morning or cook from frozen in the microwave or a small saucepan on the stove.

### **S** *Substitutions:*

If carrots aren't your thing, diced and peeled butternut squash, pumpkin, or sweet potato also could be used instead. Or maybe try parsnips as they're a slightly sweet root vegetable that imparts a different flavor than carrots.



# APPLE CAULIFLOWER PORRIDGE



**YIELDS**  
1 Bowl



**TIME**  
20 min

## INGREDIENTS

- 1 Apple
- 1/2 head Cauliflower (or 2 cups Frozen florets)
- 1 tsp Cinnamon
- 1 tbsp Maple Syrup
- Optional: 1 scoop Collagen Powder

**\*\* Use the Breakfast Toppings List on pg. 11 for ideas to put on top!**

## DIRECTIONS

Put a small pot of water on to boil. Core and dice the apple (no need to peel) and cut the cauliflower into florets if not already done. Add the apple and cauliflower to a steamer basket and place over the boiling water.

Steam for 15 minutes, then remove and carefully place into a blender (or a large bowl if using a stick immersion blender). Add the remaining ingredients and then blend.

### **T** *Additional Tips:*

I love this served with a drizzle of [30-second Tigernut Butter](#), shredded coconut, and fresh fruit (pictured are fresh plums).

### **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.

### **M** *Make ahead:*

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

You can also freeze this in individual portions and either thaw overnight in the fridge and rewarm it in the morning or cook from frozen in the microwave or a small saucepan on the stove.



# MEDITERRANEAN CHICKEN AND VEG



**YIELDS**

**PREP TIME**

**COOK TIME**

4 servings

15 minutes

30 minutes

\*\* This is more of a savory lunch or dinner option, but you could use it for breakfast too

## INGREDIENTS

- 1 lb boneless, skinless Chicken Thighs, cut into 1-inch chunks
- 2 lb Sweet Potatoes, peeled and diced
- 4 Carrots, diced
- 1 medium Zucchini, diced
- 4 cloves Garlic, peeled and sliced thinly
- 1 cup pitted Kalamata or Green Olives (no pimentos!)
- 1 tbsp Rosemary (fresh or dried, chopped)
- 1 Lemon, quartered (peel still on)
- 1/4 cup Olive Oil
- 1 tsp Sea Salt

### Needed Day of Serving:

- 4 cups Arugula
- Balsamic Vinegar for drizzling
- Olive Oil for drizzling
- Sea Salt to Taste

## DIRECTIONS

Mix the ingredients (except for day of serving ingredients) in a large bowl.

Preheat the oven to 425 F. Pour the ingredients onto a parchment-lined baking sheet and bake for 30-35 minutes or until the chicken is cooked all the way through (an instant read thermometer inserted in the middle of the chicken will say 165 F).

Serve a huge scoop of the cooked chicken and veggies over a bed of arugula and drizzle with balsamic vinegar, olive oil, and sea salt to taste.

### **T** *Additional Tips:*

You could replace the chicken with pieces of steak instead if you'd rather.

### **T** *Additional Tips:*

This could be delicious served over cauliflower rice or mashed cauliflower as well..



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