



Thriving On Paleo

TEN

30-MINUTE

AIP MEALS



Michele Spring

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Turkey Burgers with Apple Relish and Sweet Potato Wedges

Ingredients Needed to Make 4-6 Servings:

- 3-4 medium sweet potatoes
- 2 tbsp Cooking Oil (Avocado, Coconut or Olive)
- 1.5 tsp Sea Salt
- 1 Apple
- 1 Orange
- 1/4 cup Raisins
- 1 tsp Honey
- 2 lb ground Turkey
- 1 tsp Onion Powder
- 1 tsp dried Sage (or 1 tbsp fresh)
- 1/4 cup fresh Parsley
- 1/2 cup Tapioca, Arrowroot, or Coconut Flour

Adapted from the 2016 edition of CookingLight Make Ahead Meals

First, start with the Sweet Potato Wedges:

Preheat oven to 450 F. Line a baking sheet with parchment paper.

Peel potatoes, cut into thirds lengthwise, and then cut each half into 3 pieces. Place the potatoes on the baking sheet and then drizzle with 1 tbsp of the oil and 1/2 tsp sea salt. Toss to coat. Bake for 20 minutes or until tender.

Meanwhile, make the Apple Raisin Relish:

Core and roughly chop the apple (no need to peel it). Place it in a food processor with the juice and zest of the orange, the raisins, honey, and 1/4 tsp sea salt. Pulse 10 times or until the ingredients are roughly the same size.

*If you don't have a food processor, finely dice the apples with a knife and mix with the rest of the ingredients.

Set aside.

Now make the Turkey Burgers:

Mix the turkey, onion powder, dried sage, parsley, and 1/2 tsp sea salt together in a large bowl. Divide the mixture into 8 equal portions and then shape into patties.

Heat a large skillet over medium-high heat. Add 1 tbsp of cooking oil to the skillet.

Add 1/2 cup Tapioca Powder (or Arrowroot Starch or Coconut Flour) to a shallow dish, and then place each patty into the tapioca powder to coat. Shake off any excess and then add to the skillet.

(You'll most likely have to do this in several batches)

Cook 5 minutes a side or until turkey is no longer pink in the middle (165 F)

Place a large handful of arugula or other leafy green on each plate, then add a patty and top with a large dollop of the relish. Add several sweet potato wedges and serve!

Optional: Want a bit more? Add a handful of mixed greens tossed with a dash of Balsamic Vinegar and Olive Oil!



Parsley Cod with Squash Salad

Ingredients Needed to Make 4 Servings

- 1 medium Butternut Squash
- 2 tbsp Cooking Oil (Avocado, Coconut, or Olive)
- 1 tsp Thyme
- 1.5 tsp Sea Salt
- 1 bunch fresh Parsley
- 2 cloves Garlic
- 1 Lemon
- 1/4 cup + 1 tbsp Olive Oil
- 1.5 lbs Cod (fresh or thawed, if using frozen fish)
- 4 cups Arugula (or other green)
- 1 tsp Apple Cider Vinegar

First, start with the butternut squash:

Preheat the oven to 450 F.

Line a baking sheet with parchment paper.

Peel the squash if you want (you don't need to), deseed it, and dice it into 1/2-inch cubes.

Place on the baking sheet and then toss with the cooking oil, and 1/2 tsp sea salt.

Roast in the oven for 25 minutes.

Next, prepare the pesto cod:

Line a baking sheet with parchment paper and place the cod on it.

Put the parsley, garlic, lemon juice and zest, and 1 tsp sea salt in a food processor. Process until everything is approximately the same size. With the machine running, gradually add 1/4 cup olive oil and keep going until the pesto is just slightly chunky.

Using a spatula or your hands, apply the pesto to both sides of the fish and place back on baking sheet.

*You can do this before or after cooking - if you like the taste of garlic, do it after. Otherwise do it before.

Broil the fish for 5-10 minutes (depending on the thickness of your fish) or until opaque and the fish flakes when cut with fork.

While the cod is cooking mix:

Toss together the arugula, 1 tbsp olive oil, and apple cider vinegar in a large bowl. Then add the butternut squash from the oven and toss again.

Scoop some of mixture and put on a plate, then put the fish on the plate.

If you haven't already put the pesto on the fish, do so now and serve!

Reintroduction Tip: This squash salad is a great place to add a few tablespoons of sesame or pumpkin seeds or some nuts when you get to reintroductions!

Stuffed Chicken Breasts with Greens and Cider Honey Vinaigrette

Ingredients Needed to Make 4 Servings

- 4 boneless skinless Chicken Breasts
- 1 cup Olive Oil
- 1 Shallot, peeled and minced
- 1 cup sliced Mushrooms
- 1 small Zucchini, shredded
- 2.5 tsp dried Basil
- 1/4 cup fresh Parsley, chopped
- 1 tbsp Garlic, minced
- 1 cup Coconut Milk or Tigernut Milk
- 1/2 Sea Salt
- 1 tsp Arrowroot Powder or Tapioca Starch
- 1/4 cup Apple Cider Vinegar
- 2 tbsp Honey
- 8 cups of Mixed Greens
- 2 Apples, cored and diced
- 1 cup Grapes, halved
- Optional: 1/4 Red Onion, thinly sliced

For the chicken you'll need to prepare:

Place each chicken breast between two pieces of parchment paper and then pound them with a rolling pin or mallet until the breasts are tender and evenly thick.

Heat a large skillet over medium heat and then add the 1/4 cup olive oil. Once the oil is warm, add the shallot and cook, stirring occasionally, until fragrant, about 3-4 minutes. Add the mushrooms, zucchini, 2 tsp basil and parsley and stir. Continue cooking, stirring occasionally, for 5 minutes.

Remove from the heat and evenly distribute the mushroom mixture between the chicken breasts and then roll them gently to secure the filling. Secure the chicken breasts with a toothpick.

Put the skillet back on the heat and sear the stuffed chicken in the skillet on each side - about 2 minutes each side.

Remove the chicken from the skillet and set aside.

For the sauce:

Add garlic into the pan and saute until fragrant, about 1-minute. Add 1/2 tsp basil, coconut milk, and a pinch sea salt and stir. Bring to a boil, then sprinkle the arrowroot powder over the sauce and then whisk in until the sauce has thickened slightly. Reduce the heat, add the chicken breasts back into the pan. Simmer, covered, until the chicken is cooked through, about 5 minutes a side.

For the salad:

Dice the apples and slice the grapes in half. Slice the onion if using. Add to a large bowl with the mixed greens and mix. In a small bowl or glass jar, mix together the apple cider vinegar, honey, 1/4 tsp sea salt, and 3/4 cup olive oil. Either toss the salad with the dressing now and then divide among plates or divide the salad among plates and serve the dressing on the side. Divide the stuffed chicken between the plates and serve with a spoonful or two of the sauce over top.

Steak Bites with Roast Cauliflower Over Mixed Greens

Ingredients Needed to Make 4-6 Servings

- 1 medium head Cauliflower (or 4 cups florets)
- 2 tbsp Cooking Oil (Avocado, Coconut, or Olive)
- 1.5 tsp Sea Salt
- 2 lb Beef Round Steak or Sirloin
- 1/4 cup Bacon Fat, Beef Tallow, Coconut Oil, or Avocado Oil
- 1 cup Beef or Chicken Stock
- 8 cups Mixed Greens
- 1 cup Berries (blueberries, strawberries, etc)
- 1/4 cup Olive Oil
- 2 tbsp Apple Cider Vinegar or White Wine Vinegar

First, prepare the cauliflower:

Preheat the oven to 425 F. Place a piece of parchment paper on a baking sheet.

Cut the cauliflower into florets and place on the baking sheet. Toss with the 2 tbsp oil and 1/2 sea salt.

Roast in the oven for 20 minutes.

Meanwhile, prepare the steak bites:

Trim the beef and cut into 1-inch cubes. Season with 1 tsp of the sea salt.

Melt 2 tbsp of the fat in a skillet over high heat. Once hot, add the steak bites and brown, about 1-minute on each side.

Once the steak is done, remove the steaks and set aside on a plate.

Then add the stock to the pan.

Scrape up any browned bits from the bottom of the pan, stir in the rest of the fat, and continue to cook until the liquid is reduced by half - about 5 minutes.

Pour the sauce over the steaks.

For the salad:

- 8 cups Mixed Greens
- 1 cup Berries (blueberries, strawberries, etc)
- 1/4 cup Olive Oil
- 2 tbsp Apple Cider Vinegar or White Wine Vinegar

Wash and slice the berries if needed and then toss with the mixed greens, 1/4 cup olive oil, and vinegar in a large bowl.

Divide the salad amongst the serving plates, then add a scoop of steak bites and a scoop of cauliflower and serve!

Baked Chicken Fingers with Roast Broccoli and Honey Glazed Carrots

Ingredients Needed to Make 4 Servings

- 3/4 cup Cassava or Coconut Flour
- 1 tsp Sea Salt
- 1/2 tsp Onion Powder
- 1 Lemon
- 2 lb boneless, skinless Chicken Breasts
- 1.5 lb Broccoli (or 4 cups florets)
- 2 cloves Garlic
- 1 lb Carrots
- 1/4 cup + 2 tbsp Coconut Oil (or Avocado or Olive Oil)
- 1 tbsp Honey
- 1/4 cup Apple Juice

First, prepare the broccoli:

Preheat the oven to 425 F. Line 2 baking sheets with parchment paper (or if you don't have 2, you can also use a glass baking dish).

Cut the broccoli into florets, and mince the garlic. Then place on one of the baking sheets and toss with 1/2 tsp sea salt and 1/4 cup of the oil.

Put in the oven and set the timer for 25 minutes.

Prepare the chicken:

Chop the chicken into bite-sized pieces. Mix the 1/2 tsp sea salt, the onion powder, and the cassava or coconut flour in a small bowl.

Dredge the chicken in the seasoned flour, then place onto a baking sheet.

Put into the same oven as the broccoli and bake for 20 minutes, turning once.

Prepare the carrots:

Set a pot that fits a steamer basket with at least 1-inch of water on the stove over med-high heat to boil.

Chop the carrots into 1/4-inch rounds. No need to peel them if they're organic (but I'd peel them if not).

Place the carrots in the steamer basket and then place over the pot of boiling water.

Steam until tender, about 6-8 minutes. Remove the steamer basket from the heat and set aside.

Drain the pot, then add 2 tbsp of the oil and then let heat for a minute. Then add the steamed carrots, honey, and apple juice and simmer until the liquid is thickened, about 5 minutes.

Serve the three dishes together and enjoy!

Pork Tenderloin With Pineapple & Cucumber Salsa

Ingredients Needed to Make 4 Servings

- 2 Pork Tenderloins
- 2 tbsp Cooking Oil (Avocado, Coconut, Olive, etc)
- 1 tsp Sea Salt
- 1 x 13.5 oz can Pineapple
- 1 Cucumber
- 1/4 cup fresh Mint
- 1 tbsp Lime Juice
- 8 cups Mixed Greens

Adapted from the 2019 USWeekly 15-minute meals

Heat a large pan over medium heat. Add the cooking oil to heat and season the pork with the sea salt.

Place the pork into the pan and cook, turning occasionally, for about 10 minutes or until cooked as desired. Cover with a plate or aluminum foil and let stand for 5 minutes.

Meanwhile, drain the pineapple and chop finely. Then dice the cucumber and mince the mint. Combine the pineapple, cucumber, mint, and lime juice in a small bowl and season with additional sea salt if desired.

Thinly slice the pork.

Divide the mixed greens between the plates, then add some pork slices and a large dollop of salsa on top.

Pork Chops with Cabbage, Onions, and Apples and Mashed Cauliflower

Ingredients Needed to Make 4 Servings

- 1 large head Cauliflower (approx 5 cups florets)
- 4 tbsp Cooking Oil (Coconut, Avocado, Olive, etc)
- 4 boneless Pork Chops (approx 4 oz each)
- 1 tsp + large pinch Sea Salt
- 2 medium Apples
- 1 Yellow Onion
- 1 small Cabbage (green or red)
- 3 tbsp Honey
- 1 tsp Cinnamon
- 1/4 tsp Mace Spice (omit if you don't have it)

First, prepare the cauliflower:

Set a large pot of water over high heat to boil.

Chop the cauliflower into florets, then once the water boils, place the cauliflower into the pot and set a timer for 20 minutes.

*If using frozen florets just set the timer for 15 minutes



Meanwhile, prepare the pork chops:

Heat 2 tbsp of the cooking oil in a large frying pan. Season the pork chops with salt, then add to the pan and cook for 4-5 min a side, until a thermometer reads 145 F.

Meanwhile, thinly slice the apples (no need to peel), slice the onion, and core and shred the cabbage.

When the pork is done, remove from the pan and place on a plate covered with another plate or aluminum foil.

Add the remaining 2 tbsp of cooking oil to the pan, then add the onions and cook for about 5 minutes, or until translucent. Then add the cabbage, apples, honey, cinnamon, mace, and remaining 1/2 tsp sea salt. Stir and then cook, stirring frequently, until the cabbage is wilted and cooked through - about 3 minutes.

When the cauliflower is done, drain the cauliflower, then place in a large bowl or blender.

Add a large pinch of sea salt and then blend with a hand immersion blender, potato masher, blender, or even a food processor.

Slice the pork chops into thin strips.

Serve the meal by putting a large scoop of mashed cauliflower on the bottom of the plate and then adding some cabbage mixture on top, followed by a sliced pork chop.

Gut flora tip: This is a great meal to serve with a bit of probiotic sauerkraut!

Chicken and Cauliflower Rice Salad Bowl

Ingredients Needed to Make 4-6 Servings

- 2 lb Ground Chicken
- 1 tsp Garlic Powder
- Sea Salt
- 1 medium head Cauliflower (or 4 cups fresh-not frozen - already riced cauliflower)
- 1 cup Green Olives (no pimentos)
- 1.5 cups Hearts of Palm or Artichoke Hearts (check ingredients)
- 4 red Radishes
- 1/2 cup fresh Cilantro
- 8 cups Greens of Choice (Arugula works well)
- Olive Oil
- Red Wine Vinegar

Add the cauli rice, hearts of palm, and olives to the pan and mix well. Cook for an additional 2-3 minutes.

Then toss with the cilantro and radishes. Add 2 cups of greens to each bowl/plate and then add the chicken mixtures. Drizzle with olive oil and red wine vinegar.

First, cook the chicken:

Heat a tablespoon of olive oil in a large pan or dutch oven over medium heat. Crumble the ground chicken into the pot, and cook, stirring occasionally, until browned, about 7-10 minutes.

Meanwhile, prep the rest of the ingredients:

If you haven't bought pre-riced cauliflower, cut the cauliflower head into 4-6 pieces, and then process in a blender or food processor until a rice-like texture is achieved. You'll probably have to work in batches.

**I personally use the shredding disc of my food processor for this and feed the cauliflower down the chute.*

Roughly chop the olives and hearts of palm and finely chop the cilantro and radishes.

Once the chicken is browned, add the garlic powder and 1/2 tsp sea salt and mix thoroughly.

Mojo Salmon Bowls

Ingredients Needed to Make 4 Servings

- 1/2 cup Orange Juice
- 1/2 tsp dried Oregano
- Sea Salt
- 2 tbs Lime Juice
- 1 bunch Cilantro
- 2 small cloves Garlic, minced
- 1/4 cup Olive Oil
- 4 Salmon Fillets (approx 4-8 oz)
- 4 Yellowish-black Plantains
- 1 small head Cauliflower or a bag of pre-riced Cauliflower
- 3 tbsp Cooking Oil (coconut, avocado, olive, etc)
- 3 tbs Coconut Milk or Tigernut Milk (or omit)
- 1 x 13.5 oz can diced Pineapple (or 1/2 fresh Pineapple)
- 2 Avocados
- 1 Lime

First, marinate the salmon:

Preheat the oven to 425 F.

Finely chop about 4 tbsp of the cilantro and mince the garlic cloves. Add these to a large bowl or ziploc bag. Then add the orange juice, oregano, 1/4 tsp sea salt, lime juice, and olive oil. Mix together well and then add the salmon fillets to the bowl/bag and toss to coat. Set into the fridge for 10 minutes.

Next, prep the plantains:

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 1 tbsp oil, and then sprinkle with 1/2 tsp sea salt.

Prep the other ingredients:

Rice the cauliflower if not already done (see the instructions in the recipe for the Chicken and Cauliflower Rice bowl).

If you have a fresh pineapple, peel and core it and cut into small pieces.

Remove the pits and slice the flesh of the avocados.

Cut the lime into quarters.

Chop the rest of the cilantro.

Bake the salmon:

Remove the salmon from the fridge and pour the contents of the bag into an oven-safe baking dish.

Put the salmon in the oven and cook for 10 minutes or until the salmon easily flakes with a fork.

Cook the cauliflower rice:

Meanwhile, heat a large pan over medium heat. Add the cooking oil and let get warm. Then add the cauliflower rice and 1/2 tsp sea salt and cook for about 5 minutes, stirring occasionally. Add the coconut oil, let melt, then mix in. Add the coconut milk and mix in.

Assemble the bowls:

In each of the bowls put a scoop of cauliflower rice, several pieces of plantains, some pineapple, avocado slices, a handful of cilantro, and a piece of salmon. Drizzle with the sauce from the pan.

Ham, Broccoli Rice, and Sweet Potato Bowls

Ingredients Needed to Make 4 Servings

- 4 Small/Medium Sweet Potatoes
- Sea Salt
- 2 tbsp Avocado, Olive Oil, or melted Lard or Coconut Oil
- 1.5 lb Broccoli Florets
- 1/4 cup Water or Chicken Broth
- 1 cup Pineapple Chunks
- 1/2 cup Cilantro
- 1/4 Red Onion
- 1 clove Garlic
- 1 tsp Lime Juice
- 1 lb Ham Steak (make sure all ingredients are AIP-compliant - can use cooked pork chops or steak if you can't find ham)

First, prep the sweet potatoes:

Preheat the oven to 450 F.

Peel and dice the sweet potatoes into 1/2-inch cubes and then place on a parchment-lined baking sheet. Drizzle 1 tbsp of oil over them and then sprinkle 1/2 tsp sea salt. Toss to coat and put in the oven for 25 minutes.

Meanwhile, prep the broccoli.

Cut the broccoli head into 3-4 parts. Working in batches, process in a food processor (with the S-blade) or a blender until rice-like.

Prep the Pineapple Salsa:

Either chop all of the following ingredients really finely and combine in a bowl, or pulse in a food processor until all the pieces are the same small size: pineapple chunks, cilantro, red onion, garlic, and lime juice + 1/4 tsp sea salt.

Prep the ham:

Dice the ham steak into 1/2-inch cubes.

Cook the broccoli rice:

Heat a large pan over medium heat. Add the cooking oil and let get warm. Then add the broccoli rice, 1/4 tsp salt, and water or chicken broth and cook for about 5 minutes, stirring occasionally.

Also cook the ham:

In a pan over medium heat, add the ham and cook, stirring occasionally, until heated, about 5 minutes. (You can also add the ham to the broccoli rice and cook at the same time if you're ok with foods touching).

Serve:

Place a large scoop of sweet potatoes on each bowl/plate, then add the broccoli rice and ham and finally add a large scoop of pineapple salsa on top!

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