

[PALEO & AIP MEAL PREP SESSION]

AIP SUMMIT MEAL PREP SESSION

DICED BAKED CHICKEN THIGHS
BROCCOLI CAULIFLOWER MASH
PORK MEATBALLS
ASIAN INSPIRED COLESLAW
DICED SWEET POTATOES



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WHAT'S IN THIS GUIDE?

This guide is a step-by-step process of making several lunch or dinner dishes in about an hour. You'll make several components and then pair those components together in different ways to make 4 varied meals.

All of these meals are compliant for the AIP (Autoimmune Paleo Protocol) Elimination Phase as well as the Paleo diet.

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, you'll just need to multiply it. See the Component Recipes on the last few pages of this guide to get an idea of what each component recipe needs in terms of ingredient amounts.

DOES IT REQUIRE HARD-TO-FIND INGREDIENTS?

The only specialty ingredients I use are nutritional yeast and a grain-free pasta. If you're in the US you can find these in a lot of grocery stores these days. The nutritional yeast is often in the baking aisle - but if you can't find it it's easily found online.

As for the pasta, I love Jovial Foods Cassava Flour pasta. This is found in many stores these days, but also online on places like Amazon, Thrive Market, and ShopAIP.

If you can't tolerate this pasta or find it, there are other brands, like Palmini - or you can just substitute with veggie noodles like zucchini, butternut squash, or sweet potato noodles that you make with a spiralizer or vegetable peeler.



SHOPPING LIST

- 3/4 lb boneless, skinless chicken thighs
- 1 lb ground pork
- 2 green onions
- 1 large sweet potato
- 1 small yellow onion
- 1 medium apple
- 1 carrot
- 1.5 teaspoon dried ginger
- 5 tablespoons apple cider vinegar
- 2 tablespoons maple syrup
- 8-10 oz bag frozen cauliflower florets
- 8-10 oz bag frozen broccoli florets
- 1-2 mandarine oranges
- Avocado Oil or Olive Oil
- 1/4 cup cilantro
- 10 oz bag coleslaw mix
- Sea Salt
- 4 tablespoons coconut aminos
- 1 navel orange
- 1/4 avocado
- Lime juice
- 13.5 oz can pineapple chunks
- 2 tablespoons coconut sugar, maple sugar, honey
- 1 tablespoons arrowroot powder (optional: tapioca starch or cassava flour)

ORDER OF OPERATIONS

1: PREPARE THE SWEET POTATOES & DICED CHICKEN

First, preheat oven to 425 F.

Slice 2 green onions into small pieces.

Then peel and dice a sweet potato.

Put the sweet potato on one-half of the baking sheet and then place your chicken thighs on the other half of the baking sheet.

Season both the sweet potato pieces and the chicken with sea salt, and then drizzle the sweet potatoes with either avocado or olive oil.

Toss the sweet potatoes a bit to coat them with the salt and oil.

Put the sheet pan into the oven and set a timer for 10 minutes

2: PREPARE THE PORK MEATBALLS

Meanwhile, put 1 pound of ground pork into a bowl and mix with a large pinch of sea salt and 1/2 of the sliced green onions.

Form into approximately 6-8 meatballs and put on another baking sheet or in a baking dish. Set it aside until the timer on the oven goes off.

3: PREPARE THE BBQ SAUCE

Peel and dice a small to medium yellow onion.

Then dice a medium apple. I don't bother peeling it but you can if you'd prefer.

NOTE: About now the 10-minute timer on the oven will probably sound, so put the meatballs into the oven with the other items. Set the timer again, this time for 20 minutes.

Heat approximately 1 tbsp Avocado Oil or other cooking fat in another small saucepan and cook the onions for about 5 minutes.

Meanwhile, dice a large carrot into pretty small dice so it cooks quickly.

ORDER OF OPERATIONS CONT.

3: PREPARE THE BBQ SAUCE (CONT.)

Once the onion is translucent, the apple and carrot to the pan along with:

-
- 3 tbsp Apple Cider Vinegar
- 2 tbsp Maple Syrup
- 1 tsp dried Ginger
- 1 tsp Sea Salt (Smoked sea salt works best if possible to give it a familiar bbq flavor, but it's not necessary)
- 1/2 cup Water

Bring all of the ingredients to a boil. Then turn the heat down to a simmer and forget about it for now.

4: PREPARE THE CALIFLOWER-BROCCOLI MASH

Once the water in the other pot boils, put your frozen cauliflower florets and broccoli florets into the pot and set another timer for 10 minutes.

5: PREPARE THE ASIAN INSPIRED SLAW & COLESLAW

Peel and divide 1-2 mandarin oranges (or whatever oranges you have available) into sections.

Chop 1/4 cup of cilantro. Of course, if you don't like cilantro, just omit it.

Divide the a pre-bagged coleslaw mixture into 2 bowls. You'll want each bowl to hold approximately one serving.

To one of the bowls add:

- mandarin oranges
- the remaining of the sliced green onions
- 1/4 cup chopped cilantro
- 2 tablespoon olive oil
- 2 tablespoon coconut aminos
- The zest and juice of 1/2 of a navel orange
- 1/2 teaspoon of dried ginger

Mix well and set aside.

ORDER OF OPERATIONS CONT.

5: PREPARE THE ASIAN INSPIRED SLAW & COLESLAW (CONT.)

In another small bowl add the following:

- ¼mashed avocado
- 2 tablespoons of avocado or olive oil
- a large squirt of lime juice
- a pinch of sea salt.

Mix the ingredients together to make a quick coleslaw dressing.

Add the dressing to the other bowl of coleslaw and toss to mix well. Set this coleslaw aside.

Drain the cauliflower and broccoli from the boiling water and put them back into the pot and set aside for now.

When the items in the oven are done, set them aside to cool.

6: PREPARE THE SWEET AND SOUR SAUCE

Open a 13.5 oz can of pineapple chunks and pour the juice into a small saucepan. Reserve the pineapple as you'll use that in the meals you assemble.

Then add

- 2 tablespoon Apple Cider Vinegar
- 2 tablespoon Coconut Sugar, Maple Sugar, or Honey
- 2 tablespoon Coconut Aminos
- 1 tablespoon Arrowroot Powder(alternatively use tapioca starch or cassava flour)

Heat the mixture over medium heat, stirring or whisking occasionally, until it simmers and thickens. This should only take a few minutes.

Once it is thick and syrup-y, set the sauce aside.

7: FINISH THE CAULIFLOWER-BROCCOLI MASH

Mash the broccoli and cauliflower with a large pinch of sea salt and a tablespoon of Coconut Oil, Avocado Oil, or Olive Oil. For this you can use a stick immersion blender, a potato masher, or a food processor. Set the mash aside.

ORDER OF OPERATIONS CONT.

8: FINISH THE BBQ SAUCE AND CHICKEN

Check the BBQ sauce simmering on the stove - the carrots should be tender, but if they're not, keep simmering for a few more minutes. If they're tender, go ahead and blend the mixture with a blender, food processor, or stick immersion blender. You may need to add a little more water to make it blend well, depending on how much evaporated during the cooking process. Set the sauce aside.

And finally, dice the chicken into bite-sized pieces.

Now you have all of these components:

- Diced baked chicken thighs
- Pork Meatballs
- Asian Inspired Coleslaw
- Regular Coleslaw
- Diced Roasted Sweet Potato
- Broccoli Cauliflower Mash
- Sweet and Sour Sauce
- BBQ Sauce
- Pineapple pieces



MEAL ASSEMBLY INSTRUCTIONS

USE THESE ITEMS TO EASILY MAKE VARIED DISHES!

MEAL 1

Place 1/2 of the cauliflower-broccoli mash into a container. Top the mash with 1/2 of the diced chicken and drizzle with some sweet and sour sauce. Then add 1/2 of the drained pineapples.



MEAL 2

Place the asian inspired coleslaw in a small container. To a separate container, add 1/2 of the diced sweet potatoes and a few of the pork meatballs. Spoon on some sweet and sour sauce.



MEAL 3

Add remaining cauliflower-broccoli mash, remaining sweet potatoes, and a few of the pork meatballs. Spoon on some BBQ sauce.



MEAL 4

Place the coleslaw in a small container. Add the remaining chicken and pineapple to another container. Spoon on some BBQ sauce.

Note: If you would rather not reheat your pineapple, place the pineapple with the coleslaw.

Also, the avocado in the coleslaw will brown with time, so be sure to eat this meal first.



RECIPES FOR THE COMPONENTS

IF YOU JUST WANT TO MAKE THE INDIVIDUAL COMPONENTS, USE THESE FOLLOWING RECIPES



DICED BAKED CHICKEN THIGHS

INGREDIENTS

- 3/4 lbs boneless, skinless chicken thighs
- Sea salt

S *Substitutions:*

You

DIRECTIONS

Preheat the oven to 425 F.

Place the chicken thighs on a parchment lined baking sheet or baking dish. Sprinkle some sea salt over the thighs.

Bake in the oven for 20 minutes. Check for doneness. The chicken is done when internal temperature reads 165 F with an instant read thermometer. If they aren't done, cook for another few minutes and check temperature again.

PORK MEATBALLS

INGREDIENTS

- 1 lb ground pork
- 1 sliced green onion
- Sea salt

S *Substitutions:*

You can substitute the ground pork for ground beef, ground lamb, or any ground meat you prefer.

DIRECTIONS

Preheat the oven to 425 F.

Put 1 pound of ground pork into a bowl and mix with a large pinch of sea salt and the sliced green onions.

Form into approximately 6-8 meatballs and put on another baking sheet or in a baking dish.

Bake in the oven for 20 minutes. Check for doneness. The meatballs is done when internal temperature reads 165 F with an instant read thermometer. If they aren't done, cook for another few minutes and check temperature again.

ASIAN INSPIRED COLESLAW

INGREDIENTS

- 1/2 bag of coleslaw mix
- 2 mandarin oranges
- 1 green onion, sliced
- 1/4 cup cilantro, chopped
- 2 tbsp olive oil
- 2 tbsp coconut aminos
- 1/2 naval orange, zest and juice
- 1/2 tsp dried ginger

DIRECTIONS

Add all of your ingredients to a large bowl. Mix well to combine.

S *Substitutions:*

Swap out mandarin oranges for whatever oranges you have on hand.

If you don't like cilantro, simply omit.

REGULAR COLESLAW

INGREDIENTS

- 1/2 bag of coleslaw mix
- 1/4 avocado
- 2 tbsp avocado oil or olive oil
- Lime juice
- Sea salt

DIRECTIONS

In a small bowl, mash together the avocado, avocado oil, a large squirt of lime juice, and a pinch of sea salt.

Place your coleslaw mix to a large bowl. Add the dressing mix to your slaw. Mix well.

S *Substitutions:*

Yo

DICED ROASTED SWEET POTATO

INGREDIENTS

- 1 Large Sweet Potatoes, diced
- Avocado oil
- Sea salt

S *Substitutions:*

You could also use white potatoes if you've successfully reintroduced these nightshades after having done AIP or if you're not on AIP.

Another alternative is to use squash - like butternut or acorn squash.

DIRECTIONS

Preheat the oven to 425 F.

Spread the sweet potato out onto a parchment lined baking sheet or baking dish. Drizzle with avocado oil and sprinkle with sea salt.

Bake in the oven for 20 minutes or until tender.

BROCCOLI CAULIFLOWER MASH

INGREDIENTS

- 10-oz bag frozen cauliflower florets
- 10-oz bag frozen broccoli florets
- 1 tbsp coconut oil, avocado oil, or olive oil.
- Sea salt

S *Substitutions:*

Yo

DIRECTIONS

Fill a large pot or saucepan 1/2 full with water and set on the stove over high heat.

Once the water begins to boil, add your frozen cauliflower florets and broccoli florets. Boil for 15 minutes, or until fork tender.

When they are tender, drain the cauliflower and broccoli from the boiling water and put them back into the pot. Mash the broccoli and cauliflower with coconut oil and a large pinch of sea salt. For this you can use a stick immersion blender, a potato masher, or a food processor.

SWEET AND SOUR SAUCE

INGREDIENTS

- 13.5 oz can pineapple chunks
- 2 tbsp Apple Cider Vinegar
- 2 tbsp Coconut Sugar, Maple Sugar, or Honey
- 2 tbsp Coconut Aminos
- 1 tbsp Arrowroot Powder

S *Substitutions:*

You can use tapioca starch or cassava flour in place of the arrowroot powder.

DIRECTIONS

Open a 13.5 oz can of pineapple chunks and pour the juice into a small saucepan. Reserve the pineapple for another use.

Add the remaining ingredients to the sauce pan.

Heat the mixture over medium heat, stirring or whisking occasionally, until it simmers and thickens. This should only take a few minutes.

Once it is thick and syrup-y, remove the saucepan from the heat. Allow to cool slightly before serving or storing.

BBQ SAUCE

INGREDIENTS

- 1 medium yellow onion, diced
- 1 medium apple, diced
- 1 large carrot, diced
- 3 tbsp Apple Cider Vinegar
- 2 tbsp Maple Syrup
- 1 tsp dried Ginger
- 1 tsp Sea Salt
- 1/2 cup Water
- 1 tbsp Avocado oil

S *Substitutions:*

Smoked sea salt works best to give it a familiar bbq flavor, but it's not necessary

DIRECTIONS

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.

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.

Pour the mixture into a blender and blend until smooth. Allow to cool slightly before serving or storing.

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