

[PALEO & AIP MEAL PREP SESSION]

# LUNCH/DINNER

MAC & CHEESE  
LEMON GARLIC PASTA  
STUFFED SWEET POTATO  
LEMON GARLIC CHICKEN BOWL



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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

- 1 lb chicken breast
- 1 cup Chicken Broth (optional - can use water instead)
- 2 small-medium sweet potatoes
- 1 large head Broccoli (3 cups florets)
- 3 cloves of Garlic
- 2 Lemons
- 1 cup fresh Basil
- 1/2 box Grain-Free Pasta (I love Jovial Foods Cassava Flour Pasta)
- 3 tbsp Nutritional Yeast
- 2 tbsp Arrowroot Powder (or Tapioca Starch)
- 3/4 cups Coconut Milk (or Tigernut Milk, Sweet Potato Milk, or milk of choice if on Paleo)
- 1/2 tsp Apple Cider Vinegar (or Red or White Wine Vinegar)
- 1 tbsp Coconut oil (or Avocado or Olive oil)
- Olive Oil
- 1/4 tsp dried Turmeric
- Pinch Mace (or Nutmeg if not on AIP)
- Sea Salt



# ORDER OF OPERATIONS

## 1: PREP THE SWEET POTATOES AND BROCCOLI (5 MIN)

Preheat the oven to 425 F.

Poke holes in 2 small-medium sweet potatoes and then place them on one side of a baking sheet.

Then cut 2/3rds of the broccoli into florets, place on the other side of the baking sheet, and toss with some avocado or olive oil and sea salt. Set aside for a minute.

## 2: PREP THE CHICKEN (5 MIN)

Next you'll prep the chicken. Season both sides of the chicken breasts with salt (and you can also use pepper if you're not on AIP) and place in a baking dish.

Pour 1 cup water or broth into the dish as well and then cover the dish with foil.

Put both the baking sheet with the broccoli and sweet potatoes and the baking dish with the chicken into the oven and set a timer for 25 minutes.

## 3: BLANCH BROCCOLI FOR BROCCOLI PESTO (15 MIN)

Put a large saucepan of water on the stove over high heat.

Fill a large bowl with cold water and some ice cubes.

Cut the remaining broccoli into florets and then once the water is boiling, put the remaining broccoli in the water for about 30 seconds.

Then remove the broccoli using a slotted spoon and put it into the ice water to stop the broccoli from continuing to cook.

## 4: PREP THE GRAIN-FREE PASTA

Keep the water in the pot boiling and pour in half a box (2 servings) of grain-free pasta and set a timer for the length of time indicated on the package.

When the pasta is done, drain the water from it and set it aside.

# ORDER OF OPERATIONS CONT.

## 5: PREP THE "CHEESE" SAUCE

In a medium saucepan, add 1/4 cup water and 2 tablespoons arrowroot powder (or tapioca starch) and then whisk together. Then add:

- 3/4 cup Coconut Milk (or Tigernut Milk, Sweet Potato Milk or other milk if not on AIP)
- 2.5 tablespoons of Nutritional Yeast
- 1 tablespoon of Coconut Oil (or Avocado or Olive oil)
- 1/2 teaspoon of Apple Cider Vinegar (or Red or White Wine Vinegar)
- 1/4 teaspoon of Garlic Powder
- 1/4 teaspoon of Turmeric
- 1/2 teaspoon of Sea Salt
- and a pinch of Mace or Nutmeg if not on AIP

While whisking constantly, bring this sauce mixture to a boil over medium heat. It will thicken noticeably once hot – continue whisking for another 1-2 minutes, then remove from the heat and set aside.

## 6: PREP THE LEMON GARLIC SAUCE

Heat 1/2 cup olive oil in a pan (I just used the same pan that I cooked the pasta in without washing it). While the oil is heating:

- Peel and mince 2 cloves of garlic
- Zest the lemon
- Cut the lemon in half
- Chop 1/2 of the basil so you're ready to add them quickly.

When the oil is hot, Add the garlic to the pan and stir for about 1 minute, until the garlic is fragrant. Turn the heat off and let it sit for a minute to cool.

Then add the zest of the lemon, the juice of the lemon, and the basil to the oil as well and stir to combine. Set it aside.

## 7: CHECK FOOD IN OVEN

Around this time the timer should be going off on the oven. Take the chicken out of the oven and check it - it may need a few more minutes. It should be at least 165 F or no longer pink in the middle. If it's not, put it back in the oven for a few more minutes.

Then remove the broccoli from the sheet pan and set it aside.

Put the sweet potatoes back in the oven and set the timer for another 20 minutes.

# ORDER OF OPERATIONS CONT.

## 8: PREP THE BROCCOLI PESTO

In a blender or food processor, add:

- the drained blanched broccoli (that's the broccoli from the ice water)
- a clove of garlic
- the juice and zest of a lemon
- the remaining basil
- a pinch of sea salt
- nutritional yeast (optional - about 1-2 tbsp is fine)

Blend until all the pieces are roughly the same size. Then add olive oil and blend until it's a sauce, approximately 5-10 seconds. You may have to scrape down the sides and feel free to add more oil if desired.

## 9: SHRED THE CHICKEN

Shred the chicken with either 2 forks, or using my favorite method, a hand mixer. This makes it really easy. To do that one, just put the chicken into a large bowl and use either a hand mixer or stand mixer with the beater attachment to shred the chicken.

## 10: RETRIEVE SWEET POTATOES

Once the sweet potatoes are done, remove them from the oven.

# MEAL ASSEMBLY INSTRUCTIONS

USE THESE ITEMS TO EASILY MAKE VARIED DISHES!

## Mac and Cheese

Put half of the pasta with half of the cheese sauce into a container, mix well, and set aside.



## Lemon Garlic Pasta

Put the other half of the pasta into another container with  $\frac{1}{3}$  of the shredded chicken,  $\frac{1}{2}$  of the roasted broccoli, and  $\frac{1}{2}$  of the lemon garlic sauce.





## Stuffed Sweet Potato

Split one of the sweet potatoes down the center lengthwise, but not all the way. In the middle spoon the broccoli pesto, then  $\frac{1}{2}$  of the remaining shredded chicken, and spoon the remaining cheese sauce over top.



## Lemon Garlic Chicken

Peel the remaining sweet potato, add it to a small bowl with some olive oil and salt and mash it with a fork. Then add it to a container. Toss the remaining chicken with the remaining lemon garlic sauce and put it and the rest of the roasted broccoli into the container as well.



# RECIPES FOR THE COMPONENTS

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



# ROASTED SWEET POTATOES

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## INGREDIENTS

- Small Sweet Potatoes ( however many you want to make)

### **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.

Poke holes in 2 small-medium sweet potatoes and then place them on a baking sheet. Bake for 45 minutes, then check to see if a fork easily pierces the flesh. If it does, remove the sweet potatoes from the oven. Otherwise put them back in the oven for another 10 minutes and keep checking every 10 minutes until done.

# ROASTED BROCCOLI

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## INGREDIENTS

- Broccoli, cut into florets - approx 1 cup per serving
- Avocado Oil, Coconut Oil, or Olive Oil
- Sea Salt
- Pepper (optional as an AIP Stage 1 reintroduction or Paleo)

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

You could also use cauliflower florets or romanesco broccoli.

## DIRECTIONS

Preheat the oven to 425 F.

Place a sheet of parchment on a baking sheet for easy cleanup. Place the broccoli on the baking sheet, and then drizzle with a few tablespoons of oil, and pinches of sea salt and pepper (if using). Toss to coat and then spread evenly on the baking sheet.

Roast for 25 minutes.



# BROCCOLI PESTO

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## INGREDIENTS

*\*Makes 2 servings*

- 1 cup Broccoli Florets
- 1 clove Garlic
- 1/2 cup Basil
- 1 Lemon, juice and zest
- pinch Sea Salt
- 1/4-1/2 cup Olive Oil
- Optional: Nutritional Yeast (1-2 tbsp)

## DIRECTIONS

Put a small pot of water on the stove to boil. Also add water and ice cubes to a large bowl.

Place the broccoli florets in the boiling water for 1 minute, then remove the broccoli and place directly in the cold water for at least 1 more minute.

Drain the broccoli and then put it into a food processor or blender. Add the garlic, basil, pinch sea salt, juice and zest of the lemon, and nutritional yeast (if using). Blend until the pieces are roughly the same size. Then add 1/4 cup of olive oil and blend until a sauce, approximately 5-10 seconds. You may have to scrape down the sides. Add more oil if you want a runnier pesto.

# SHREDDED CHICKEN

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## INGREDIENTS

- boneless, skinless Chicken Breasts
- Sea Salt
- Pepper (optional as an AIP Stage 1 reintroduction or Paleo)
- Water or Broth

## DIRECTIONS

Preheat the oven to 425 F.

Season both sides of the chicken with sea salt and pepper (if using). Put the chicken in a baking dish and then pour in 1 cup of water or chicken broth.

Cover the dish with foil and then put into the oven for 25 minutes.

Once the chicken is done, shred it with two forks or using a hand mixer.



# "CHEESE" SAUCE

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## INGREDIENTS

*\*Makes 2 servings*

- 1/4 cup Water
- 2 tbsp Arrowroot Powder or Tapioca Starch
- 3/4 cup Coconut Milk
- 2.5 tbsp Nutritional Yeast
- 1 tbsp Coconut Oil
- 1/2 tsp Apple Cider Vinegar
- 1/4 tsp Garlic Powder
- 1/4 tsp Turmeric
- pinch Mace (or Nutmeg if not on AIP)
- 1/2 tsp Sea Salt

## DIRECTIONS

In a medium saucepan, whisk together water and arrowroot powder. Then whisk in coconut milk, nutritional yeast, coconut oil, apple cider vinegar, garlic powder, turmeric, mace or nutmeg, and sea salt.

While whisking constantly, bring the mixture to a boil over medium heat. It will thicken noticeably once hot - continue whisking for another 1-2 minutes, then remove from the heat.

### *Substitutions:*

Instead of the coconut milk, you can use tigernut or sweet potato milk on AIP, or any Paleo-friendly milk for Paleo.

Use avocado oil or olive oil in place of the coconut oil.

In place of apple cider vinegar, you can use red or white wine vinegar.

You can also omit the Mace if you don't have it - don't buy it just for this recipe. :-)

# LEMON GARLIC SAUCE

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## INGREDIENTS

*\*Makes 2 servings*

- 2 cloves Garlic, minced
- 1/2 cup Olive Oil
- Lemon, juice and zest of
- 1/2 cup Basil, finely chopped
- Sea Salt to taste

## DIRECTIONS

Heat the olive oil in a small sauce pan. Once the oil is hot, add the garlic to the pan and stir for about 1 minute, until the garlic is fragrant. Remove the pan from the heat and let cool for about a minute.

Then add the zest of the lemon, juice of the lemon (be careful as the oil can splash), and basil to the oil as well.

Stir to combine.

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