










#3 LUNCH - SOUP + SANDWICH/SALAD

	OR		OR	
Asparagus Soup		Carrot Ginger Soup		Beet & Fennel Soup
+				
	OR		OR	
AIP Flatbread		Garlic Sweet Potato Wedges		Fresh greens of choice
+				
	OR		OR	
Summer Chicken Salad		Ham & Fig		Gyro Meat + Tzatziki Sauce

This lunch-specific guide features recipes for 3 soups, some sweet potato wedges, AIP flatbread, or fresh greens of choice, and lunch meat ideas that all can be paired together for a tasty meal. Everything in this guide can be made ahead with some being freezable. So these are great to have in the fridge and/or freezer for your busy work week and when you need an AIP-compliant lunch!

Some components are freezable, All components are Make Ahead

#3 SOUPS + SANDWICH/SALAD



Asparagus Soup

OR



Carrot Ginger Soup

OR



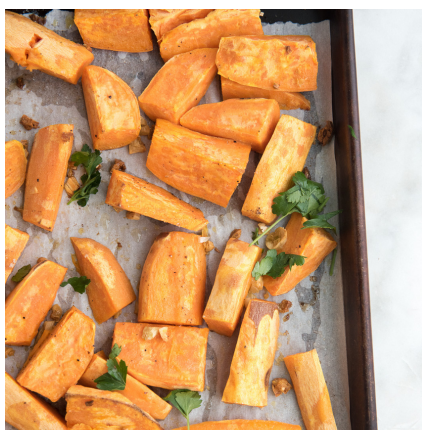
Beet & Fennel Soup

+



AIP Flatbread

OR



Garlic Sweet Potato
Wedges

OR



Fresh greens of choice

+



Summer Chicken Salad

OR



Ham & Fig

OR



Gyro Meat + Tzatziki
Sauce

Some items in this PDF are freezable:



I love having a bin of items frozen in my freezer to take out for meals whenever I need them.

If I'm incredibly busy, tired, or just really don't want to think about cooking it's wonderful to be able to take a few items out and make a meal.

This PDF features several items that can be made, frozen, and then mixed and matched to make a delicious super quick meal.

You can make all of these in one session if you're ambitious and have the time and energy, or just make them when you have time and freeze off as needed.

To freeze the AIP flatbread and gyro meat:

These are both best frozen just by simply putting a small sheet of parchment paper in between the slices and then putting them in a freezer-safe container or bag and freezing. You could also lay the gyro meat flat and freeze it first before stacking - totally up to you and the amount of freezer space you have. The only advantage of doing that is to make sure they freeze flat. Most likely you won't have the space to do this with the flatbreads though, so it's fine to just stack and freeze directly from fresh.



Thaw by either removing what you need and leaving it in the fridge overnight or on the counter for a few hours. You can also thaw directly from frozen by popping them in the microwave for a few seconds, the oven or toaster oven for a few minutes, or on a pan on the stove for a few minutes.

To freeze the soup:

Soups are AWESOME for freezing. They last forever in the freezer (we always say 3 months because freezer burn tends to start setting in around then, but I've eaten soups that have been in there for a year and they taste just as good. And if you freeze them in individual serving sizes, they're quick to take out, thaw, and eat. Like as in, "I'm hungry, I need something to eat now" - and in 5 minutes, have a bowl of hot soup right in front of you.

To freeze them, make the soup and then divide into approx 1.5-2 cup servings (this will depend on you - if you find that's too much typically, move down to 1 cup). I like to do this by pouring or ladling the soup into a measuring cup, then transferring the soup to a quart-sized Ziplock freezer bag.

Then lay the bag(s) flat on a baking sheet or in a baking dish and freeze. Once frozen you can stack them like books or arrange however it works best for your freezer space.



Another alternative is to pour into Souper Cubes or silicone muffin trays and freeze. Once frozen, transfer to a freezer-safe container or bag. Both methods are great - it just depends on your freezer space. Plus, the Souper Cube/Silicone method is more environmentally friendly.

With either method, either remove from the freezer and thaw in the fridge overnight and heat, or heat directly from frozen in either the microwave or in a saucepan over the stove.

ASPARAGUS SOUP



YIELDS

4 Servings



TIME

45 minutes



YouTube

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INGREDIENTS

- 2 tbsp Coconut Oil or other cooking fat
- 1 slice Bacon, diced
- 1 medium Yellow Onion, diced
- 1 bunch Asparagus, cut into small pieces
- 2 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.

You can freeze the soup at this point for later, serve immediately, or keep in the fridge for up to a week.

Simply reheat on the stove or in the microwave.

Serve garnished with tarragon or parsley.



M *Make ahead:*

This is also a good batch cooking/meal prep item because you can cook it in a meal prep session and then eat all week.

CARROT GINGER SOUP



YIELDS

4 Servings



TIME

50minutes



Demo Video

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INGREDIENTS

- 1 tbsp Coconut Oil, Avocado 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 Broth
- 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 tiger nut 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.

Serve immediately, 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.



M *Make ahead:*

It freezes well, just store in a freezer-safe container. It also is great for meal prep since you can make it and eat it throughout the week.

S *Substitutions:*

Use baby carrots to save on chopping. If you don't have or don't like carrots, use squash or pumpkin instead.

BEET & FENNEL SOUP



YIELDS

TIME

4 Servings 65 minutes

INGREDIENTS

- 2 lb Beets peeled and diced (can use already-cooked beets like Love Beets)
- 1 large Fennel Bulb roughly chopped
- 4 tbsp Avocado Oil divided
- 1/2 tsp Dried Thyme
- Sea Salt
- 1 medium Yellow Onion diced
- 1 clove Garlic minced
- 1 tsp freshly grated Ginger or 1/4 tsp dried Ginger
- 3 cups Chicken Broth
- 1 Orange juice and zest of
- 1 cup Coconut or Tigernut Milk



DIRECTIONS

Preheat the oven to 425 F. Cover a baking sheet with parchment paper.

Place the beets and fennel on the baking sheet and then drizzle with 2 tbsp of the avocado oil, the dried Thyme, and a pinch of sea salt. Roast for 45 minutes. (If using already-cooked beets like Love Beets, just roast the fennel with the thyme, oil, and salt)

Meanwhile, heat the remaining 2 tbsp of avocado oil in a large saucepan or stockpot over medium heat. Add the onion, garlic, and ginger and saute until the onion is translucent, about 10 minutes.

When the beets and fennel are done, add them to the saucepan along with the chicken or vegetable stock. Simmer for 10 minutes. Add the orange juice, zest, and coconut (or tigernut) milk and simmer for 3 more minutes.

Using an immersion blender or working in batches with a stand blender, blend the soup until smooth. Taste and add more salt if necessary.

Serve immediately, 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.

M *Make ahead:*

It freezes beautifully and can be made early in the week and served throughout the week.

AIP FLATBREAD



YIELDS
4 breads



TIME
25 minutes



YouTube
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INGREDIENTS

- 1 13.5 oz can Coconut Milk OR 1.5 cups homemade Tigernut Milk
- 3/4 cup Cassava Flour OR Tigernut Flour
- 3/4 cup Tapioca Flour OR Arrowroot Powder
- Pinch of Sea Salt

DIRECTIONS

Preheat a small nonstick pan over medium heat. Mix all of the ingredients into a bowl. If using tigernut flour, really make sure all of the lumps are broken apart (it really likes to clump). Make sure the batter is somewhat runny, you don't want it really thick. Add water or more milk if necessary.

Pour enough batter into the pan to cover the bottom of the pan + about 1/8-1/4 inch thick. These are a tad bit thicker than crepes.

Cook for 3-4 minutes per side, adjusting the time up above 4 min if the batter doesn't look completely dry when you flip it, and adjust the time down if you get too many brown or black spots. Black or brown spots are totally fine, just don't want to burn these!



T *Additional Tips:*

You'll notice that the cooking time will get less as you continue to cook the breads, since the pan gets hotter. If the bread is gummy inside it needs to be cooked longer. (This all sounds kind of fussy and complicated but trust me, you'll figure it out after a few - it's just different pans, cassava flours, coconut milks, amount of heat, etc all makes it a little bit different for everyone).

Use a small bit of oil if you notice your batter sticking to the pan. I have never needed it, but if your nonstick surface isn't working as well as it used to it may be necessary. Also, stainless steel pans don't work great for this, but if that's all you have, definitely use some oil or a cooking spray.

M *Make ahead:*

These freeze BEAUTIFULLY, so make up a few batches and throw them in your freezer.

GARLIC SWEET POTATO WEDGES



YIELDS

1-2 Servings



TIME

40 minutes

INGREDIENTS

- 1 medium Sweet Potato
- 1 clove Garlic minced or sliced
- 1 tbs Avocado or Olive Oil
- 1/2 tsp Sea Salt

DIRECTIONS

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

Peel the sweet potato and then cut into wedges. Toss with the rest of the ingredients and spread out on the baking sheet. Roast for 30 minutes or until the potato is easily pierced with a fork.

M *Make ahead:*

This can be made ahead and stored in the fridge for up to 4 days.



SUMMER CHICKEN SALAD



YIELDS



TIME



YouTube

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1-2 Servings 10 minutes

INGREDIENTS

- 1/2 Avocado
- 1/8-1/4 cup Avocado or Olive Oil
- 1.5 tsp Lime Juice (I used jarred, but you can use fresh too – this would be about 1/2 lime)
- Pinch Sea Salt
- 1 can pre-cooked Chicken
- 1 handful fresh or frozen Blueberries
- 1 handful chopped fresh Cilantro
- 2 Radishes, sliced

DIRECTIONS

Make the “mayo” by placing the flesh of the avocado, the oil, lime juice, and sea salt in a bowl, wide-mouthed glass jar, or blender. Use an immersion stick blender or regular blender to mix until creamy.

In a large bowl, stir all of the ingredients together.

For Wraps:

Lay the flatbread down on a plate or parchment paper. Lay some chicken salad on top of the wrap and add some mixed greens if desired. Roll it all on up and enjoy!

With the sweet potatoes:

Serve the chicken salad alongside the sweet potato wedges.

For a salad with greens:

Lay some arugula, spinach or mixed greens onto a plate or travel container. Add the chicken salad on top.

T *Additional Tips:*

If using canned meat, make sure to check the ingredients and get ones that are only the meat/seafood, water, and salt. You also can use 1 cup of diced pre-cooked chicken if you can't find canned

M *Make ahead:*

You can definitely meal prep this ahead of time, but I'd only do so up to 3 days ahead of time. Because it uses avocado, it tends to start turning brown after 3 days.



HAM & FIG WRAP



YIELDS

3 wrap/salads



TIME

20 minutes

INGREDIENTS

- 1 recipe Quick Fig Jam
- 6 slices AIP-compliant Ham or Prosciutto (depending on whether you want 1 or 2 slices per wrap)
- Arugula, Spinach, or Mixed Greens

DIRECTIONS

For the AIP Quick Fig Jam:

Put the figs and water to cover in a small saucepan, bring to a boil, and then simmer for 15- 20 minutes or until the figs are soft and can easily be mashed.

Mash the figs with a fork until it becomes a jam-like consistency. If you need to, pour off any excess water.

For Wraps:

Lay the flatbread down on a plate or parchment paper. Lay some arugula, ham, and a dollop of the fig jam on top of the wrap. Roll it all on up and enjoy!

With the sweet potatoes:

Cut the ham or prosciutto into pieces and then add a dollop of the fig jam and mix. Serve alongside the sweet potatoes.

For Salad:

Lay some arugula, spinach or mixed greens onto a plate or travel container. Cut the ham or prosciutto into pieces and then add a dollop of the fig jam on top of the salad.



T *Additional Tips:*

You can freeze the fig jam in ice cube trays for several hours, then pop out and store in a freezer-safe container. When needed, simply thaw in the fridge or gently reheat on the stove or in a microwave.

M *Make ahead:*

This one makes a great meal prep item – just make during your batch cooking session and store, wrapped in plastic or parchment, in the fridge until needed. Keep up to a week.

GYRO MEAT & TZATZIKI SAUCE



YIELDS
8 servings



TIME
1 hour 35
minutes



YouTube
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INGREDIENTS

For the AIP Gyro Meat:

- 1 medium/large Yellow Onion, quartered
- 3 cloves Garlic, peeled
- 1 lb Ground Beef
- 1 lb Ground Lamb
- 2.5 tbsp Primal Palate Super Gyro Seasoning OR 1 tbs dried Thyme + 1 tbs dried Oregano + 1 tsp dried Rosemary + 1.5 tsp Sea Salt



DIRECTIONS

For the Gyro Meat:

- Preheat the oven to 325 F. Line a loaf pan with parchment paper.
- Place the onion and garlic in a food processor and pulse until chopped into small pieces. Add the rest of the ingredients until the mixture is smooth and pasty looking.
- Scrape the mixture out of the food processor into the lined loaf pan. Press it down as much as you can. Bake for 60 minutes.
- Remove from the oven and let cool. Pour off the excess fat (preferably into the trash can so it doesn't clog up your pipes) and then if possible, let chill in the fridge or on your counter for at least 20 minutes (this isn't necessary but does make slicing a lot easier).
- Slice the loaf into thin, 1/4 inch wide slices. If you want to freeze the slices, do so at this point by laying each piece flat on a baking sheet or glass dish for several hours. Remove from the freezer, place small pieces of parchment in between each slice and place into a plastic bag for storing in the freezer. Go directly to the next step when needed.
- Heat a pan over medium heat and then add your preferred cooking oil (coconut oil works well). Add the slices and cook for several minutes a side, until browned.**

T *Additional Tips:*

The meat freezes exceptionally well and can be reheated without thawing. Lay the sliced meat out on a baking sheet or in a baking dish and freeze for a few hours, then place small pieces of parchment paper in between each slice, stack, and put into a freezer-safe container. To thaw simply remove from the freezer, heat a small amount of coconut oil or other fat in a pan and fry for a few minutes on each side. **

**You can skip this extra browning step if you're taking these to go.

GYRO MEAT & TZATZIKI SAUCE CONT.



YIELDS
8 servings



TIME
1 hour 35
minutes

INGREDIENTS

For the Tzatziki Sauce:

- 1 cup Coconut Cream 2 x 5.4 oz cans or 1/2 of a 14 oz can
- 1/2 medium Cucumber finely diced
- 1 tbs Lemon or Lime Juice
- 1/2 tsp Onion Powder
- 1/2 tsp Garlic Powder
- 1 tsp dried Dill or 1 tbs fresh
- pinch Sea Salt

Additional Optional Condiments:

- Sliced Red Onion (optional)
- Sliced Cucumber (optional)

T *Additional Tips:*

Can't find coconut cream? Usually you can refrigerate a can of full-fat coconut milk overnight and then the cream will be solid on the top.

However, sometimes AIP-friendly coconut milk (aka, the type without guar gum) doesn't solidify, so you can try using coconut milk mixed with a bit of palm shortening to create a creamy consistency instead. Or just use coconut milk and it'll be pretty thin, more like a salad dressing rather than a creamy, traditional-style Tzatziki sauce.

DIRECTIONS

For the Tzatziki Sauce:

Mix all of the ingredients together and serve or refrigerate for later.

For the wraps:

Lay a flatbread down on a plate or parchment paper. Lay some mixed greens, 2 pieces of gyro meat, optional red onion slices and cucumbers, and a dollop of Tzatziki Sauce on top of the wrap. Roll it all on up and enjoy!

With the sweet potato wedges:

Serve the sweet potato wedges alongside some gyro meat and tzatziki sauce. Optionally also add some sliced red onion and cucumber as well.

To assemble the salads:

Lay some mixed greens onto a plate or in a travel container. Dice 2 pieces of gyro meat, optional red onion, and cucumbers and add those on top of the greens. Then add a dollop of Tzatziki Sauce on top of the salad greens.

M *Make ahead:*

This works well for meal prep – just prepare all of the ingredients during a meal prep session and assemble when you want the wrap or salad. [Watch the video](#) to see more info on this.

S *Substitutions:*

Use tigernut milk to make a thinner tzatziki sauce.

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