

Mon

Tue

Wed

Thu

Fri

Sat

Sun

Breakfast

Sausage & Sa...



Sausage & Sau...



Sausage & Sau...



Sausage & Sau...



Paleo Sweet P...



Paleo Sweet P...



Paleo Sweet P...



Snack 1

Immunity Boo...



Golden Turme...



Immunity Boo...



Golden Turme...



Immunity Boo...



Golden Turme...



Immunity Boo...



Lunch

Cream of Broc...



Cauliflower Sh...



Beef, Sweet Po...



One Pan Paleo...



Rosemary Lem...



One Pan Chick...



Cauliflower Sh...



Snack 2

Carrots & Gua...



Carrots & Gua...



Plantain Chips



Plantain Chips



Plantain Chips



Carrots & Gua...



Carrots & Gua...



Dinner

Cauliflower Sh...



Beef, Sweet Po...



One Pan Paleo...



Rosemary Lem...



One Pan Chick...

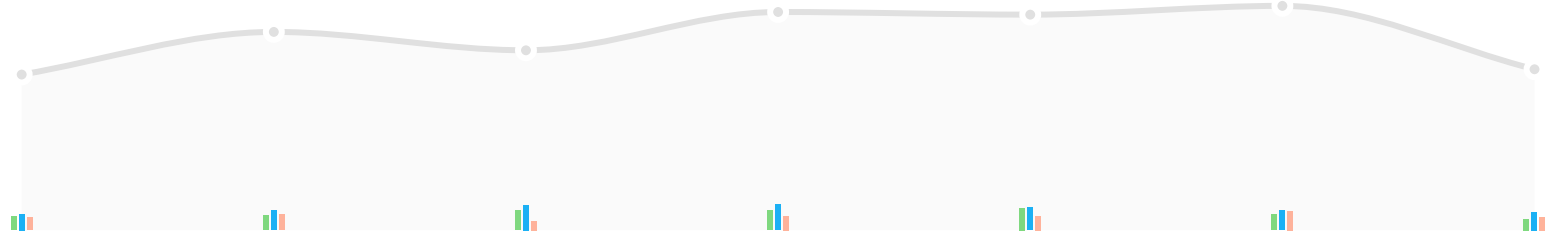


Cauliflower Sh...



Cream of Broc...





Mon

Tue

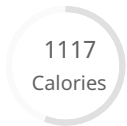
Wed

Thu

Fri

Sat

Sun



1117
Calories

Protein 74g

Carbs 87g

Fat 69g

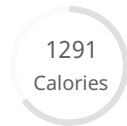


1423
Calories

Protein 79g

Carbs 107g

Fat 86g

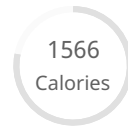


1291
Calories

Protein 107g

Carbs 135g

Fat 49g

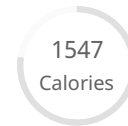


1566
Calories

Protein 105g

Carbs 139g

Fat 76g

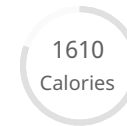


1547
Calories

Protein 120g

Carbs 123g

Fat 76g

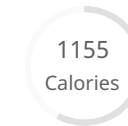


1610
Calories

Protein 84g

Carbs 106g

Fat 103g



1155
Calories

Protein 61g

Carbs 97g

Fat 72g

Autoimmune Paleo (AIP) Diet

Fruits

- 2 Apple
- 3 Avocado
- 1 1/2 Lemon
- 2 Lime
- 3 Plantain
- 1 1/2 cups Raspberries

Vegetables

- 4 cups Baby Spinach
- 3 cups Broccoli
- 2 cups Brussels Sprouts
- 13 Carrot
- 1 1/2 heads Cauliflower
- 4 stalks Celery
- 11 1/2 Garlic
- 2 tbsps Ginger
- 2 cups Kale Leaves
- 3 cups Mushrooms
- 1 cup Parsley
- 1/2 bunch Rapini
- 1 tbsp Rosemary
- 4 1/2 Sweet Potato
- 1 bunch Swiss Chard
- 4 Yellow Onion

Bread, Fish, Meat & Cheese

- 6 Chicken Breast
- 1/2 lb Extra Lean Ground Beef
- 1 lb Extra Lean Ground Turkey
- 4 Organic Chicken Sausage
- Whole Chicken Carcass

Boxed & Canned

- 3 1/4 cups Organic Coconut Milk
- 2 cups Organic Vegetable Broth

Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 0.4 cup Coconut Oil
- 0.4 cup Extra Virgin Olive Oil
- 2 cups Sauerkraut

Seeds, Nuts & Spices

- 3/4 tsp Black Pepper
- 2 1/4 tsps Cinnamon
- 1 tsp Cumin
- 1 tsp Dried Thyme
- 1 tbsp Italian Seasoning
- 1/2 tsp Nutmeg
- 2 tsps Sea Salt
- Sea Salt & Black Pepper
- 2 1/2 tsps Turmeric

Baking




- 1 1/2 tbsps** Raw Honey
- 1.4 tbsps** Unsweetened Coconut Flakes

Other

- 8 1/4 cups** Water

Golden Turmeric Latte

#snack #vegetarian #eggfree #glutenfree #nutfree #dairyfree

 7 ingredients  10 minutes  1 servings



Directions

1. Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
2. Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

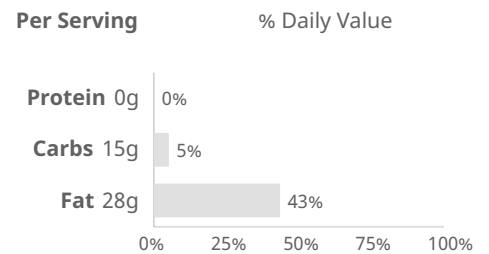
Notes

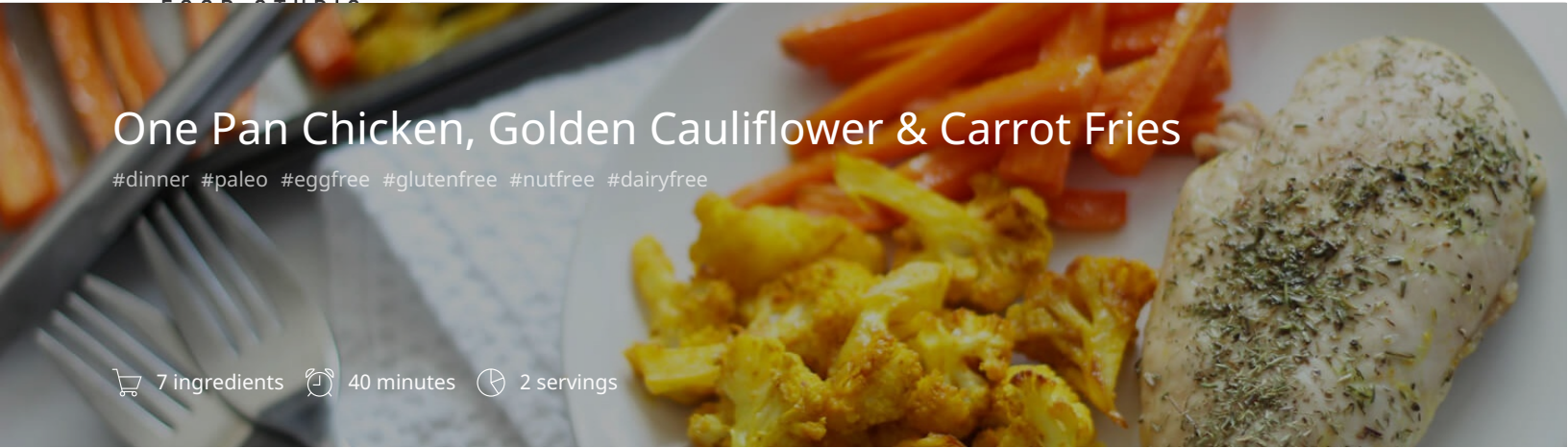
- Use Fresh** Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.
- Turmeric Root**
- Avoid a Mess** Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.
- On-the-Go** Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.
- Vegan** Use maple syrup to sweeten instead of honey.

Ingredients

- **1 1/2 tps** Ginger (grated)
- **1/2 cup** Organic Coconut Milk (canned)
- **1/2 cup** Water
- **1/2 tsp** Turmeric (powder)
- **1 1/2 tps** Raw Honey
- **1/4 tsp** Cinnamon
- **3/4 tsp** Coconut Oil




312 Calories





One Pan Chicken, Golden Cauliflower & Carrot Fries

#dinner #paleo #eggfree #glutenfree #nutfree #dairyfree

 7 ingredients  40 minutes  2 servings

Directions

1. Preheat oven to 375F and line a large baking sheet with parchment paper.
2. Peel and slice carrots into sticks. Wash and chop cauliflower into florets.
3. Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt and black pepper to taste. Place on the baking sheet.
4. Toss carrot sticks in 1/3 of the olive oil and season with salt and pepper to taste. Place on the baking sheet next to chicken.
5. Toss cauliflower with the remaining olive oil, turmeric and salt and pepper to taste. Mix until cauliflower is evenly yellow then transfer to the baking sheet.
6. Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.
7. Remove baking sheet from the oven and divide onto plates. Enjoy!

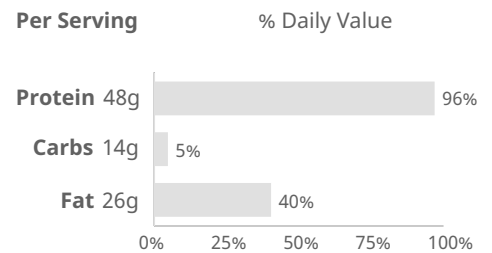
Notes

Low FODMAP Use zucchini instead of cauliflower.

Ingredients




- 2 Carrot (medium)
- 1/2 head Cauliflower
- 3 tbsps Extra Virgin Olive Oil (divided three ways)
- 2 Chicken Breast (about 5 oz. each)
- 1 tsp Dried Thyme
- 1 tsp Turmeric (powder)
- Sea Salt & Black Pepper (to taste)

473 Calories



Beef, Sweet Potato & Rapini Skillet

#breakfast #dinner #lunch #paleo #eggfree #glutenfree #nutfree #dairyfree

 7 ingredients  25 minutes  2 servings

Directions

1. Heat a large skillet over medium/high heat and add the beef, onion, ginger, garlic and sweet potatoes. Cover and cook for 10-15 minutes, stirring occasionally until the beef is cooked through and the sweet potatoes are soft.
2. Add the rapini and cook for about 5 more minutes or until greens are wilted and stalks are soft.
3. Divide into bowls. Season with sea salt and enjoy

Notes

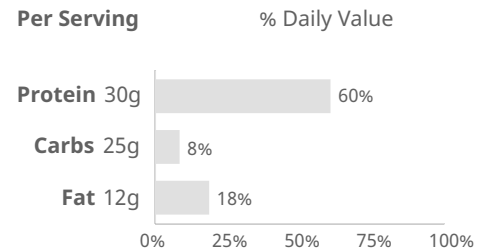
Vegan and Vegetarian Skip the beef. Saute the veggies in olive oil then add cooked lentils.

No Rapini Use kale or broccoli instead.

Ingredients

- **1/2 lb** Extra Lean Ground Beef
- **1/2** Yellow Onion (sliced)
- **1 1/2 tsps** Ginger (peeled and grated)
- **1** Garlic (cloves, minced)
- **1** Sweet Potato (medium sized, grated)
- **1/2 bunch** Rapini (chopped)
- **1/4 tsp** Sea Salt (to taste)




324 Calories



Plantain Chips

#snack #vegetarian #vegan #paleo #eggfree #glutenfree #nutfree #dairyfree



 3 ingredients  30 minutes  3 servings

Directions

1. Preheat oven to 350 degrees F. Line a baking sheet with parchment paper.
2. Peel the plantains then slice as thinly as possible with a mandolin or knife. Do your best to keep the thickness consistent. Slice on the diagonal for bigger chips. Gently toss the slices in coconut oil and cinnamon. Arrange in an even layer on the baking sheet then bake for 30 to 35 minutes, flipping at the halfway point. (Note: Chips are done when they start to brown around the edges.)
3. Remove from oven and let cool on a baking rack lined with paper towel to soak up any excess oil. Enjoy!

Notes

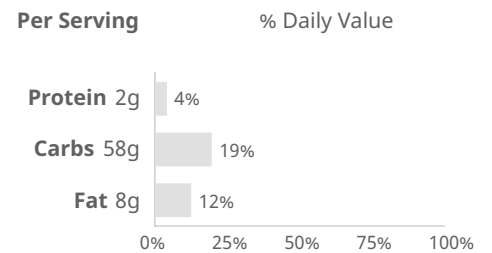
Storage Store in an airtight container at room temperature.

Make Them Crispy Plantain chips last 1 - 2 days. If they get soggy, crisp them back up by placing them in the oven at 350 degrees F for 5 to 10 minutes.

Ingredients




- **3** Plantain (medium size)
- **1 1/2 tbsps** Coconut Oil (melted)
- **3/4 tsp** Cinnamon

280 Calories



Carrots & Guacamole

#snack #vegetarian #vegan #paleo #eggfree #glutenfree #nutfree #appetizer #dairyfree

 4 ingredients  5 minutes  2 servings

Directions

1. Peel and slice carrots into sticks.
2. Peel and pit the avocado. Mash the flesh in a small bowl with lime juice, salt and pepper.
3. Dip the carrots into the guac & enjoy!

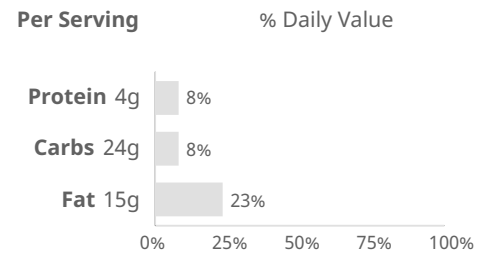
Notes

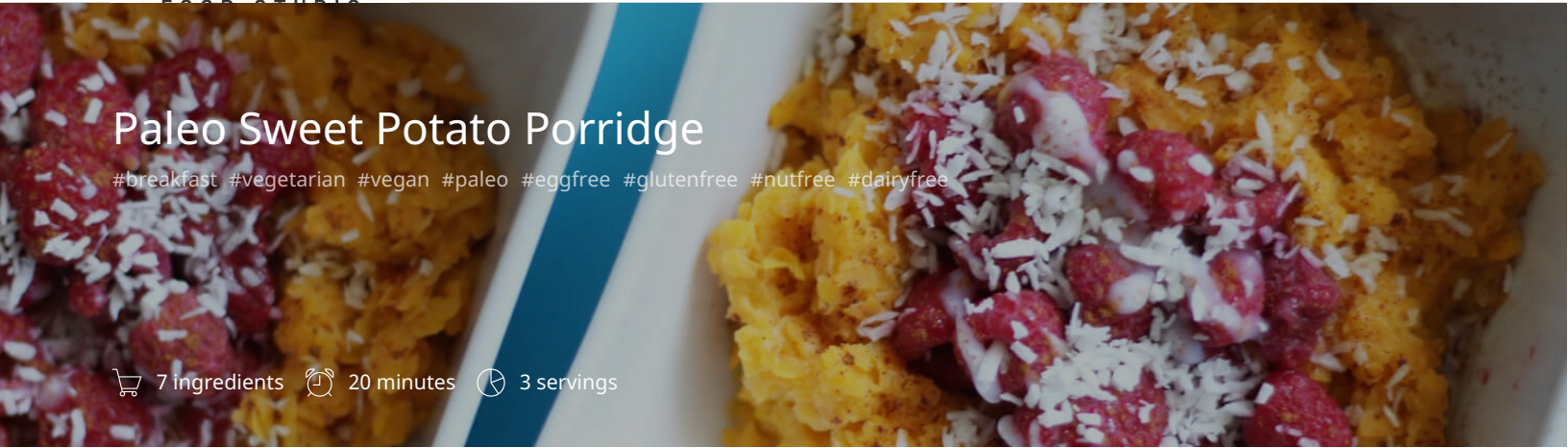
Spice it Up Add chili flakes, salsa and/or chopped cilantro to the guacamole.

Ingredients

- 4 Carrot (medium)
- 1 Avocado
- 1 Lime (juiced)
- Sea Salt & Black Pepper (to taste)




226 Calories





Paleo Sweet Potato Porridge

#breakfast #vegetarian #vegan #paleo #eggfree #glutenfree #nutfree #dairyfree

 7 ingredients  20 minutes  3 servings

Directions

1. Peel and shred the sweet potato using a hand grater or the shredding attachment on your food processor.
2. Place shredded sweet potato in a medium sized saucepan, add the coconut milk and water.
3. Cover and cook the sweet potato in the liquid over medium-high heat for about 15 minutes, stirring every couple minutes to prevent the bottom from burning. It will seem dry at first, but as it steams, the sweet potato will soften and release liquid. After about 15 minutes, your sweet potato should be a very soft, porridge-like texture.
4. Divide the sweet potato porridge between bowls and top with berries, coconut oil, cinnamon, and shredded coconut. Enjoy!

Notes

Other Dried fruit, nut butter, chia seeds, hemp seeds or fresh fruit.

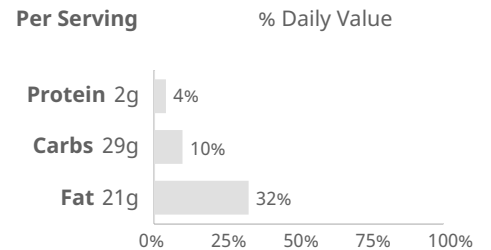
Toppings

Leftovers Store in an airtight container in the fridge up to 3 to 4 days.

Ingredients

- **1 1/2** Sweet Potato (large)
- **3/4 cup** Organic Coconut Milk (canned)
- **3/4 cup** Water
- **1 1/2 cups** Raspberries
- **1 1/2 tbsps** Coconut Oil
- **3/4 tsp** Cinnamon
- **1.4 tbsps** Unsweetened Coconut Flakes

307 Calories



Cauliflower Shepherd's Pie

#dinner #paleo #eggfree #glutenfree #dairyfree

 10 ingredients  50 minutes  4 servings

Directions

1. Preheat oven to 350F.
2. Place cauliflower florets in a medium sized saucepan, cover with water and bring to a boil. Let the florets boil until they are soft, about 15 minutes.
3. While the cauliflower is boiling, heat half of the olive oil in a large frying pan over medium heat. Add the onions and garlic, cook for 5 minutes or until onions are translucent.
4. Add the meat, and cook until browned.
5. Add the mushrooms, carrots, celery, Italian seasoning, and salt. Continue to cook for a few minutes, until the meat is cooked through. Remove from heat.
6. Drain the cauliflower and discard cooking water. Return the cauliflower to the pot and add the other half of the olive oil and a sprinkle of salt. Mash well until the cauliflower becomes almost like a puree.
7. Transfer the meat mixture to a casserole or pie dish and distribute into an even layer. Top with the cauliflower mash and spread it evenly across the top.
8. Place in the oven and bake for 20 minutes. Turn the oven to a low broil and broil for 10 minutes or until golden. Remove from oven and serve. Enjoy!

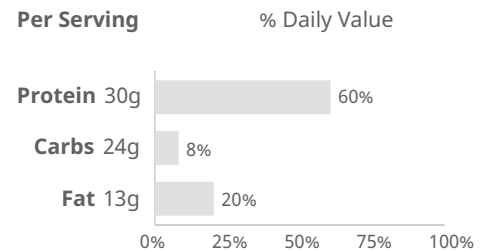
Notes

Vegan and Vegetarian Use cooked lentils instead of ground meat.

Ingredients




- **1 head** Cauliflower (chopped into florets)
- **2 tbsps** Extra Virgin Olive Oil (divided)
- **1** Yellow Onion (diced)
- **2** Garlic (cloves, minced)
- **1 lb** Extra Lean Ground Turkey
- **3 cups** Mushrooms (sliced)
- **2** Carrot (diced)
- **2 stalks** Celery (diced)
- **1 tbsp** Italian Seasoning
- **1/4 tsp** Sea Salt

292 Calories



Sausage & Sauerkraut Skillet

#dinner #eggfree #nutfree #paleo #glutenfree #dairyfree

 7 ingredients  40 minutes  4 servings

Directions

1. Preheat oven to 350. Line a baking sheet with parchment paper. Add sausage and bake for 30 minutes or until cooked through. Remove from oven and cut into 1/4" pieces.
2. Heat coconut oil in a frying pan over medium heat. Add yellow onion and apple. Saute just until onion is translucent (about 5 minutes). Add garlic and saute for another minute.
3. Add swiss chard and continue to saute just until it is wilted. Reduce heat to low and add in chopped sausage and sauerkraut and saute for another minute or until heated through. Remove from heat and divide into bowls. Enjoy!

Notes

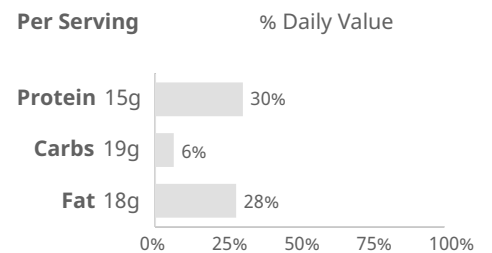
Vegan and Vegetarian Skip the sausage and use cooked lentils instead.

No Swiss Chard Use kale or spinach instead.

Ingredients

- 4 Organic Chicken Sausage
- 1 **tbsp** Coconut Oil
- 1 Yellow Onion (diced)
- 2 Apple (peeled, cored and diced)
- 2 Garlic (cloves, minced)
- 1 **bunch** Swiss Chard (washed, stems removed and chopped)
- 2 **cups** Sauerkraut (liquid drained off)

269 Calories





One Pan Paleo Plate

#dinner #paleo #nutfree #eggfree #glutenfree #dairyfree

 5 ingredients  35 minutes  2 servings

Directions

1. Preheat oven to 375 and line a baking sheet with parchment paper.
2. Brush both sides of the chicken breast with olive oil and season with sea salt, black pepper and any other spices you like. Place on the baking sheet.
3. Toss your brussels sprouts in olive oil and season with sea salt and black pepper. Place on the baking sheet with the chicken.
4. Slice your sweet potatoes in half lengthwise and pierce the flesh multiple times with a fork all over to create holes. Brush the flesh of each half with olive oil. Season with sea salt and black pepper. Place these on the baking sheet with the flesh facing up.
5. Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through. (Note: Sweet potato may need longer depending on size.)
6. Remove baking sheet from the oven and divide onto plates. Enjoy!

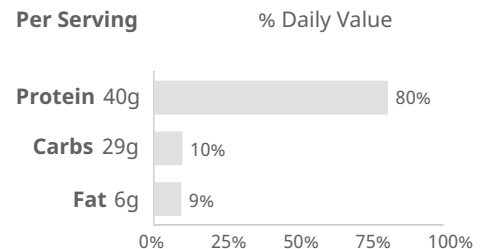
Notes

- No Brussels Sprouts** Use broccoli, cauliflower or green beans instead. Roasting times will vary.
- No Chicken Breast** Use turkey breast.
- Vegans and Vegetarians** Replace chicken with roasted chickpeas.
- Extra Time** Slice sweet potato into cubes or fries.

Ingredients

- 2 Chicken Breast
- Sea Salt & Black Pepper (to taste)
- 2 cups Brussels Sprouts (washed, trimmed and halved)
- 1 1/2 tpsps Extra Virgin Olive Oil (plus extra for brushing)
- 1 Sweet Potato (washed and sliced in half)

318 Calories



Immunity Boosting Bone Broth

#dinner #paleo #eggfree #nutfree #slowcooker #glutenfree #dairyfree

 10 ingredients  12 hours  4 servings

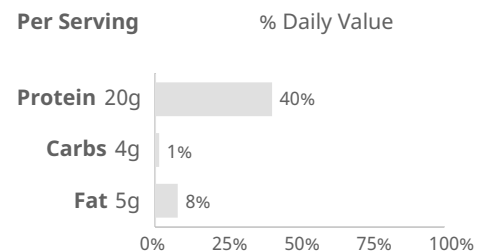
Directions

1. Place the bones in the slow cooker. Add all remaining ingredients. Set crock pot to low and let cook for at least 12 hours.
2. After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

Ingredients

- Whole Chicken Carcass (about 2 lbs of bones)
- 1 Carrot (peeled and chopped)
- 1 Yellow Onion (diced)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, halved)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 cup Parsley (chopped)
- 6 cups Water

100 Calories



Rosemary Lemon Chicken Skillet

#dinner #paleo #nutfree #eggfree #glutenfree #dairyfree

 9 ingredients  50 minutes  2 servings

Directions

1. Make the chicken marinade by combining rosemary, lemon juice, lemon zest, half of your olive oil, garlic, salt and pepper in a bowl and mix well. Add chicken breast halves and marinade to a zip loc bag and seal. Shake and set aside while you prep the rest.
2. Preheat oven to 425 degrees F.
3. Heat remaining olive oil over medium-high heat in a large cast iron skillet. Add sweet potatoes and cook until potatoes soften (about 5 minutes) and remove from heat.
4. Arrange chicken breast halves and lemon slices over the sweet potatoes in the cast iron skillet. Pour the remaining marinade from the ziploc bag over the sweet potatoes. Bake uncovered for about 40-45 minutes, or until chicken and potatoes are fully cooked.
5. Remove from oven and plate sweet potato and chicken over a bed of spinach. Enjoy!

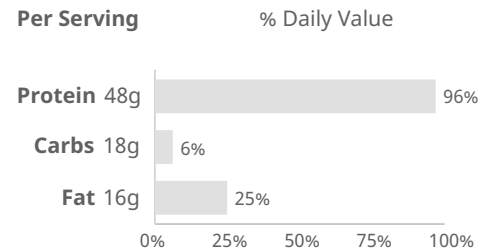
Notes

Vegetarian Use cauliflower steaks instead of chicken.

Ingredients




- 2 Chicken Breast (sliced in half)
- 1 **tbsp** Rosemary (chopped)
- 1 Lemon (1 sliced into rounds, 1 zested and juiced)
- 1 **1/2 tbsps** Extra Virgin Olive Oil (divided)
- 1 **1/2** Garlic (cloves, minced)
- 1/2 **tsp** Sea Salt
- 1/4 **tsp** Black Pepper
- 1 Sweet Potato (cubed)
- 2 **cups** Baby Spinach

387 Calories



Cream of Broccoli, Kale & Spinach Soup

#dinner #lunch #paleo #vegetarian #eggfree #vegan #glutenfree #dairyfree

 13 ingredients  30 minutes  4 servings

Directions

1. Heat coconut oil in a large pot over medium heat. Add onions and sauté until golden (about 5 minutes). Add garlic and stir for another minute.
2. Add vegetable broth to the pot. Stir until producing a light steam. Add the broccoli florets in with the mixture and let steam for 5 minutes or until broccoli is bright green.
3. Add cumin and nutmeg. Add salt and pepper to taste.
4. Add coconut milk and stir well.
5. Add spinach and kale. Stir just until the greens are wilted and remove from heat.
6. In your food processor or magic bullet, blend the soup until smooth. If you are using a blender, ensure to remove the middle piece of the lid to allow steam to escape.
7. Transfer blended mixture back into a large pot. Warm to desired temperature.
8. Ladle into bowls. Drizzle with a splash of olive oil, lemon juice and garnish with avocado slices.

Ingredients

- **2 cups** Kale Leaves (chopped)
- **2 cups** Baby Spinach
- **3 cups** Broccoli (cut into florets)
- **1/2** Yellow Onion (diced)
- **2** Garlic (cloves, minced)
- **1 tbsp** Coconut Oil
- **1 tsp** Cumin
- **1/2 tsp** Nutmeg
- Sea Salt & Black Pepper (to taste)
- **2 cups** Organic Vegetable Broth
- **1 cup** Organic Coconut Milk
- **1/2** Lemon (juiced)
- **1** Avocado (sliced)

230 Calories

