

AIP Meals

#1

Balsamic Seared Chicken Breast
Herbed Riced Cauliflower
Lemon Roasted Asparagus

#2

Chicken Lemonato
Mashed Cauliflower
Maple Bacon Brussels

#3

Curried Chicken
Cracklin' Cauliflower
Tamari Bok Choy

#4

Spaghetti Squash
w/ Beef or Turkey Meatballs & Fresh Basil
Herbed Zucchini

#5

Glazed Salmon
Maple Whipped Sweet Potatoes
Sautéed Asparagus Spears

#6

Citrus Tilapia/Pangasius
Roasted Beets
Garlic Greens

#7

Turkey or Beef Meatloaf
Mashed Cauliflower
Sautéed Yellow Squash

#8

Mushroom & Roasted Garlic Steak
Sweet Potato Wedges
Sautéed Broccoli Florets

#9

Roasted Acorn Squash
Thyme Roasted Carrots
Sautéed Greens

Breakfasts

#10

Butternut & Pork Breakfast Bowl
w/ Sauteed Kale & Warm Spices

#11

Asparagus & Mushroom Frittata
Breakfast Style Turkey Patties

#12

Sweet Potato & Egg Hash
w/ Bacon, Onion & Mushrooms

Lunches

#13

Vegetable Quinoa
w/ Chicken Breast

#14

Cucumber Dill Salad
w/ Chicken & Feta

#15

Harvest Chicken Salad
W/ Broccoli Slaw

#16

Cranberry Apple Tuna Salad
Roasted Carrots

#17

Salmon Niçoise Salad
w/ Balsamic Vinaigrette