Kickstart 3-Day Sample Meal Plan

Gluten-free, Dairy-free, Soy-free, Refined Sugar-free, Grain-free, and Autoimmune Paleo (AIP) compliant

Terri Ward, MS, FNTP, CGP

Menu

	Sunday	Monday	Tuesday
Breakfast	Pineapple, Beet Greens, and Raspberry Smoothie	Sausage, Sweet Potato, and Kale Hash	Banana, Honeydew, and Chard Smoothie
Lunch	Turkey Rollups with Avocado and Carrots	Rainbow Salad Rolls	Salmon Patties
	Kale Salad	Watermelon Slices	Guacamole
			leftover Kale Salad
Dinner	Cilantro-Lime Chicken Kebabs	Dill-Caper Salmon	Shrimp-Stuffed Avocados
	Grilled Zucchini and Yellow Squash	Baked Sweet Potato	Chocolate Gelatin Pudding
	Sliced Radishes	Roasted Broccoli	

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Timeline

Day 0	Hit your local farmer's markets and shops to pick up necessary ingredients for the week. Defrost the boneless chicken thighs, if frozen. Prepare the marinade and marinate the chicken kebab pieces overnight or at least 2 hours
Day 1	
Morning	Defrost the ground turkey, if frozen.
Afternoon	Prepare the Pineapple, Beet Green, and Raspberry Smoothie.
Evening	Prepare the Kale Salad and Turkey Bacon Rollups.
	Prepare the Cilantro Lime Chicken Kebabs and Grilled Zucchini/Summer Squash. Defrost the salmon fillet and shrimp, if frozen. If desired, prepare vegetables in advance for salad rolls and assemble.
Day 2	
Morning	Prepare the Sausage, Sweet Potato and Kale Hash.
Afternoon	Defrost the salmon, if frozen. Prepare the Rainbow Salad Rolls and Watermelon.
Evening	Prepare the Baked Sweet Potatoes, Dill-Caper Salmon, and Roasted Broccoli.
Day 3	
Morning	Prepare the Banana Honeydew Chard Smoothie. Refrigerate the coconut milk for the Chocolate Mousse at least 8 hours.
Afternoon	Prepare the AIP Guacamole and AIP Salmon Patties. Prepare and chill the Chocolate Gelatin Pudding 30 minutes before serving.
Evening	Prepare the Shrimp-Stuffed Avocado Salad and the pudding, if not done in advance.

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Shopping List

Produce*	Produce*
❑ 9 avocados	❑ 2 bunches kale
❑ 2 bananas	❑ 6 lemons
❑ 1 handful fresh sweet basil	❑ 4 limes
❑ 2 handfuls fresh Thai basil	❑ 8 fresh mint leaves
❑ 8 cups beet greens	❑ 1/8 cup dried mushrooms
❑ 2 heads broccoli	❑ 1 bunch red radishes
❑ 1/2 cup purple cabbage	❑ 40 raspberries
❑ 6 1/4 carrots	❑ 4 small heads romaine lettuce
❑ 1 1/2 teaspoon chives (or scallion greens)	❑ 10 scallions
❑ 2 bunches cilantro	❑ 3/4 pound yellow squash
❑ 2 English cucumbers	❑ 4 handfuls Swiss chard
❑ 2/3 pound daikon radish	❑ 6 sweet potatoes
❑ 1 head garlic	❑ 1 red onion
❑ 2/3 inch ginger root	❑ 4 pounds watermelon
❑ 2 cups honeydew melon	❑ 3/4 pound zucchini
Meat and Seafood	**Spices**
❑ 8 ounces Applegate sliced turkey	❑ 1 pinch ground cloves
❑ 8 ounces Applegate turkey bacon	❑ 1 3/4 teaspoons dried dill weed
❑ 2 1/4 pounds boneless chicken thighs	❑ 1/8 teaspoon dried marjoram
❑ 1 pound ground turkey	❑ Red pepper flakes (omit for AIP)
❑ 6 salmon fillets	❑ 1 teaspoon rubbed sage
❑ 12 ounces wild-caught shrimp (small to medium-size, cooked)	❑ 1 1/2 tablespoons sesame seeds (omit for AIP)
	❑ 2 teaspoons sea salt (or Himalayan)
	❑ 3/4 teaspoons black pepper (omit for AIP)
Vinegar, Oil, and Salad Dressing	**Other (Frozen, Supplements, & Drinks)**
❑ 2 1/4 tablespoons apple cider vinegar***	❑ 2 cups frozen pineapple chunks
❑ 1 1/2 teaspoons champagne vinegar	❑ 1 cup collagen peptides**
❑ 1 cup coconut oil	❑ 8 Paleo coconut wraps (or collard green leaves)
❑ 2 tablespoons aged balsamic vinegar	1/4 cup golden raisins, unsulphured
❑ 2 cups extra-virgin olive oil	
Canned/Jarred Foods	**Baking Supplies**
❑ 4 teaspoons anchovy paste	❑ 2 tablespoons cacao powder (or cocoa powder; use carob powder for AIP)
❑ 1/3 cup capers	❑ 4 teaspoons coconut sugar
❑ 7 tablespoons coconut aminos	❑ 5 tablespoons raw, local honey
❑ 46 ounces full-fat coconut milk	❑ 2 tablespoons Great Lakes gelatin****
❑ 1 tablespoon tahini (omit for AIP)	❑ 1 1/2 tablespoons nutritional yeast
	❑ 1 1/2 tablespoons pure maple syrup

* Fractions are used in case you have some on hand.
** I like Vital Proteins, but another brand, if unflavored, will suffice.
*** Raw, not distilled.
**** Or another brand of unflavored gelatin if Great Lakes is not available.

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3 Days of Kickstart Recipes



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Kickstart Breakfast Recipes

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Pineapple, Beet Greens, and Raspberry Smoothie

Active time: 5 minutes
Total time: 5 minutes
Servings: 2



Ingredients:

- 4 cups beet greens
- 1 cup pineapple chunks, frozen, if available (see below)
- 20 raspberries, frozen
- 4 tablespoons collagen peptides
- filtered water, for blending

Directions:

1. If using canned pineapple, be sure it's canned in juice with no added sugar and add the juice to the smoothie.
2. Add all ingredients to the blender; blend until smooth and creamy, adding water to desired consistency.

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Sausage, Sweet Potato, and Kale Hash

Active time: 30 minutes
Total time: 30 minutes
Servings: 4



Ingredients:

- 1 teaspoon rubbed sage, (or 1 tablespoon fresh finely minced)
- 1 teaspoon sea salt
- 1/8 teaspoon dried marjoram
- 1 pinch ground cloves
- 1 1/2 tablespoons pure maple syrup
- 1 pound ground turkey
- 2 sweet potatoes, peeled seeded and cut into 1/2" cubes to yield 2.5 cups/4 servings (See Note)
- 1 bunch kale, (Lacinato or dinosaur) small chopped to yield 1 cup/serving
- sea salt, to taste
- ground black pepper, to taste (omit for AIP)

Directions:

1. To make the sausage: combine the sage, salt, marjoram, and cloves in a bowl. Add chicken and maple syrup and blend well with your hands.
2. If using pumpkin, start steaming it about 15 minutes before browning the sausage. If you're using squash or sweet potato, you can it about the same time as the sausage.
3. Brown the sausage in a large skillet or wok.
4. Steam the squash until it is soft. Transfer it to the skillet with the sausage while you steam the kale until it is tender, but still bright green (about 5-10 minutes).
5. Add the kale to the skillet and season with salt and pepper to taste.

NOTE: Since you're essentially making sausage for this recipe, I like to at least double the ingredients for the sausage and reserve some for later.

You can substitute winter squash for the sweet potatoes and save time by buying the cubed organic butternut squash if it's available to you.

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Banana, Honeydew, and Chard Smoothie

Active time: 5 minutes
Total time: 5 minutes
Servings: 4



Ingredients:

- 4 handfuls Swiss chard
- 2 bananas
- 2 cups honeydew, chunks
- 1/2 cup collagen peptides
- 4 cups full fat coconut milk, or coconut water or to desired consistency
- 2 ice cubes (optional)

Directions:

Blend until smooth and creamy.

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Kickstart Lunch Recipes

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Turkey Bacon Rollups

Active time: 20 minutes
Total time: 20 minutes
Servings: 4



Ingredients:

- 2 avocados
- 2 carrots
- 8 ounces Applegate Turkey Bacon
- 8 ounces Applegate sliced turkey

Directions:

1. Peel, pit, and thinly slice avocado. Shred carrots.
2. Cook bacon in a large heavy bottomed skillet over medium high heat until crispy. Remove to a paper towel to drain. Pour bacon fat into a clean mason jar through a fine mesh strainer to save for cooking later.
3. Lay out turkey in two slice layers. In the center of each stack of turkey, place a slice of bacon, a few slivers of avocado, and a sprinkling of shredded carrots.
4. Roll turkey around the filling with seam side down. Slice each roll in 3 pieces and serve.

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Terri's Kale Salad

Active time: 15 minutes
Total time: 15 minutes
Servings: 6



Ingredients:

For the Salad

- 1/2 bunch kale, de-stemmed and chopped to yield 6 cups
- 2 1/4 medium carrots, shredded
- 1/2 cup purple cabbage, or beet, shredded (for color – go lightly with beet)
- 1/4 cup golden raisins, (optional)
- 1 1/2 tablespoons white sesame seeds, (omit for AIP

For the Dressing

- 2 1/4 tablespoons apple cider vinegar
- 2 1/4 tablespoons extra virgin olive oil
- 1 tablespoon heaping honey
- 1 1/2 tablespoons nutritional yeast
- 3/4 clove garlic
- 1 tablespoon tahini, (omit for AIP)
- sea salt

Directions:

1. Combine salad ingredients in a large bowl.
2. Blend dressing ingredients in a food processor or blender until garlic is pureed.
3. Toss the dressing into the salad ingredients. Sprinkle in sesame seeds, if using.

NOTE: Save some salad for Day 3's lunch.

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Rainbow Salad Rolls

Active time: 20 minutes
Total time: 20 minutes
Servings: 4



Ingredients:

- 8 Paleo coconut wrap, or collard green leaves
- 4 ounces shredded chicken (See NOTE)
- 2 handfuls (small) cilantro, julienned
- 2 handfuls Thai basil, julienned
- 2/3 pound daikon radish, (3T/serving)
- 2 large carrots, shredded (3T/serving)
- 2/3 English cucumber, diced (3T/serving)
- 4 scallions, chopped (green part only)
- 1 ripe avocado

Sauce:

- 2/3 inch fresh ginger root, peeled
- 5 tablespoons coconut aminos
- 1 1/2 teaspoons champagne vinegar
- 4 tablespoons extra virgin olive oil
- 4 teaspoons coconut sugar
- red pepper flakes, to taste (omit for AIP)

Directions:

1. Blend the sauce ingredients in a food processor until smooth. Taste and adjust ingredients as necessary. Set aside or refrigerate if not serving promptly.
2. Wash and dry vegetables and herbs; prepare as indicated. Combine in a bowl.
3. To assemble: Spread the leave or wrap out on a plate or work surface. Spread 1/4 of an avocado over the center of each wrapper. Place 1/2 cup of the veggie mix on top of the avocado; add the chicken and drizzle with sauce. Roll up like a diaper, envelope, or burrito to seal in the filling.
4. Serve immediately or wrap tightly in plastic wrap and refrigerate up to 24 hours.

NOTE: Use leftover chicken from the kebabs.

The veggies in this recipe are totally flexible. The ingredients can be prepared buffet style so diners can assemble their own rolls, or the veggies can all be mixed, and the rolls prepared in advance. Meat or shrimp could be substituted for the chicken.

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Salmon Patties

Active time: 15 minutes
Total time: 30 minutes
Servings: 4



Ingredients:

- 1 1/2 teaspoons Great Lakes gelatin
- 1 1/2 teaspoons room-temp or cool filtered water
- 1 tablespoon hot water
- 8 ounces leftover, cooked wild salmon (See NOTE)
- 1/8 red onion, chopped
- 1/2 clove garlic, minced
- 1 1/2 teaspoons chives, finely chopped
- 1/2 teaspoon extra virgin olive oil
- 1/8 teaspoon dill weed
- sea salt, to taste
- 1/8 cup dried mushrooms, or less as needed
- 1/8 cup extra virgin olive oil, for pan-frying
- 1/4 lemon, zested and juiced

Directions:

1. In a medium-size mixing bowl, whisk the gelatin into the cool water. Allow it to sit for two minutes while you chop your vegetables.
2. Add the hot water and whisk until the gelatin is completely dissolved and frothy.
3. Add the onions, garlic, salmon, salt, and dill to combine thoroughly.
4. Pulverize the dried mushrooms in a food processor. Add in just enough to make the mixture form moist, but firm patties.
5. Shape into patties (one per serving).
6. Heat the olive oil in a skillet or on a griddle over medium heat until hot, but not smoking. Fry the patties about 3-4 minutes per side.
7. Serve immediately with lemon juice and lemon zest for garnish.

NOTE: Use leftover Dill Caper Salmon for the cooked salmon.

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Guacamole

Active time: 10 minutes
Total time: 10 minutes
Servings: 4



Ingredients:

- 4 large avocados, pitted and peeled
- 1 lime, juiced
- 1/2 red onion, finely chopped
- 1 clove garlic, minced
- 1/4 cup cilantro, finely chopped
- sea salt, to taste

Directions:

1. In a medium-size bowl, mash the avocados with the lime juice using a fork.
2. Add the remaining ingredients and blend well.
3. Serve immediately.

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Kickstart Dinner Recipes

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Cilantro Lime Chicken Kebabs

Active time: 10 minutes
Total time: 2 hours 30 minutes
Servings: 6



Ingredients:

- 2 1/4 pounds boneless chicken thighs, or breasts cut in 1 to 1 1/2" cubes
- Marinade:
- 3 tablespoons extra virgin olive oil
- 6 scallions, (green part only)
- 6 tablespoons cilantro
- 3 limes, juiced
- sea salt, to taste

Directions:

1. In a food process or blender, process the marinade ingredients until you have a slightly chunky paste.
2. Combine the marinade and meat in a covered marinating dish or sealable plastic bag. Mix well to thoroughly coat each piece.
3. Freeze for later use or marinate in the refrigerator for 2 hours or up to overnight.
4. Thread the meat onto metal or presoaked wooden skewers.
5. To cook outdoors: place the skewers on a hot grill and cook until done.
6. To cook indoors without a grill: Brown the contents of the skewers slightly on a frying pan or grill; bake at 400°F for about 15 minutes until done and then broil a couple of minutes, watching carefully.

NOTE: Reserve and shred some of the chicken for Rainbow Salad Rolls.

I order kebab meat (cubed and plain) from the butcher to save time.

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Grilled or Roasted Zucchini

Active time: 5 minutes
Total time: 20 minutes
Servings: 4



Ingredients:

- 4 zucchinis, (or a combo of zucchini and yellow summer squash)
- 2 tablespoons extra virgin olive oil
- sea salt, to taste
- ground black pepper, to taste (omit for AIP)

Directions:

1. Preheat the grill to high or the oven to 450F.
2. Slice zucchini lengthwise. Drizzle or spray with oil and season with salt and pepper.
3. Grill zucchini, turning often, until cooked through, 4 to 6 minutes or until zucchini is tender - OR - Roast on a lipped baking sheet for 15 minutes or until zucchini is tender.

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Dill-Caper Salmon

This is one of my husband's recipes that guests often request.

Active time: 10 minutes
Total time: 30 minutes
Servings: 4



Ingredients:

- 6 salmon fillets, (4-5 ounces each)
- 1 1/2 teaspoons dried dill weed
- 1/3 cup capers, drained
- 1/3 cup extra virgin olive oil, divided plus more for oiling the parchment
- 3/4 teaspoon ground black pepper, (omit for AIP)
- 1 1/2 fresh lemons, halved

Directions:

1. Preheat oven to 350°F. Line a sheet pan with parchment paper; oil the parchment.
2. Rinse and pat salmon dry. Set aside.
3. Combine dill weed, capers, olive oil, and pepper in a small bowl. Mash with a fork.
4. Place the salmon fillets on the parchment and spread the caper mixture onto each of the fillets.
5. Bake uncovered for about 20 to 30 minutes or until the fillets start to turn up slightly on the edges. Squeeze the juice from the lemon onto the fillets and cook 2 more minutes.
6. Remove from oven, and gently slide a metal spatula between fish and skin to separate the skin from the fish.
7. Serve the fish to your people and treat your dog with the skins.

NOTE: Reserve 8 ounces of cooked salmon for Salmon Patties.

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Baked Sweet Potatoes

Active time: 5 minutes
Total time: 50 minutes
Servings: 4



Ingredients:

- 4 whole sweet potatoes

Directions:

1. Preheat oven to 425 degrees F.
2. On a baking sheet, prick each sweet potato in several spots with a fork.
3. Bake until tender, 45 to 50 minutes.

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Roasted Broccoli

Active time: 10 minutes
Total time: 40 minutes
Servings: 4



Ingredients:

- 2 heads broccoli, cut into florets
- 2 cloves garlic, minced
- 4 tablespoons extra virgin olive oil
- 2 lemons, juiced (about 4 T per lemon)
- Sea salt, to taste
- ground black pepper, to taste (omit for AIP)

Directions:

1. Preheat oven to 350 degrees F. Line a baking sheet with parchment paper.
2. Combine the garlic, olive oil, lemon juice, salt, and pepper (if not AIP) in a sealable plastic bag or dish; add broccoli and shake to thoroughly coat.
3. Spread broccoli onto the parchment-lined baking sheet in a single layer.
4. Bake for 25 to 30 minutes, turning at the halfway point.

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Shrimp-Stuffed Avocado Salad

Active time: 10 minutes
Total time: 2 hours, 13 minutes
Servings: 4



Ingredients:

- 4 heads romaine, chopped
- 12 ounces cooked medium to small wild-caught shrimp, tails removed
- 1/4 inch red onion, cut slivers
- 1/2 cucumber, peeled and chopped
- 2 large avocados, halved lengthwise and pitted

Dressing ingredients:

- 8 tablespoons extra virgin olive oil
- 4 medium lemons, juiced (to yield 3 tablespoons per serving)
- 4 teaspoons coconut aminos
- 4 teaspoons anchovy paste, (or fillets if using a food processor)
- 1 teaspoon sea salt

Directions:

1. Place dressing ingredients in a small jar and shake well until blended or process in a mini food processor.
2. In a large bowl, toss the lettuce in enough dressing to moisten, reserving some for the shrimp. Divide the lettuce onto serving plates.
3. In a medium-size bowl, mix the shrimp, onion, and cucumber together. Toss with dressing.
4. Place one avocado half on each plate of lettuce or alongside the lettuce, if preferred. Stuff the shrimp mixture into the avocado halves.
5. Serve with any remaining dressing. Give thanks and enjoy!

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Avocado Chocolate Mousse

Active time: 10 minutes
Total time: 55 minutes
Servings: 4



Ingredients:

- 1 tablespoon rounded gelatin, (preferably grass-fed such as Great Lakes)
- 1/2 cup filtered water
- 1 can full fat coconut milk
- 2 tablespoons cacao powder, (or cocoa use carob powder for AIP)
- 1/4 cup raw local honey
- 8 fresh mint leaves, (optional for garnish)

Directions:

1. Mix the gelatin and water in small bowl or cup and set aside to let the gelatin bloom.
2. In a saucepan, over medium heat, whisk together the coconut milk and cacao or carob powder. When well combined, whisk in the honey until dissolved.
3. Add the gelatin to the pan and stir until dissolved.
4. When the coconut milk mixture is warm, transfer it to small ramekins or pudding cups.
5. Place in the fridge for 30-45 minutes (or freezer for faster setting).
6. Garnish with mint leaves before serving. Give thanks and enjoy!

NOTE: You can use additional garnishes, if desired, such as a dollop of whipped coconut cream, grated dark chocolate, fresh raspberries, or strawberries. Just be sure to stay within your diet.

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