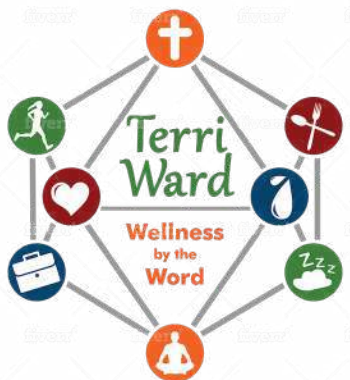


Your 3-Day Sample Meal Plan

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

by Terri Ward, MS, FNTF, CGP



Menu

	Sunday	Monday	Tuesday
Breakfast	Banana Pancakes	Pineapple, Beet Greens, and Raspberry Smoothie	Banana, Honeydew, and Chard Smoothie
	Turkey Breakfast Sausage		
Lunch	Shrimp-Stuffed Avocado Salad	Portobello Burgers	Salmon Patties
	Watermelon Slices	Strawberry Kombucha	Guacamole
			Celery and Carrot Sticks
Dinner	Roast Chicken with Vegetables	Kerry's Famous Dill-Caper Salmon	Cauliflower Tabbouleh
	Cauliflower Mash	Baked Sweet Potato	Cabbage Salad
		Roasted Broccoli	Grilled Zucchini

Timeline

Saturday Morning

Hit your local farmer's markets and shops to pick up necessary ingredients for the week.

Defrost the shrimp and ground turkey, if frozen.

The dressing for the Shrimp-Stuffed Avocado Salad for Sunday's lunch can be prepared in advance and refrigerated, if desired.

Sunday Morning

Prepare the AIP Banana Pancakes and Turkey Breakfast Sausage.

Afternoon

Prepare the Shrimp-Stuffed Avocado Salad and slice the watermelon.

Evening

Prepare the Roast Chicken with Vegetables and Mashed Cauliflower.

Defrost the salmon fillets and top sirloin, if frozen.

Monday Morning

Prepare the Pineapple, Beet Green, and Raspberry Smoothie.

Afternoon

Prepare the Portobello burgers.

Evening

Prepare Kerry's Famous Dill-Caper Salmon, Baked Sweet Potatoes, and Roasted Broccoli. If you only have one oven, start the oven at 425 degrees with the sweet potatoes. After 20 minutes, reduce the heat to 350 and add the salmon and broccoli. Watch each item carefully and remove when done.

Prepare the Tabbouleh and Persian Beef Kebabs to marinate in the refrigerator overnight.

Tuesday Morning

Prepare the Banana Honeydew Chard Smoothie.

Afternoon

Prepare the AIP Salmon Patties and AIP Guacamole, and cut the carrots and celery into sticks.

Evening

Grill the Persian Beef Kebabs and prepare the Grilled Zucchini.

Shopping List

Produce*	Produce*	Produce*
6 avocados	20 raspberries	1/8 cup flat (Italian) parsley
6 bananas	1 bunch broccoli (2 heads)	1 large bunch curly parsley
3 carrots	4 sweet potatoes (not yams)	1/4 cup fresh mint
8 Rainbow carrots	1 small watermelon	4 handfuls Swiss chard
1 bunch celery (8 ribs)	4 zucchini	4 small heads Romaine lettuce
1 bunch cilantro	1 ounce baby spinach leaves	13 ounces strawberries
1 large English cucumber	4 cups beet greens	1 3/4 red onion
7 cloves garlic	1 large or 2 small head(s) cauliflower	1 yellow onion
2 cups honeydew	1 1/2 teaspoons chives**	1/2 white onion
1 1/2 limes	1/8 cup dried mushrooms	Baking Supplies
8 1/2 lemons		1 1/2 tablespoons pure maple syrup
Meat and Seafood	Spices	1 1/2 tablespoon arrowroot starch
1 1/3 lbs. beef sirloin (1 1/2" thick)	1 1/3 teaspoon cinnamon	1 1/2 teaspoons Great Lakes gelatin****
1 pound ground turkey	1/4 teaspoon ground cloves	1 1/3 teaspoon baking soda
6 salmon fillets (about 5 oz. each)	1 teaspoon rubbed sage	
1 pound grass-fed/finished ground beef	1 3/4 teaspoon dill weed	
4-pound roasting chicken	1 teaspoon ground marjoram	
12 ounces wild-caught shrimp (small to medium size, cooked)	3 tablespoons sea salt (or Himalayan)	Canned/Jarred Foods
	1/2 teaspoon ground turmeric	4 teaspoons anchovy paste
Vinegar, Oil, and Salad Dressing	Other (Frozen, Supplements, & Drinks)	1/3 cup capers
3/4 teaspoon raw apple cider vinegar***	1 cup pineapple chunks	18 ounces coconut cream
1 3/4 cups extra virgin olive oil	1 cup collagen peptides	4 cups full-fat coconut milk
4 1/2 tablespoons coconut oil	4 bottles strawberry kombucha	4 ounces artichokes in water - not oil
1/4 cup honey mustard dressing		4 teaspoons coconut aminos

*Fractions are used in case you have some on hand. ** You can use the green part of a scallion if chives are not available. *** Not distilled. ****Or another brand of unflavored gelatin if Great Lakes is not available.

Your Recipes



by Terri Ward,
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Breakfast Recipes

AIP Banana Pancakes

Active time: 10 minutes

Total time: 35 minutes

Servings: 4

Ingredients:

- 4 medium ripe bananas
- 1 1/2 tablespoons pure maple syrup
- 2 1/2 tablespoons coconut oil
- 3/4 teaspoon apple cider vinegar
- 1/2 cup coconut flour
- 1 1/3 teaspoons baking soda
- 1 1/2 tablespoons arrowroot
- 1/3 teaspoon sea salt
- 1 1/3 teaspoons cinnamon

Toppings:

- 13 ounces fresh or frozen organic strawberries
- pure maple syrup, (optional)
- 18 ounces coconut cream



Directions:

1. Preheat the oven to 350° F. Line a baking sheet with parchment paper.
2. Place all the ingredients in a blender or food processor and pulse several times until smooth.
3. To form the pancakes, spoon a few tablespoons of batter onto the prepared baking sheet and spread to about 3 inches in diameter and 1/3 inch thick. Repeat to make 2 pancakes per serving.
4. Bake for 15 minutes, then flip the pancakes and bake for 10 more minutes. They may look like they are done before the end of the time, but the centers need the full time to not be doughy.
5. While the pancakes are baking, puree the strawberries, sweetening with maple syrup, if desired.
6. To serve, top with the pureed strawberries. Then top with a dollop of coconut cream. I use a meatballer/scoop to form a nice rounded scoop

Turkey Breakfast Sausage

Active time: 10 minutes

Total time: 25 minutes

Servings: 4

Ingredients:

- 1 pound ground turkey, (You could also use pork or chicken)
- 1 teaspoon rubbed sage
- 1 teaspoon sea salt
- 1 teaspoon ground marjoram
- 1/4 teaspoon ground cloves
- 2 tablespoons coconut oil, (if cooking the whole batch)



Directions:

1. Combine the seasonings in a small bowl and mix well.
2. Place the meat in a large bowl and sprinkle the seasoning evenly over it. Using your hands, mix the seasoning into the meat thoroughly and form into patties.
3. Freeze or refrigerate any patties you'll not be cooking to eat. I like to separate the patties with pieces of wax paper so they separate, and I can take out just the number of patties I want.
4. To cook: Heat the oil in a cast iron or stainless-steel skillet over medium heat until hot, but not smoking. Add the sausage patties and sauté about 5 minutes on each side until completely cooked through.

Pineapple, Beet Greens, and Raspberry Smoothie

Active time: 5 minutes

Total time: 5 minutes

Servings: 4

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.

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.



Lunch Recipes

Shrimp-Stuffed Avocado Salad

Active time: 10 minutes

Total time: 10 minutes

Servings: 4

Ingredients:

- 4 heads romaine, chopped
- 12 ounces cooked medium to small wild-caught shrimp, tails removed
- 1/4 red onion, cut in slivers
- 1/3 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!

Portobello Burgers

Active time: 10 minutes

Total time: 15 minutes

Servings: 4

Ingredients:

- 1 pound grass-fed ground beef
- 1/4 cup honey mustard dressing, (for AIP use Italian dressing)
- 1/2 red onion, sliced thinly
- 1/2 English cucumber, thinly sliced
- 4 ounces artichokes, in water sliced
- 1 ounce baby spinach

Directions:

1. Form the beef into 4 patties. Grill to desired doneness.
2. To serve, spread dressing on one mushroom cap and top with spinach leaves. Place the burger patty on another mushroom cap and top with a slice of red onion, cucumber slices, and artichokes.



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
- 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.

Guacamole

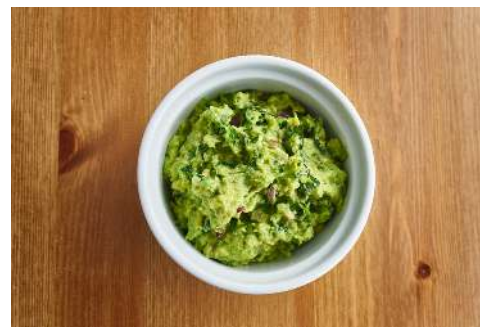
Active time: 10 minutes

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.

Dinner Recipes

Roast Chicken and Vegetables

Active time: 10 minutes

Total time: 3 hours 10 minutes

Servings: 4

Ingredients:

- 6 pounds roasting chicken, (use 2 if necessary, for leftovers)
- 1 tablespoon extra virgin olive oil
- 1 medium yellow onion, thick sliced and separated into rings
- 8 large celery ribs, cut 1" chunks
- 8 large rainbow carrots, cut in 1" chunks
- 4 teaspoons sea salt



Directions:

1. Preheat oven to 375 degrees F.
2. Grease the bottom of a roasting pan or baking dish. Spread the onion, celery, and carrots out over the bottom of the pan or dish.
3. Remove the insides from the chicken, rinse and pat dry. Season the chicken well (inside and out) with salt. Place the chicken atop the vegetables.
4. Roast for 1 1/2 to 3 hours until the breast reaches 160 degrees F, or the juices run clear when the breast is pierced with a fork. Halfway through, stir the vegetables around the chicken.
5. Remove the chicken from the oven and allow to rest for about 10-15 minutes before carving.
6. Serve alongside the caramelized vegetables from the bottom of the pan, pouring the pan juices over everything.

Mashed Cauliflower

Active time: 20 minutes

Total time: 30 minutes

Servings: 4

Ingredients:

- 1/2 head cauliflower, (about 3 pounds)
- 1 tablespoon extra virgin olive oil, divided (or more to taste)
- 1/2 clove garlic, minced
- 1 cup filtered water
- 1/4 teaspoon sea salt, plus more to taste
- 1/8 cup flat-leaf parsley



Directions:

1. Halve the cauliflower through the stem. Cut a "V" shape around the core to remove the core from each half. Finely chop the cauliflower. Smaller pieces make for faster cooking and a creamier mash.
2. Heat the oil in a 4-quart pot with a lid over medium-high heat until hot, but not smoking. Add the cauliflower; sauté, stirring occasionally, until the cauliflower has lightened in color, 3 to 5 minutes. Add the garlic about halfway through.
3. Add the filtered water and salt to the pot. Cover and steam about 10 minutes until florets are soft; strain and discard water.
4. Add cauliflower to your food processor and process in small batches until very smooth.
5. Add oil plus salt to taste.
6. Serve sprinkled with parsley.

Kerry's Famous 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 half of the salmon for Salmon Patties.

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.

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.

Persian Beef Kebabs

This is always a hit at backyard barbeques.

Active time: 15 minutes

Total time: 2 hours 20 minutes

Servings: 4

Ingredients:

- 1 1/3 pounds top sirloin beef, cut in 1 1/2" cubes
- Marinade:
 - 1/2 white onion, roughly chopped
 - 3 cloves garlic, pressed
 - 1/2 medium lime, juiced (to yield 1.5 teaspoons /4 servings)
 - 2 pinches saffron threads, steeped a few minutes in 2 tablespoons boiling water
 - 1/2 teaspoon ground turmeric
 - 2 teaspoons sea salt
 - 1/2 teaspoon freshly ground black pepper, (omit for AIP)



Directions:

1. Place the marinade ingredients in a food processor or blender and process until smooth. Pour into a sealable gallon bag. Add the meat; seal the bag and massage until the meat is thoroughly and evenly coated.
2. Refrigerate at least 2 hours or up to overnight or freeze for later if not using previously frozen meat.
3. If using frozen kebab meat, move the bag to the refrigerator the night before to thaw.
4. Thread the meat onto metal or presoaked wooden skewers, 3-4 pieces of meat per skewer.
5. Cook on the grill 6-7 minutes on each side or to desired doneness.

Cauliflower Tabbouleh

Active time: 10 minutes

Total time: 2 hours 30 minutes

Servings: 4

Ingredients:

- 1 1/3 cups cauliflower, riced (See Note)
- 2/3 bunch fresh curly parsley, minced
- 1/3 red onion, minced
- 1/4 cup fresh mint, minced
- 2/3 large cucumber, peeled and finely chopped
- 1/4 cup extra virgin olive oil
- 2/3 large lemon, juiced
- sea salt, to taste

NOTE: You can save time by buying cauliflower already riced or make your own by grating the cauliflower or chopping it in a food processor.



Directions:

1. Wash and prepare all ingredients as indicated.
2. Combine the vegetables and herbs in a serving bowl. Set aside.
3. In a small bowl, whisk together the lemon juice and olive oil. Pour it over the tabbouleh. Salt to taste.
4. Cover and marinate overnight in the refrigerator to allow flavors to blend.

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.