



Prep Dish AIP - WEEK 1: Grocery List

Serves 4

1. Meal 1: Roasted Sea Bass w/ Mango Salsa, Cauliflower Rice & Cucumber
2. Meal 2: Turkey Burgers w/ Roasted Carrots & Parsnips
3. Meal 3: Lemon Dill Chicken Legs w/Cauliflower Rice & Sauteed Spinach
4. Meal 4: Slow Cooker Turmeric Pork w/ Slaw
5. Salad: Mango & Avocado Salad
6. Breakfast: Turmeric Pork & Fried Plantains
7. Snack: Carrot Sticks
8. Dessert: Banana "Nice" Cream



Herbs

2-3 cloves garlic (2)
1 small bunch cilantro (1,2)
1 bunch fresh dill (3)
(OR sub 2T dried dill)



Fruits

3 lemons (3,5)
1 lime (1)
2 large mango (1,5)
4 plantains, yellow & black (6)
8 bananas, slightly ripe (8)



Oils & Vinegars

~1 c olive oil
1T coconut oil (1,3)
1T apple cider vinegar (4)



Pantry

2c beef or veg broth (4)*
2½T honey, optional (4,5)



Veggies

1.5# coleslaw mix (shredded cabbage and carrots) (4)
1 x 1# bag carrots (2,7)
2 heads cauliflower (1,3)
3 large parsnips (2)
2 avocados (2,5)
1 large cucumber (1)
5oz tub arugula (5)
(OR other mixed greens)
1 head lettuce (2)
(for wraps- romaine, etc)
~10-16oz baby spinach (3)
1 red onion (1,2,5)
1 yellow onion (1,3)



Meats

1# ground turkey thigh (2)
~3-4# bone-in pork roast (4)
(OR sub beef roast)
4 bone-in, skin-on chicken legs (3)



Fish

4 Chilean Sea Bass filets (1)
5-7oz each
(OR sub tilapia, salmon, etc.)



Spices

1T thyme (2)
1T turmeric (4)
2T oregano (4)

*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.



Prep Dish AIP - WEEK 1: Prep Day



Red Onion: Finely dice 1 red onion. Set aside 2T for salad (5), 2T for salsa (1) & ¼c cajun burgers. (2)

Yellow Onion: Finely dice 1 yellow onion for cauliflower rice. [*] (1,3)

Dill: Finely chop fresh dill for ~2-4T, set aside. (3)

Garlic: Finely chop 2-3 cloves garlic, or enough to yield ~1T, set aside. (2)

Cilantro: Finely chop cilantro leaves to yield ~2-3T. Set aside 1T for salsa (1) & 1T for burgers (2). (1,2)

Cauliflower: Remove core, leaves, & any dark spots from 2 heads. Coarsely chop, making sure cauliflower is dry, and set aside. (1,3)

Mangos: Peel and chop 2 mangos, set aside. (1,5)

Cucumber: Slice 1 cucumber to serve as a side. [*] (1)

Carrot & Parsnip: Slice 2-4 carrots & 3 parsnips into ~1" slices. Toss with 1T olive oil, 1T thyme, salt. [*] (2)

Carrot: Slice remaining carrots into sticks for snacking. [*] (7)

Plantains: remove/ discard ends, cut into quarters and remove/ discard peels. Cut each quarter into half, lengthwise. [*] (6)

Banana: Peel 8 bananas & cut into 2-3" pieces. Freeze. (8)



Cauliflower Rice (1,3)

Place 2 heads of cauliflower, chopped, in food processor. (May have to do in multiple batches.) Pulse until it is a small rice-like texture. Careful not to go to far or it will become mushy. [*] (1,3)



Burgers (2)

Heat 1T olive oil in a large sauté pan, over med-high heat, add 1T garlic & ¼c red onion. Sauté 3-5 minutes, stirring occasionally. Set aside to cool. (2)



Dressing (5)

Whisk together:

¼c olive oil

juice of 1 lemon (~1T)

1tsp honey, optional [*] (5)

Lemon-Dill Marinade (3)

Whisk together:

½c olive oil

zest & juice of 2 lemons

2-4T fresh chopped dill (or 2T dried)

½T salt

Marinate 4 chicken legs for 24-48 hours. (3)

**Salsa (1)**

Combine:

½c chopped mango (save remaining for Salad (5))
2T diced red onion
1T chopped cilantro
juice of 1 lime
salt to taste. [*] (1)

Burgers (2)

In a bowl, mix sautéed onions + 1T chopped cilantro into ground turkey (recommend using hands). Season w/ salt. Form into 4 patties. [*] (2)

Salad (5)

Layer in container as follows:

½ 5oz tub arugula
½ remaining chopped mango
1T chopped red onion
Repeat layers. [*] (5)

Pork (4)

Season pork roast w/ 1T turmeric + 2T oregano + salt. [*] (4)

Option: cook pork today according to Day 4 instructions and then re-heat on Day 4 (roast gets better with time!).

Slaw (4)

Whisk together:

¼c olive oil
1T apple cider vinegar
1-2T honey, optional

Toss together the above with 1.5# bag coleslaw mix (or shredded cabbage). Season to taste w/ salt. [*] (4)

KEY - [*]: store in container, label & refrigerate for use later in week



Prep Dish AIP - WEEK 1: Dish Day

Day 1

Roasted Sea Bass w/ Mango Salsa & Cauliflower Rice & Cucumber (1)

1. Preheat oven to 425.
2. Place sea bass on a baking sheet and bake for ~20min or until fish is flaking and cooked through. Season w/ salt.
3. Heat 1T coconut oil in large sauté pan. Add half the yellow onion & sauté ~10 min until translucent. Add half the cauliflower rice.
4. Cover and cook ~ 5 min stirring frequently until cauliflower is crisp on the outside and tender on the inside. Season w/ salt.
5. Serve w/ mango salsa & cucumber.

Day 2

Turkey Burgers w/ Roasted Carrots & Parsnips (2)

1. Pre-heat oven to 425 F. Place carrots & parsnips in oven and roast for 45-55 minutes, tossing half-way through.
2. Cook burgers on a grill (outdoor or indoor) for ~4-5min/ side. Or bake in 425 F oven ~20-25min.
3. Slice 1 avocado. Serve burgers in lettuce wraps topped with avocado slices.

Day 3

Lemon-Dill Chicken Legs w/ Cauliflower Rice & Sautéed Spinach

1. Pre-heat oven to 375 F.
2. Remove chicken from marinade and bake for 30-45 min or cooked to 165 F.
3. Heat 1T coconut oil in large sauté pan. Add half the yellow onion & sauté ~10 min until translucent. Add half the cauliflower rice.
4. Cover and cook ~ 5 min stirring frequently until cauliflower is crisp on the outside and tender on the inside. Season w/ salt
5. Heat 1-2 tsp oil in large saute pan, add ~10-16oz spinach and cook 3-4 min or just cooked. Season w/ salt.

Day 4

Slow Cooker Turmeric Pork w/ Slaw (4)

1. Place seasoned pork roast + 2c broth in a crockpot on low for 8-12 hr or high for 4-6 hr.
 2. Remove bone from roast and serve with slaw on side
- **Note: reserve leftover pork for breakfast

Salad

Mango & Avocado Salad (5)

1. Let salad dressing come to room temp (~30min) and shake well. Drizzle 1-2T per serving of salad.
2. Cut 1 avocado and add to salad.

Breakfast

Turmeric Pork & Fried Plantains (6)

- 1) Heat 1T coconut or olive oil in large sauté pan and heat over medium.
- 2) Place plantain quarters into pan & cook 2-3 min/ side, or golden brown on each side. (may need to cover to help cook through).
- 3) While plantains cook, add leftover pork in same pan (or another pan if not space) and cook for 8-10 min or heated through.

Snack

Carrot Sticks (7)

Dessert

Banana "Nice" Cream (8)

- 1) Remove bananas from freezer and allow to de-frost for ~30 minutes.
- 2) Place ~½ of bananas in a blender or food processor and blend on low until pureed and creamy.
- 3) Repeat for remaining ½ of bananas to make all 4 servings.