



# Prep Dish AIP - WEEK 2: Grocery List



Paleo & Gluten Free  
Meal Plans

Serves 4

1. Meal 1: Lemon Basil Chicken Breast w/ Bacon Roasted Brussels Sprouts
2. Meal 2: Ginger Roasted Pork Chops w/ Stir Fried Carrots, Broccoli & Asparagus
3. Meal 3: Slow-Baked Brisket w/ Creamy Cauliflower & Leek Soup
4. Meal 4: Leftover Brisket w/ Mashed Sweet Potato
5. Salad: Mixed Greens, Grapes, Cucumber & Avocado
6. Breakfast: Banana, Berry & Avocado Smoothie
7. Snack: Olives
8. Dessert: Strawberries



## Herbs

1 x basil (1)  
1 bulb garlic (2,3)  
~2" ginger knob (2)



## Fruits

~1c seedless grapes (5)  
2 bananas (6)  
1 lemon (1)  
1# strawberries (8)



## Frozen

10oz bag mixed berries (6)



## Pantry

1c kalamata olives (7)  
¼c coconut aminos (2)\*  
4c chicken broth (3)\*  
(OR sub veggie broth)



## Veggies

1# Brussels sprouts (1)  
1 x broccoli (2)  
4 x carrots (2)  
1 bunch asparagus (2)  
10oz bag baby spinach (6)  
5oz tub mixed greens (5)  
2 avocado (5,6)  
2 leeks (3)  
1 head cauliflower (3)  
1 yellow onion (3)  
4 sweet potatoes (4)  
1 x cucumber (5)



## Meats

4 chicken breasts (1)  
boneless, skinless, 4-6oz each  
4 thin-cut pork chops (2)  
~3.5# beef brisket (3,4)  
4 strips bacon (1)\*



## Oils & Vinegars

~1c olive oil  
¼c balsamic vinegar (5)



## Spices

½tsp turmeric (3)  
2T Italian seasoning (3)\*  
(OR 1T ea dried basil and oregano)  
1T garlic powder (3)  
2tsp salt (3)

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



## Prep Dish AIP - Week 2: Prep Day



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### Slow Baked Brisket (3,4)

Pre-heat oven to 325 F.

Mix together brisket seasonings:

1/2tsp turmeric + 2T Italian seasoning (OR 1T ea dried basil & oregano) + 1T garlic powder + 2tsp salt

Spread evenly over brisket.

Place in a pan and cover with foil, bake at 325 F for 3-5 hours. Allow to cool. [\*] (3,4)



**Sweet Potato:** Place 4 sweet potatoes in lg pot, fill with water, bring to a boil. Lower to a simmer for ~1hr.

Once a knife easily inserts sweet potatoes, drain & move to fridge to cool.

Once cooled, peel potatoes & mash w/ fork until smooth (or puree in food processor). Season w/ salt. [\*](4)



**Brussels & Bacon:** Trim & cut Brussels in 1/2. Chop 4 strips bacon into 1/4" cub. Toss together with 1T oil & salt. [\*] (1)

Note: Extra bacon? Bake in single layer at 325 for ~35 min and crumble on top of soup (D3).

**Grapes:** cut 1c grapes in half if preferred (option to leave whole). Set aside. (5)

**Banana:** cut 2 bananas into 1" pieces and place in a baggy or container in a single layer. Freeze for smoothies. [\*] (6)

**Garlic & Ginger:** Finely chop 3 cloves garlic. Peel & grate 2T fresh ginger, set aside for stirfry sauce & marinade. (2)

**Stir Fry:** Slice carrots into long, thin strips. Chop 1 head broccoli & 1 bunch asparagus into bite-sized pieces. [\*] (2)

**Soup:** Roughly chop 2 leeks & place in a bowl of water, allowing any dirt to settle to the bottom of the bowl.

Remove from water & set aside (3).

**Soup:** roughly chop 1 head cauliflower, 1 yellow onion. Set aside. (3)

**Cucumber:** Cut into 1/4" pieces for salad (peeling is optional). Set aside. (5)



### Soup (2)

In a large soup pot, heat 1tsp olive oil over med-high heat. Add chopped veggies (2 leeks + 1 cauliflower + 1 onion + 2 garlic).

Season w/ salt and sauté for 5-6 minutes.

Add 4c chicken broth and simmer for 30 min, adding more broth as needed to just cover veggies.

Remove from heat and allow to cool.

Place cooked & cooled ingredients in a blender or food processor (may need to do in 2 batches). Puree until smooth. Season w/ additional salt as needed. [\*] (2)



### **Lemon Basil Marinade/ Dressing (1)**

Place in a blender:

½ cup olive oil

1 large handful basil leaves

zest 1 lemon + juice 1 lemon (~2T)

¼tsp salt (or to taste)

Blend on high until basil is finely chopped. Store ¼c dressing for serving on cooked chicken. [\*] (1)

Marinate chicken breasts in remaining lemon-basil sauce (~¼c). [\*] (1)



### **Side Salad (5):**

In a container layer the following (option to store in the salad tub):

½ tub mixed greens

½c grapes

¼c diced cucumbers (use any extra cucumber for snacking)

Repeat layers. [\*] (5)



### **Stir Fry Sauce (2)**

¼c coconut aminos

1T fresh grated ginger (save half for pork marinade)

2 cloves chopped garlic. [\*] (2)

### **Pork Marinade (2)**

Whisk together:

¼c olive oil

1T fresh grated ginger

1tsp salt

Marinate pork chops. [\*] (2)

### **Balsamic Vinaigrette (5)**

Whisk together:

½ cup oil

¼c balsamic vinegar

[\*] (5)

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



# Prep Dish AIP - Week 2: Dish Day



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## Day 1

### Lemon Basil Chicken Breast w/ Bacon Roasted Brussels Sprouts (1)

1. Pre-heat oven to 375 F. Place lemon-basil dressing on countertop, allowing to come to room temp.
2. Roast Brussels sprouts & uncooked bacon for 45-55 minutes, or desired doneness. Remove and toss halfway through cooking.
3. Remove chicken from marinade and cook for ~35-40 minutes or cooked through to 165 F. Serve w/ lemon-basil dressing.

## Day 2

### Ginger Roasted Pork Chops w/ Stir Fried Carrots, Broccoli & Asparagus (2)

1. Pre-heat oven to 375 F. Remove pork chops from marinade and bake for 20-30 minutes or 145 F.
2. Heat 2 tsp coconut oil (or olive) in lg sauté pan or wok over medium-high heat.
3. Add carrots, broccoli & asparagus and cook 5-7 min. Add stir-fry sauce, toss to coat & cook 2 more minutes.

## Day 3

### Slow-Baked Brisket w/ Creamy Cauliflower & Leek Soup (3)

1. Re-heat soup on stovetop, on low, until bubbly/ heated through, stirring occasionally.
2. Heat a large sauté pan over med-high heat. Thinly slice brisket "against the grain" and heat 2-3 min/ side.  
OR re-heat, covered, in oven, for 30-40 minutes or heated through.
3. Save leftover brisket for Meal 4.

## Day 4

### Leftover Brisket w/ Mashed Sweet Potato (4)

1. Place 1-2T water in a pot and add sweet potatoes. Heat on stovetop over medium for 10-15 min or heated through.
2. Heat a large sauté pan, med-high heat. Add thinly sliced brisket and cook 2-3 min/ side.

## Salad

### Mixed Greens, Grapes, Cucumber & Avocado (5)

1. Let vinaigrette come to room temp, shake well. Toss into salad (or add 1T/ serving).
2. Dice 1 avocado and add to salad.

## Breakfast

### Banana, Berry & Avocado Smoothie (6)

1. Place in blender: 1.5c water + 1 frozen banana + ½ bag frozen spinach (~1-2c) + ½ bag frozen mixed berries (~1.5c) + ½ an avocado. Blend on high until smooth adding water if needed.
2. This yields ~2 servings. Repeat above for an additional 2 servings.

## Snack

### Olives (7)

1 serving = ¼c kalamata olives

## Dessert

### Strawberries (8)