



Prep Dish AIP - WEEK 3: Grocery List

Serves 4

1. Meal 1: Asian Glazed Salmon w/ Grilled Bok Choy & Peaches
2. Meal 2: Spinach Salad w/ Balsamic Chicken, Raspberries, Cucumber, & Avocado
3. Meal 3: Bison Burgers w/ Avocado Slices & Sweet Potato Wedges
4. Meal 4: Beef Kebobs w/ Zucchini & Yellow Squash
5. Salad: Massaged Kale Salad w/ Blueberries
6. Breakfast: Sweets & Beets AIP Breakfast Hash
7. Snack: Fennel Slices
8. Dessert: Mango & Blueberry Popsicles



Herbs

1 head garlic (1,3,6)
~3" knob ginger (1,6)



Fruits

2c fresh blueberries (5,8)
1c fresh raspberries (2)
1 lemon (5)
1 orange (5)
4 peaches (1)



Freezer

10oz bag frozen mango (8)



Pantry

½c coconut aminos (1)



Veggies

2 just soft lg avocados (3,5)
1 bunch curly kale (5)
1 lg bok choy (1)
(OR sub asparagus)
1 head bib lettuce (3)
1 cucumber (2)
2 zucchini (4)
2 yellow squash (4)
5oz baby spinach (2)
1 small fennel bulb (7)
4 large sweet potatoes (3,6)
2-4 large beets (6)
1 yellow onion (6)



Meats

4 chicken breasts (2)
boneless, skinless,
5-7oz each
1# grassfed beef sirloin (4)
1# ground bison (3)
1# ground lamb (6)



Fish

4x salmon fillets, 4-6oz ea (1)



Spices

1T dried oregano (4)
½T turmeric (4)
2T dried basil (2,4)
1tsp coarse sea salt (5)



Oils & Vinegars

~1½c olive oil
1¼c balsamic vinegar (2)
¼c red wine vinegar (4)

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



Prep Dish AIP - WEEK 3: Prep Day

Pre-heat oven to 400 F. (2)

Mango: Place 10oz frozen mango chunks at room temperature to defrost, 30-45 minutes. (8)



Balsamic Chicken Marinade (2)

Whisk together in a large bowl or container:

1c balsamic vinegar

1T olive oil

1T dried basil

1T salt

Add 4 chicken breasts and allow to marinate in the refrigerator for at least 30 min up to 4 hours. (2)



Garlic: Finely chop 2 cloves garlic, set aside for the bison wraps. (3)

Spinach Salad: Chop cucumber in 1/2" pieces, for ~1c. (Option: slice extra cuke for a snack). Set aside. (2)

Kabobs: Cut 2 zucchini & 2 yellow squash into ~1" bite-sized pieces. (4) [*] Cut 1# beef sirloin into 1-2" cubes, set aside. (4)

Kale Salad: Remove leaves from stems off 1 bunch kale, discarding stems. Roughly chop kale leaves into bite-sized pieces, set aside.

Dice 1 avocado. Zest 1 lemon & 1 orange (about 1tsp of each). Set avocado & zest aside for kale salad & save citrus for juicing. (5)

Grill: Cut 1 lg bok choy in half, lengthwise. Cut 4 peaches in half, remove seeds. Drizzle all lightly w/ olive oil, salt. (1)

Bibb Lettuce: Separate leaves for wraps. Store wrapped in a damp paper towel. [*] (3)

Sweet Potatoes: Peel & cut 2 sweet potatoes into thin wedges. Toss w/ 1-2T olive oil + salt to taste. [*] (3)

Hash: Peel & chop 2 sweet potatoes + 2-4 large beets + 1 yellow onion + 1tsp each ground ginger, garlic & salt. [*] (6)

Fennel: Remove white bulb from green stalks & fronds. Discard greens. Thinly slice white bulb. Store for snacking. [*] (7)



Balsamic Chicken (2)

Remove chicken from marinade and place in a lightly oiled baking pan. Roast at 400 F for 30 minutes or until cooked to 165 F.

Allow to cool. [*] (2)



Popsicles (8): Blend 10oz thawed mango chunks, pour into popsicle molds, filling 3/4 full. Gently add 6-8 blueberries to each popsicle pushing into popsicle (using ~1c of blueberries, reserving ~1c for the kale salad). Place stick in popsicle, freeze. (8)

Salmon Marinade (1)

Place in a blender:

1/2c coconut aminos

1" cube ginger, peeled

2 cloves garlic, peeled

Blend to combine. [*] (1)



Burgers (3)

Form 1# ground bison into 4 patties. Season lightly w/ salt. [*] (3)



Balsamic Dressing: Whisk together: ½c olive oil + ¼c balsamic vinegar. [*] (2)

Citrus Vinaigrette: Whisk together: ¼c olive oil + juice of 1 orange + juice of 1 lemon. Set aside. (5)



Kale Salad (5)

In a mixing bowl, combine 1 bunch chopped kale leaves with 1-2T olive oil & 1tsp coarse sea salt. Using your hands massage the oil and 1tsp salt into the kale leaves for 2-3 minutes. The leaves should decrease in size by at least half.

Toss 1 diced avocado with the citrus vinaigrette.

Toss together all salad ingredients: kale + citrus zest + avocado + citrus vinaigrette + 1c blueberries. [*] (5)

Kabob Marinade (4)

Whisk together: ¼c olive oil + ¼c red wine vinegar. [*] (4)

Spice Mix (4)

Combine:

1T oregano

½T turmeric

1T dried basil (4)

Kabobs (4)

Rub spice mix into beef cubes to taste. [*] (4)

Spinach Salad w/ Chicken (2)

Layer in container as follows:

½ of 5oz baby spinach

½c raspberries

½ chopped cucumber

Repeat layers. [*] (2)

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



Prep Dish AIP - WEEK 3: Dish Day

Day 1 ****Note: 30-60 min marinating time****

Asian Glazed Salmon w/ Grilled Bok Choy & Peaches (1)

1. Shake marinade to mix. Set aside 2T marinade for bok choy. Place salmon in marinade & marinate in refrigerator ~30-60 min.
2. Pre-heat grill to medium-high.
3. Remove salmon from marinade & grill ~12 minutes or just cooked & flaking.
4. Grill bok choy ~6-8min, flipping 2-3x. Grill peaches 4-5min, flipping at least 1x.
5. Drizzle 2T reserved marinade over bok choy.

Day 2

Spinach Salad w/ Balsamic Chicken, Raspberries, Cucumber & Avocado (2)

1. Set balsamic dressing at room temperature for 15-30 minutes. Shake well.
2. Divide salad among 4 bowls. Slice balsamic roasted chicken & 1 avocado. Divide amongst each salad. Top w/ dressing as desired.

Day 3

Bison Burgers w/ Avocado Slices & Sweet Potato Wedges (3)

1. Pre-heat oven to 375 F. Roast sweet potatoes for 35-45 minutes, removing and tossing halfway through cooking.
2. Grill burgers 3-4 minutes/ side or desired doneness (or in a sauté pan over medium-high heat).
3. Top burgers w/ avocado slices and serve in Bibb lettuce wraps.

Day 4 ****Note: 1 hour - 24 hours marinating time****

Beef Kebobs w/ Zucchini & Yellow Squash (4)

1. Marinate seasoned beef in kabob marinade for at least 1 hour, up to 24 hours.
 2. Pre-heat grill. Skewer beef, zucchini & yellow squash.
 3. Grill kebobs for ~10-12 minutes, or until beef is just cooked through/ desired doneness, flipping halfway through cooking.
- Note: Skewers may also be cooked on an indoor grill (like a George Foreman), but reduce time by ~3-4 minutes.

Salad

Massaged Kale Salad w/ Blueberries (5)

Breakfast

Sweets & Beets AIP Breakfast Hash (6)

- 1) In a very large sauté pan add 1# ground lamb, cook on medium-high heat for ~5min, breaking apart lamb.
- 2) Add chopped beets, sweet potato, onion & seasonings. Cover pan and turn heat to medium. Allow veggies to cook ~20-25 min, stirring occasionally, until beets and sweet potatoes are cooked through.
- 3) Add salt to taste if needed. Option: cook in 2 batches if pan is not large enough.

Snack

Fennel Slices (7)

Dessert

Mango & Blueberry Popsicles (8)