



Prep Dish AIP - WEEK 4: Grocery List



Paleo & Gluten Free
Meal Plans

Serves 4

1. Meal 1: Beef Stir Fry w/ Broccoli & Cauliflower Rice
2. Meal 2: Lemon Parsley Sea Bass w/ Japanese Sweet Potato Wedges
3. Meal 3: Lemon Parsley Pork Chops w/ Cabbage & Apples
4. Meal 4: Roasted Drumsticks w/ Sweet Potato & Pear Soup
5. Salad: Mixed Greens w/ Shredded Radish & Carrots
6. Breakfast: Homemade Sausage Patty w/ Tarragon Roasted Butternut Squash
7. Snack: Cauliflower
8. Dessert: Baked Apples w/ Dried Fruit



Herbs

1 bulb garlic (1,2,4,6)
~3" ginger knob (1,4)
1 bunch fresh parsley (3,4)



Fruits

6 granny smith apples (3,8)
1 pear (4)
2 lemons (3,4)



Fish

4 Chilean sea bass fillets (2)
(OR sub salmon)



Pantry

¼c coconut aminos (1)*
1tsp vanilla extract (8)*



Veggies

2 avocados (2)
1 head purple cabbage (3)
1 bunch broccoli (1)
2 heads cauliflower (1,7)
2 lg Japanese sweet potato (2)
2-3 lg sweet potatoes (4)
1 yellow onion (4)
2 carrots (5)
1 large butternut squash (6)
(pre-chopped if available)
1 bunch radish (5)
5oz tub mixed greens (5)



Meats

1# grassfed beef stir-fry meat
(cut into thin, bite-sized
pieces) (1)
4 thin-cut, bone-in pork
chops (3)
8 chicken drumsticks (4)
(skin-on)
1# ground pork (6)



Dried Fruit

½c dried figs (8)
½c golden raisins (8)
1c medjool dates (8)



Oils & Vinegars

1¼c olive oil
~½c coconut oil (1,8)
¼c balsamic vinegar (5)
1tsp apple cider vinegar,
optional (3)



Spices

1tsp ginger powder (6)
1tsp garlic powder (6)
1tsp dried thyme (6)
2tsp dried sage (6)
1T dried tarragon (6)
~2tsp cinnamon (8)



Prep Dish AIP - WEEK 4: Prep Day



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Pre-heat oven to 350 F.



Apples: Peel & roughly chop 2 granny smith (green) apples (3). Cut remaining 4 apples in 1/2 & scoop out core (8). Set all aside. (3,8)

Cabbage: Finely chop 1 head cabbage (option to use a food processor attachment). Set aside. (3)

Soup: Peel & roughly chop 2-3 sweet potatoes, 1 yellow onion, 1 clove garlic & 1 pear. Grate ginger to equal ~2tsp. Set all aside. (4)



Soup (4):

In large soup pot, heat 1tsp olive oil & sauté 1 roughly chopped yellow onion for 3-4 minutes or until a slight change in color. Add 2-3 peeled & chopped sweet potatoes, 1 clove garlic & 3c broth. Cover, turn heat to medium, cook 30 min, set aside to cool for 10 min. before pureeing. (4)



Sautéed Cabbage & Apples (3):

Heat 1tsp butter (option: ghee or coconut oil) over med heat & place chopped apple and cabbage in pan.

Season w/ salt. Option to add a splash of apple cider vinegar (~1tsp) or more to taste.

Cover and cook over medium heat for ~30-40 min, stirring occasionally. Remove lid during final 5-10 min of cooking. [*] (3)



Sweet potatoes: Cut 2 Japanese potatoes into thin wedges. Toss w/ 1-2T olive oil+ salt. [*] (2)

Broccoli: Chop into small bite-sized pieces. [*] (1)

Cauliflower: Remove core, leaves, & any dark spots. Coarsely chop 1 cauli head, make sure it is completely dry and set aside. (1)

Chop 2nd cauli head into bite-sized pieces. Store for snacking. [*] (7)

Butternut Squash: Peel and cut squash into 1/2" cubes. Toss w/ 1-2T olive oil + 1T tarragon + salt. [*] (6)

Garlic: Finely chop 3 garlic cloves for stir fry. Set aside. (1)

Ginger: Grate ~2T ginger, set aside. (1)



Baked Apples (8)

Blend the following until roughly chopped:

1/2c coconut oil

1tsp vanilla

1/2c dates, pits removed (5 large)

1/4c dried figs, top stems removed

1/4c golden raisins

1tsp cinnamon

Place 1T (heaping) of filling in each apple half; sprinkle w/ additional cinnamon. [*] (8)



Cauliflower Rice (1)

Place chopped cauliflower in food processor. (May have to do in multiple batches.) Pulse until it is small rice-like texture. Be careful not to go too far or it will be mushy. [*] (1)

Soup (4)

Place the following in a blender:

- cooked sweet potato, onion & garlic
- 1 peeled/chopped pear
- 2 tsp fresh ginger, peeled & roughly chopped (optional)
- 1/4 tsp salt

Blend until smooth, adding water/ broth as needed for desired consistency. Season to taste as needed. [*] (4)

Lemon Parsley Marinade (2,3)

Place the following in a blender:

- juice of 2 lemons
- 1/2c olive oil
- large handful fresh parsley
- 1tsp salt

Blend until parsley is chopped. You will use 1/2 of marinade for Sea Bass (2) and 1/2 for Pork Chops (3) [*] (2,3)



Sausage (6)

Whisk together:

- 1tsp ginger powder
- 1tsp garlic powder
- 1tsp dried thyme
- 2tsp dried sage
- 1/2 tsp sea salt

Add 1# ground pork and mix to combine (easiest done with hands). Form into ~8 patties. [*] (6)

Salad (5)

Grate 2 carrots & 1 bunch radishes (use lg cheese crater or thinly slice/ chop). Toss w/ 5oz tub mixed greens. [*] (5)



Balsamic Vinaigrette: Whisk together 1/2 cup oil + 1/4c balsamic [*] (5)

Stir Fry Sauce (1)

Whisk together:

- 1/4 c coconut aminos
- 2T fresh grated ginger
- 2 cloves chopped garlic

Whisk together and pour over sliced beef. [*] (1)

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



Prep Dish AIP - WEEK 4: Dish Day



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Day 1

Beef Stir Fry w/ Broccoli & Cauliflower Rice (1)

1. Heat 1T coconut oil (or olive) in large sauté pan, add the cauliflower rice.
2. Cover and cook ~ 5 min stirring frequently until cauliflower is crisp on the outside and tender on the inside. Season w/ salt.
3. Heat 1tsp coconut oil in large sauté pan over med-high heat.
4. Cook broccoli 10 min. Scoot veggies to side, add beef to pan (including marinade) & cook 3-5 min, or pink is just disappearing.

Day 2

Lemon Parsley Sea Bass w/ Sweet Potato Wedges (2)

1. Pre-heat oven to 425 F. Marinate fish in ½ of lemon-parsley marinade while oven pre-heats (or up to 1 hour).
2. Roast sweet potatoes on baking sheet for 30-45 minutes, removing & tossing halfway through cooking.
2. Remove fish from marinade & bake ~18-20 minutes or cooked through (135 F).

Day 3

Lemon Parsley Pork Chops w/ Cabbage & Apples (3) *marinate in fridge 1 hour up to 24 hours*

1. Pre-heat oven to 425 F. Remove pork chops from marinade.
2. Bake pork chops in single layer on a baking sheet for 30-40 minutes or until 150 F internal temp.
3. Re-heat cabbage & apples in a large sauté pan, covered, over medium heat, stirring occasionally, until heated through.

Day 4

Roasted Drumsticks w/ Sweet Potato & Pear Soup (4)

1. Pre-heat oven to 425 F.
2. Pat drumsticks dry w/ a paper towel. Season w/ salt; place in single layer on baking sheet.
3. Bake drumsticks for 35-40 min or cooked to 165 F.
4. Heat soup on stovetop over medium, stirring occasionally, until heated through.

Salad

Mixed Greens w/ Shredded Radish & Carrots (5)

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

Breakfast

Homemade Sausage Patty w/ Tarragon Roasted Butternut Squash (6)

1. Pre-heat oven to 425 F. Place squash in single layer on baking sheet and roast for 25-35 minutes.
2. Heat large sauté pan over med-high heat and cook sausages ~3-4min/ side or cooked through.

Snack

Cauliflower (7)

Dessert

Baked Apples w/ Dried Fruit (8)

1. Bake, covered, in pre-heated 375 F oven for 30-35 minutes. Remove cover in final 5-10min of cooking.