

SWEET POTATO & SPINACH HASH

with Turmeric

Per serving: Calories: 210 | Protein: 4g | Carbs: 28g | Fats: 9g | Fiber: 5g | Sodium: 130mg

 **Prep Time:** 10 Min  **Cook Time:** 15 Mins  **Chilling Time:** Nil  **Servings:** 2

Thyroid Support | Anti-Inflammatory | Easy One-Pan

Ingredients

- 1 medium sweet potato, peeled and diced
- 1 tbsp extra virgin olive oil
- 1/4 red onion, finely chopped
- 1 cup fresh baby spinach
- 1/2 tsp ground turmeric
- 1/4 tsp smoked paprika
- Sea salt and black pepper, to taste
- Optional: 2 pasture-raised eggs, fried or poached (if tolerated)

Instructions

1. Heat olive oil in a large skillet over medium heat.
2. Add diced sweet potato and red onion; cook for 10–12 minutes, stirring occasionally until tender.
3. Add turmeric, paprika, salt, and pepper. Stir well to coat.
4. Add baby spinach and cook 1–2 minutes until wilted.
5. Top with eggs if using. Serve warm.

4g
Protein



4g
Protein

COCONUT YOGURT PARFAIT WITH

Berries & Seeds

Per serving: Calories: 190 | Protein: 4g | Carbs: 16g | Fats: 12g | Fiber: 6g | Sodium: 35mg

 **Prep Time:** 10 Min  **Cook Time:** 15 Mins  **Chilling Time:** Upto 30 mins Optional(texture)  **Servings:** 1

No-Cook | Gut-Supportive | Antioxidant-Rich

Ingredients

- 3/4 cup unsweetened coconut yogurt
- 1/4 cup mixed fresh berries (blueberries, raspberries, strawberries)
- 1 tbsp chia seeds
- 1 tbsp hemp seeds
- 1 tsp maple syrup (optional)
- 1 tbsp gluten-free granola (optional for crunch)

Instructions

1. Spoon coconut yogurt into a small bowl or glass.
2. Top with berries, chia seeds, and hemp seeds.
3. Drizzle with maple syrup and sprinkle granola if using.
4. Enjoy immediately or chill for 30 minutes.

QUINOA APPLE

Cinnamon Porridge

Per serving: Calories: 220 | Protein: 6g | Carbs: 28g |
Fats: 9g | Fiber: 5g | Sodium: 60mg

 **Prep Time:** 5 Min  **Cook Time:** 15 Mins  **Chilling Time:** Nil  **Servings:** 2

Warming | Fiber-Rich | Hormone-Friendly

Ingredients

- 1/2 cup cooked quinoa
- 1/2 apple, diced (skin on)
- 1 cup unsweetened almond or coconut milk
- 1 tsp ground cinnamon
- 1 tbsp ground flaxseed
- 1 tbsp chopped walnuts (optional)
- 1 tsp raw honey (optional)

Instructions

1. Combine quinoa, almond milk, and apples in a saucepan over medium heat.
2. Bring to a gentle simmer and cook for 10 minutes, stirring occasionally.
3. Stir in cinnamon, flaxseed, and optional honey.
4. Serve warm, topped with walnuts.

6g
Protein



ZUCCHINI & HERB EGG MUFFINS

(Dairy-Free)

Per serving: Calories: 140 | Protein: 10g | Carbs: 2g |
Fats: 10g | Fiber: 0.5g | Sodium: 120mg

 **Prep Time:** 10 Min  **Cook Time:** 20 Mins  **Chilling Time:** Upto 30 mins
Optional(texture)  **Servings:** 3 (6 mini muffins)

Make-Ahead Friendly | High-Protein | Low-Carb

Ingredients

- 4 pasture-raised eggs
- 1/2 cup grated zucchini (squeeze out excess moisture)
- 1 tbsp chopped fresh parsley or dill
- 1/4 tsp turmeric
- 1/4 tsp garlic powder
- Sea salt and pepper, to taste
- 1 tsp olive oil or avocado oil

Instructions

1. Preheat oven to 350°F (175°C).
2. Grease a muffin tin with olive oil.
3. In a bowl, whisk eggs and mix in zucchini, herbs, and spices.
4. Pour mixture evenly into 6 muffin cups.
5. Bake for 18-20 minutes until set. Let cool before removing.

CHEF'S NOTE: These keep well in the fridge for up to 4 days. Perfect for grab-and-go breakfasts.

AIP TIP: Use unsweetened coconut yogurt. Avoid dairy yogurt for AIP compliance.



CHIA & FLAXSEED

Overnight Pudding

Per serving: Calories: 210 | Protein: 6g | Carbs: 14g | Fats: 13g | Fiber: 8g | Sodium: 40mg

 **Prep Time:** 5 Min  **Cook Time:** Nil  **Chilling Time:** Minimum 4 hours or overnight  **Servings:** 1

Anti-Inflammatory | No-Cook | Blood Sugar Stabilizer

Ingredients

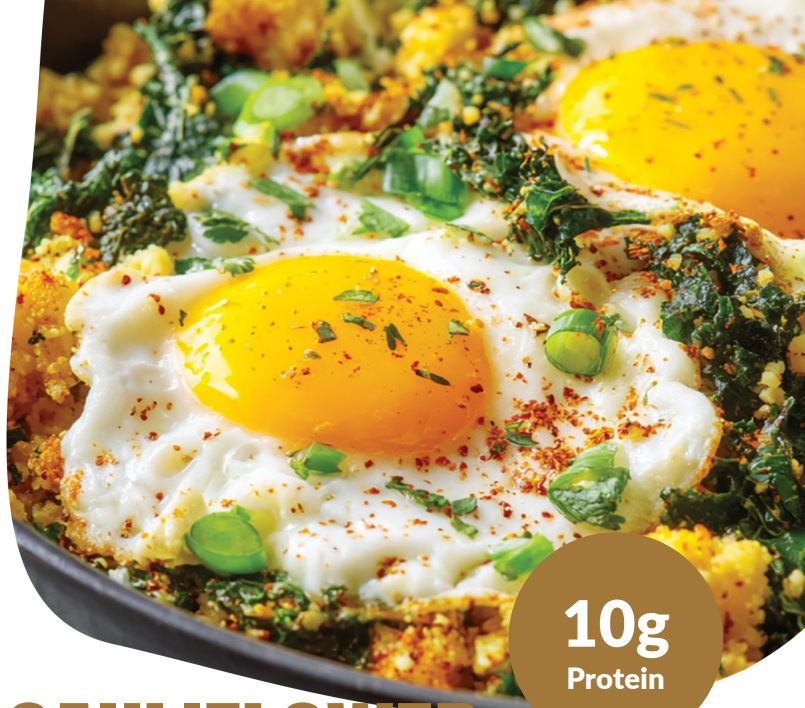
- 1 cup unsweetened almond milk
- 1 tbsp chia seeds
- 1 tbsp ground flaxseed
- 1/2 tsp cinnamon
- 1/2 tsp vanilla extract
- 1 tsp maple syrup or honey (optional)
- Topping: 1 tbsp crushed walnuts + 1 tbsp blueberries

Instructions

1. In a jar or bowl, combine almond milk, chia seeds, flaxseed, cinnamon, and vanilla.
2. Stir well and let sit for 10 minutes. Stir again to avoid clumping.
3. Cover and refrigerate overnight (or at least 4 hours).
4. Top with walnuts and berries before serving.



6g
Protein



10g
Protein

CAULIFLOWER BREAKFAST

Skillet with Greens

Per serving: Calories: 200 | Protein: 10g | Carbs: 9g | Fats: 13g | Fiber: 4g | Sodium: 140mg

 **Prep Time:** 10 Min  **Cook Time:** 15 Mins  **Chilling Time:** Nil  **Servings:** 2

Low-Carb | Detox-Supportive | Grain-Free

Ingredients

- 1½ cups cauliflower rice (fresh or frozen)
- 1 tbsp extra virgin olive oil
- 1 cup chopped kale or baby spinach
- 2 pasture-raised eggs
- 1 tbsp chopped green onion
- 1/4 tsp turmeric
- 1/4 tsp sea salt
- Black pepper, to taste

Instructions

1. Heat olive oil in a skillet over medium heat.
2. Add cauliflower rice and sauté for 5–6 minutes until lightly golden.
3. Add kale/spinach, green onion, turmeric, salt, and pepper. Cook for another 3–4 minutes.
4. Push veggies to one side of the skillet. Crack in the eggs and cook to desired doneness.
5. Serve immediately with a drizzle of olive oil or sprinkle of herbs.

GLUTEN-FREE BANANA

Tigernut Muffins

Per serving: Calories: 150 | Protein: 3g | Carbs: 22g |
Fats: 6g | Fiber: 3g | Sodium: 80mg

 **Prep Time:** 10 Min  **Cook Time:** 20 Mins  **Chilling Time:** Nil  **Servings:** 6 muffins

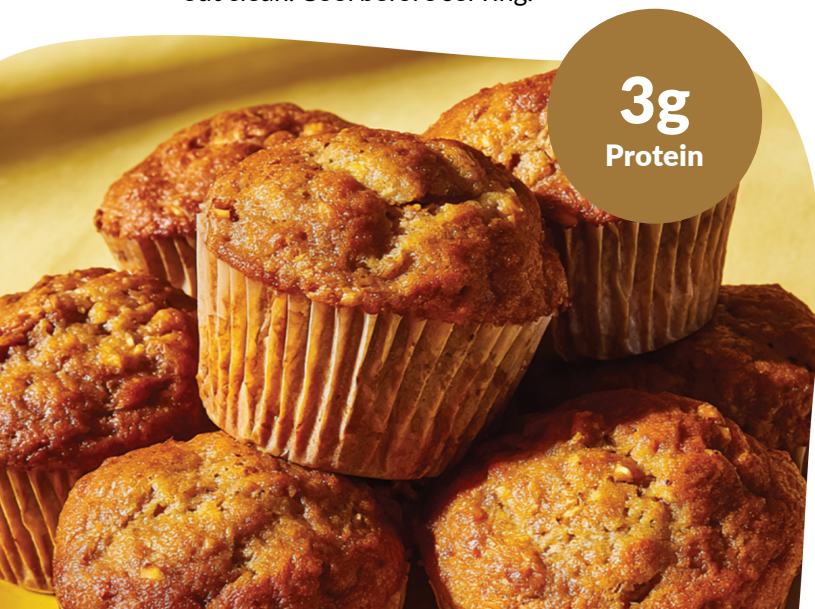
Nut-Free | Fiber-Rich | Naturally Sweetened

Ingredients

- 2 ripe bananas, mashed
- 2 eggs
- 1/2 cup tigernut flour
- 1/4 cup arrowroot starch
- 1/2 tsp baking soda
- 1/2 tsp cinnamon
- 1 tsp apple cider vinegar
- Pinch of sea salt

Instructions

1. Preheat oven to 350°F (175°C). Line a muffin tray with parchment liners.
2. In a bowl, combine mashed banana and eggs. Mix well.
3. Stir in dry ingredients and mix until smooth. Add vinegar last.
4. Divide batter into 6 muffin cups.
5. Bake for 18–20 minutes or until a toothpick comes out clean. Cool before serving.



SMOKED SALMON

& Avocado Plate

Per serving: Calories: 250 | Protein: 13g | Carbs: 7g |
Fats: 19g | Fiber: 5g | Sodium: 430mg

 **Prep Time:** 5 Min  **Cook Time:** Nil  **Chilling Time:** Nil  **Servings:** 1

Protein-Packed | No-Cook | Healthy Fats

Ingredients

- 2 oz wild smoked salmon
- 1/2 avocado, sliced
- 5 cucumber rounds
- 1 tsp olive oil
- Fresh dill or chives
- Lemon wedge
- Sea salt and pepper, to taste

Instructions

1. Arrange smoked salmon and avocado on a small plate.
2. Add cucumber slices on the side.
3. Drizzle with olive oil and a squeeze of lemon.
4. Sprinkle with dill or chives, salt, and pepper. Serve immediately.

WARM APPLE & WALNUT

Breakfast Bowl

Per serving: Calories: 180 | Protein: 2g | Carbs: 22g | Fats: 10g | Fiber: 5g | Sodium: 20mg

 **Prep Time** 5 Min  **Cook Time:** 8 Mins  **Chilling Time:** Nil  **Servings:** 1

Comforting | Anti-Inflammatory | Sweet without Sugar

Ingredients

- 1 apple, diced (skin on)
- 1/2 tsp coconut oil
- 1/2 tsp cinnamon
- 1 tbsp chopped walnuts
- 1 tsp ground flaxseed
- 2 tbsp coconut milk (for drizzling)

Instructions

1. Heat coconut oil in a skillet over medium-low heat.
2. Add apples and cinnamon. Sauté for 5–6 minutes until soft.
3. Stir in walnuts and flaxseed. Warm through for 1–2 minutes.
4. Serve in a bowl with a drizzle of coconut milk.

2g
Protein



2g
Protein

BUTTERNUT SQUASH & SAGE

Breakfast Patties

Per serving: Calories: 210 | Protein: 2g | Carbs: 25g | Fats: 11g | Fiber: 4g | Sodium: 80mg

 **Prep Time** 10 Min  **Cook Time:** 15 Mins  **Chilling Time:** Optional (for firmer shape)  **Servings:** 2 (makes 4 patties)

Meal-Prep Friendly | Grain-Free | Egg-Free

Ingredients

- 1 cup cooked mashed butternut squash
- 1/4 cup cassava flour
- 1/2 tsp dried sage
- 1/4 tsp garlic powder
- 1 tbsp olive oil (for frying)
- Pinch of sea salt

Instructions

1. In a bowl, combine mashed squash, cassava flour, sage, garlic powder, and salt.
2. Form mixture into 4 small patties. Chill for 10 minutes if time allows.
3. Heat olive oil in a skillet over medium heat.
4. Cook patties for 3–4 minutes per side until golden. Serve warm.

MEDITERRANEAN CHICKPEA

Breakfast Bowl

Per serving: Calories: 260 | Protein: 9g | Carbs: 26g |
Fats: 13g | Fiber: 7g | Sodium: 150mg

 **Prep Time:** 10 Min  **Cook Time:** 10 Mins  **Chilling Time:** Nil  **Servings:** 2

Savory | Plant-Based Protein | Blood Sugar Friendly

Ingredients

- 1 cup canned chickpeas, rinsed and drained
- 1 cup baby spinach
- 1/2 red bell pepper, diced
- 1 tbsp olive oil
- 1/4 tsp cumin
- 1/4 tsp smoked paprika
- Sea salt and black pepper, to taste
- 1 tbsp tahini (optional)

Instructions

1. Heat olive oil in a skillet over medium heat.
2. Add bell pepper and sauté for 3–4 minutes until softened.
3. Add chickpeas, spinach, and spices. Stir and cook until spinach is wilted and chickpeas are warm.
4. Divide into bowls and drizzle with tahini if using.

AIP TIP: Replace chickpeas with roasted zucchini or steamed carrots.

9g
Protein



6g
Protein

CINNAMON-SPICED AMARANTH

Porridge

Per serving: Calories: 230 | Protein: 6g | Carbs: 34g |
Fats: 8g | Fiber: 4g | Sodium: 60mg

 **Prep Time:** 5 Min  **Cook Time:** 20 Mins  **Chilling Time:** Nil  **Servings:** 2

Ancient Grain | Warming | Gluten-Free

Ingredients

- 1/2 cup amaranth
- 1 1/4 cups water or almond milk
- 1/2 tsp cinnamon
- 1/4 tsp vanilla extract
- Pinch of sea salt
- 1 tbsp chopped pecans
- 1 tsp maple syrup (optional)

Instructions

1. Rinse amaranth in a fine sieve under cool water.
2. In a saucepan, combine amaranth and water. Bring to a boil.
3. Reduce to low, cover, and simmer for 20 minutes or until tender.
4. Stir in cinnamon, vanilla, and salt.
5. Serve topped with pecans and maple syrup, if desired.

CASSAVA PANCAKES

with Blueberry Compote

Per serving: Calories: 280 | Protein: 8g | Carbs: 28g |
Fats: 14g | Fiber: 3g | Sodium: 90mg

 **Prep Time:** 10 Min  **Cook Time:** 15 Mins  **Chilling Time:** Nil  **Servings:** 2

Grain-Free | Naturally Sweetened | Kid-Friendly

Ingredients

For the pancakes:

- 1/2 cup cassava flour
- 2 eggs
- 1/4 cup almond milk
- 1/2 tsp baking soda
- 1/2 tsp apple cider vinegar
- 1/2 tsp vanilla extract
- Coconut oil for cooking

For the compote:

- 1/2 cup frozen blueberries
- 1 tsp maple syrup
- 1/2 tsp lemon juice

Instructions

1. In a small saucepan, heat blueberries, lemon juice, and maple syrup over low heat. Simmer until soft and syrupy.
2. In a bowl, whisk pancake ingredients together until smooth.
3. Heat coconut oil in a skillet over medium heat.
4. Pour batter into small pancakes and cook 2–3 minutes per side.
5. Serve topped with blueberry compote.



8g
Protein



4g
Protein

GOLDEN OATMEAL

with Turmeric & Coconut

Per serving: Calories: 200 | Protein: 4g | Carbs: 22g |
Fats: 10g | Fiber: 4g | Sodium: 35mg

 **Prep Time:** 5 Min  **Cook Time:** 10 Mins  **Chilling Time:** Nil  **Servings:** 1

Anti-Inflammatory | Comforting | Dairy-Free

Ingredients

- 1/3 cup gluten-free rolled oats
- 2/3 cup coconut milk (or almond milk)
- 1/2 tsp turmeric
- 1/4 tsp cinnamon
- 1 tsp ground flaxseed
- 1 tsp maple syrup (optional)
- 1 tbsp shredded coconut

Instructions

1. In a small saucepan, combine oats, milk, turmeric, cinnamon, and flaxseed.
2. Bring to a boil, then reduce heat and simmer for 8–10 minutes.
3. Stir in maple syrup if using.
4. Serve topped with shredded coconut.

GREEN ENERGY SMOOTHIE

with Collagen & Pear

Per serving: Calories: 210 | Protein: 10g | Carbs: 15g | Fats: 13g | Fiber: 6g | Sodium: 100mg

 **Prep Time:** 5 Min  **Cook Time:** Nil  **Chilling Time:** Nil  **Servings:** 1

Thyroid-Supportive | Anti-Inflammatory | Gut-Healing

Ingredients

- 1 cup unsweetened almond milk
- 1/2 ripe pear, cored
- 1 handful baby spinach
- 1 tbsp ground flaxseed
- 1 scoop unflavored collagen peptides (optional)
- 1/4 avocado
- 1/2 tsp cinnamon
- 2–3 ice cubes

Instructions

1. Add all ingredients to a high-speed blender.
2. Blend on high for 30–60 seconds until smooth and creamy.
3. Pour into a glass and serve immediately.



BEET & CARROT

Detox Juice

Per serving: Calories: 90 | Protein: 1g | Carbs: 20g | Fats: 0g | Fiber: 3g | Sodium: 45mg

 **Prep Time:** 10 Min  **Cook Time:** Nil  **Chilling Time:** Optional (serve over ice)  **Servings:** 1

Liver-Supportive | Naturally Sweet | No Added Sugar

Ingredients

- 1 medium raw beet, peeled and chopped
- 1 medium carrot, chopped
- 1/2 green apple
- Juice of 1/2 lemon
- 1/2-inch fresh ginger root
- 1/2 cup cold water

Instructions

1. Add all ingredients to a high-speed blender and blend until smooth.
2. Strain through a fine mesh sieve or cheesecloth if desired.
3. Serve chilled or over ice.

CREAMY BLUEBERRY- AVOCADO

Smoothie Bowl

Per serving: Calories: 250 | Protein: 5g | Carbs: 22g |
Fats: 17g | Fiber: 7g | Sodium: 30mg

 **Prep Time:** 5 Min  **Cook Time:** Nil  **Chilling Time:** Optional  **Servings:** 1

Anti-Oxidant Rich | Blood Sugar Stabilizer | Dairy-Free

Ingredients

- 1/2 cup frozen blueberries
- 1/4 avocado
- 1/2 banana (or 1/4 cup steamed cauliflower for low sugar)
- 1/2 cup coconut milk
- 1 tbsp chia seeds
- 1 tsp vanilla extract

Toppings:

- 1 tbsp shredded coconut
- 1 tsp pumpkin seeds
- A few extra blueberries

Instructions

1. Blend all ingredients until thick and creamy.
2. Pour into a bowl and top with coconut, pumpkin seeds, and berries.
3. Enjoy with a spoon.

5g
Protein



1g
Protein

PINEAPPLE GINGER

Anti-Bloat Smoothie

Per serving: Calories: 70 | Protein: 1g | Carbs: 17g |
Fats: 0g | Fiber: 2g | Sodium: 40mg

 **Prep Time:** 5 Min  **Cook Time:** Nil  **Chilling Time:** Nil  **Servings:** 1

Digestive Support | Refreshing | Low-Fiber

Ingredients

- 1/2 cup frozen pineapple
- 1/2 cup cucumber (peeled if desired)
- 1/2-inch piece fresh ginger
- 1/2 cup coconut water
- Juice of 1/2 lime

Instructions

1. Blend all ingredients until smooth and frothy.
2. Serve cold, optionally with ice.

WARM CINNAMON

Chia Breakfast Bowl

Per serving: Calories: 230 | Protein: 6g | Carbs: 10g | Fats: 17g | Fiber: 8g | Sodium: 55mg

 **Prep Time** 5 Min  **Cook Time:** 3 Mins  **Chilling Time:** Nil  **Servings:** 1

Hormone-Friendly | Gluten-Free | No Fruit

Ingredients

- 2 tbsp chia seeds
- 1 cup almond milk
- 1 tbsp almond butter
- 1/2 tsp cinnamon
- 1/2 tsp vanilla extract
- Pinch of sea salt

Toppings:

- 1 tbsp hemp seeds
- 1 tsp coconut flakes
- Dash of cinnamon

Instructions

1. In a saucepan, combine almond milk, chia seeds, almond butter, cinnamon, and salt.
2. Warm gently over low heat, stirring for 2-3 minutes until slightly thickened.
3. Serve in a bowl with toppings.

6g
Protein



MANGO-TURMERIC

Gut Healing Smoothie

Per serving: Calories: 180 | Protein: 8g | Carbs: 20g | Fats: 8g | Fiber: 3g | Sodium: 30mg

 **Prep Time** 5 Min  **Cook Time:** Nil  **Chilling Time:** Nil  **Servings:** 1

Anti-Inflammatory | High in Antioxidants | Creamy Texture

Ingredients

- 3/4 cup frozen mango chunks
- 1/2 cup coconut milk
- 1 tbsp collagen peptides (optional)
- 1/2 tsp ground turmeric
- 1/4 tsp cinnamon
- 1/2 tsp grated fresh ginger
- 2-3 ice cubes

Instructions

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Serve immediately.

CUCUMBER-MINT

Green Juice

Per serving: Calories: 60 | Protein: 1g | Carbs: 14g | Fats: 0g | Fiber: 2g | Sodium: 35mg

 **Prep Time:** 10 Min  **Cook Time:** Nil  **Chilling Time:** Optional  **Servings:** 1

Refreshing | Hydrating | Low-Sugar

Ingredients

- 1/2 cucumber, chopped
- 1/2 celery stalk
- 1 small green apple
- Juice of 1/2 lemon
- A few fresh mint leaves
- 1/2 cup cold water

Instructions

1. Add all ingredients to a blender.
2. Blend on high and strain if desired.
3. Serve chilled or over ice.



CHOCOLATE BANANA PROTEIN SMOOTHIE

(Dairy-Free)

Per serving: Calories: 280 | Protein: 18g | Carbs: 22g | Fats: 13g | Fiber: 5g | Sodium: 150mg

 **Prep Time:** 5 Min  **Cook Time:** Nil  **Chilling Time:** Nil  **Servings:** 1

Satisfying | High-Protein | Post-Workout Friendly

Ingredients

- 1 frozen banana
- 1 cup almond milk
- 1 tbsp unsweetened cocoa powder
- 1 tbsp almond butter
- 1 scoop plant-based vanilla or chocolate protein powder
- 1/2 tsp cinnamon
- 2-3 ice cubes

Instructions

1. Combine all ingredients in a blender.
2. Blend until thick and creamy.
3. Pour into a glass and enjoy immediately.

AIP Tip: Ensure the protein powder is legume-free or substitute with collagen peptides for AIP compliance.

CREAMY CARROT

Coconut Smoothie Bowl

Per serving: Calories: 230 | Protein: 6g | Carbs: 20g |
Fats: 15g | Fiber: 4g | Sodium: 40mg

 Prep Time: 10 Min  Cook Time: 10 Mins  Chilling Time: Optional  Servings: 1

Anti-Inflammatory | Beta-Carotene Rich | Unique Flavor

Ingredients

- 1/2 cup cooked and cooled carrots
- 1/2 frozen banana
- 1/2 cup coconut milk
- 1 tbsp hemp seeds
- 1/2 tsp cinnamon
- 1/2 tsp vanilla extract

Toppings:

- 1 tbsp pumpkin seeds
- 1 tsp unsweetened coconut flakes
- Sliced almonds (optional)

Instructions

1. Blend cooked carrots, banana, coconut milk, cinnamon, vanilla, and hemp seeds until creamy.
2. Pour into a bowl and top with seeds and coconut.

6g
Protein



5g
Protein

SPIRULINA GREEN

Power Bowl

Per serving: Calories: 240 | Protein: 5g | Carbs: 22g |
Fats: 15g | Fiber: 6g | Sodium: 55mg

 Prep Time: 5 Min  Cook Time: Nil  Chilling Time: Nil  Servings: 1

Detox-Supportive | High in Minerals | Alkalizing

Ingredients

- 1 frozen banana
- 1/2 avocado
- 1 cup spinach
- 1/2 cup coconut water
- 1/2 tsp spirulina powder
- Juice of 1/2 lime

Toppings:

- Kiwi slices
- Chia seeds
- Hemp seeds

Instructions

1. Blend banana, avocado, spinach, coconut water, spirulina, and lime until smooth.
2. Pour into a bowl and top with your favorite toppings.

CREAMY ZUCCHINI

& Basil Soup

Per serving: Calories: 190 | Protein: 3g | Carbs: 14g | Fats: 14g | Fiber: 5g | Sodium: 310mg

 **Prep Time** 10 Min  **Cook Time:** 15 Mins  **Chilling Time:** Nil  **Servings:** 2

Digestive-Friendly | Anti-Inflammatory | Dairy-Free

Ingredients

- 1 tbsp olive oil
- 1/2 yellow onion, chopped
- 2 medium zucchini, sliced
- 1 clove garlic, minced
- 2 cups vegetable broth (low-sodium)
- 1/2 avocado
- 1/4 cup fresh basil leaves
- Sea salt and black pepper, to taste

Instructions

1. Heat olive oil in a saucepan over medium heat.
2. Sauté onion and garlic for 2–3 minutes.
3. Add zucchini and broth. Bring to a boil, then simmer for 10 minutes.
4. Transfer to a blender. Add avocado and basil. Blend until creamy.
5. Season to taste and serve warm.

3g
Protein







18g
Protein

LEMON-DILL

Salmon Salad

Per serving: Calories: 260 | Protein: 18g | Carbs: 5g | Fats: 19g | Fiber: 4g | Sodium: 220mg

 **Prep Time** 10 Min  **Cook Time:** None (uses canned or pre-cooked salmon)  **Chilling Time:** Nil  **Servings:** 1

Protein-Rich | Omega-3 Boost | No Lettuce Required

Ingredients

- 3 oz wild-caught canned salmon (in water or olive oil)
- 1/2 avocado, diced
- 1/4 cup chopped cucumber
- 1 tbsp fresh dill, chopped
- Juice of 1/2 lemon
- 1 tsp olive oil
- Sea salt and pepper, to taste

Instructions

1. In a bowl, combine salmon, avocado, cucumber, and dill.
2. Drizzle with lemon juice and olive oil.
3. Toss gently, season to taste, and serve.

CARROT GINGER SOUP

with Coconut Milk

Per serving: Calories: 210 | Protein: 2g | Carbs: 20g | Fats: 14g | Fiber: 4g | Sodium: 180mg

 **Prep Time:** 10 Min  **Cook Time:** 20 Mins  **Chilling Time:** Nil  **Servings:** 2

Soothing | Warming | Immune-Supportive

Ingredients

- 1 tbsp coconut oil
- 1/2 onion, chopped
- 1/2 inch fresh ginger, minced
- 3 large carrots, chopped
- 2 cups vegetable broth
- 1/2 cup full-fat coconut milk
- Sea salt, to taste

Instructions

1. Heat coconut oil in a pot. Add onion and ginger; sauté for 3 minutes.
2. Add carrots and broth. Bring to a boil, then simmer for 15 minutes.
3. Blend soup until smooth. Stir in coconut milk.
4. Warm through, season with salt, and serve.

2g
Protein



3g
Protein

ARUGULA & ROASTED BEET SALAD

with Pumpkin Seeds

Per serving: Calories: 150 | Protein: 3g | Carbs: 10g | Fats: 12g | Fiber: 3g | Sodium: 60mg

 **Prep Time:** 10 Min  **Cook Time:** 40 Mins (for beets)  **Chilling Time:** Optional  **Servings:** 2

Anti-Oxidant Rich | Liver-Supportive | Gluten-Free

Ingredients

- 1 cup arugula
- 1/2 cup roasted beets, cubed
- 1 tbsp pumpkin seeds
- 1 tbsp olive oil
- 1 tsp apple cider vinegar
- Sea salt and pepper, to taste

Instructions

1. Toss arugula with roasted beets and pumpkin seeds.
2. Drizzle with olive oil and vinegar.
3. Season with salt and pepper. Serve chilled or room temperature.

CREAMY BROCCOLI

& Leek Soup

Per serving: Calories: 190 | Protein: 4g | Carbs: 16g |
Fats: 13g | Fiber: 4g | Sodium: 200mg

 **Prep Time** 10 Min  **Cook Time:** 20 Mins  **Chilling Time:** Nil  **Servings:** 2

Thyroid-Supportive | Sulfur-Rich | Dairy-Free

Ingredients

- 1 tbsp olive oil
- 1 cup chopped leek (white and light green parts)
- 2 cups broccoli florets
- 2 cups vegetable broth
- 1/4 cup full-fat coconut milk
- Sea salt and black pepper, to taste

Instructions

1. Sauté leeks in olive oil over medium heat until soft.
2. Add broccoli and broth. Bring to a boil, then simmer for 15 minutes.
3. Blend until smooth, stir in coconut milk, and season.
4. Serve hot.

4g
Protein



2g
Protein

CRUNCHY CABBAGE & APPLE SLAW

with Sunflower Seeds

Per serving: Calories: 140 | Protein: 2g | Carbs: 13g |
Fats: 9g | Fiber: 3g | Sodium: 45mg

 **Prep Time** 10 Min  **Cook Time:** Nil  **Chilling Time:** Optional  **Servings:** 2

Raw | Detox-Friendly | Sweet & Tangy

Ingredients

- 1 cup shredded red cabbage
- 1/2 green apple, thinly sliced
- 1/4 cup grated carrot
- 1 tbsp sunflower seeds
- 1 tbsp olive oil
- 1 tsp apple cider vinegar
- 1/2 tsp honey (optional)
- Sea salt, to taste

Instructions

1. Combine cabbage, apple, carrot, and sunflower seeds in a bowl.
2. In a small jar, shake olive oil, vinegar, and honey.
3. Toss salad with dressing and season to taste.

LENTIL

& Spinach Stew

Per serving: Calories: 260 | Protein: 12g | Carbs: 30g | Fats: 9g | Fiber: 10g | Sodium: 220mg

 **Prep Time** 10 Min  **Cook Time:** 30 Mins  **Chilling Time:** Nil  **Servings:** 2

High in Iron | Protein-Rich | Hearty

Ingredients

- 1 tbsp olive oil
- 1/2 onion, chopped
- 1 clove garlic, minced
- 1/2 cup dry green or brown lentils
- 2 cups vegetable broth
- 1 cup fresh spinach
- 1/2 tsp cumin
- 1/4 tsp turmeric
- Sea salt and pepper, to taste

Instructions

1. Sauté onion and garlic in olive oil.
2. Add lentils, broth, and spices. Bring to boil, then simmer for 25–30 minutes.
3. Stir in spinach and cook 2–3 minutes until wilted.
4. Season and serve warm.

AIP TIP: Replace lentils with cauliflower or diced squash.

12g
Protein



4g
Protein

FRESH HERB & AVOCADO SALAD

with Lemon-Tahini Dressing

Per serving: Calories: 210 | Protein: 4g | Carbs: 9g | Fats: 18g | Fiber: 6g | Sodium: 80mg

 **Prep Time** 10 Min  **Cook Time:** Nil  **Chilling Time:** Nil  **Servings:** 1

No-Cook | Gut-Supportive | Antioxidant-Rich

Ingredients

- 1 cup mixed greens (arugula, romaine, spinach)
- 1/2 avocado, sliced
- 1 tbsp chopped parsley
- 1 tbsp chopped mint
- 1 tsp pumpkin seeds

Dressing:

- 1 tbsp tahini
- 1 tbsp lemon juice
- 1 tsp water (to thin)
- Sea salt to taste

Instructions

1. In a small bowl, whisk dressing ingredients until smooth.
2. Toss salad greens with herbs and avocado.
3. Drizzle with tahini dressing and top with seeds.

LEMON-DILL

Baked Salmon

Per serving: Calories: 280 | Protein: 25g | Carbs: 0g |
Fats: 19g | Fiber: 0g | Sodium: 130mg

 **Prep Time** 5 Min  **Cook Time:** 15 Mins  **Chilling Time:** Nil  **Servings:** 2

Omega-3 Rich | Simple Prep | Thyroid-Friendly

Ingredients

- 2 salmon fillets (4 oz each, wild-caught)
- 1 tbsp olive oil
- Juice of 1/2 lemon
- 1 tbsp chopped fresh dill
- 1/2 tsp garlic powder
- Sea salt and black pepper, to taste

Instructions

1. Preheat oven to 375°F (190°C). Line a baking dish with parchment.
2. Place salmon fillets skin-down. Drizzle with olive oil and lemon juice.
3. Sprinkle with dill, garlic powder, salt, and pepper.
4. Bake for 15 minutes or until salmon flakes easily.

25g
Protein



24g
Protein

COD WITH OLIVES, Tomatoes & Capers

Per serving: Calories: 230 | Protein: 24g | Carbs: 5g |
Fats: 12g | Fiber: 1g | Sodium: 280mg

 **Prep Time** 10 Min  **Cook Time:** 15 Mins  **Chilling Time:** Nil  **Servings:** 1

Mediterranean-Inspired | Light & Savory | Low-Carb

Ingredients

- 2 cod fillets (4 oz each)
- 1 tbsp olive oil
- 1/2 cup cherry tomatoes, halved
- 1 tbsp capers, drained
- 2 tbsp black olives, sliced
- 1 clove garlic, minced
- 1 tbsp chopped parsley
- Sea salt and pepper, to taste

Instructions

1. Heat olive oil in a skillet over medium heat.
2. Add garlic, cherry tomatoes, capers, and olives; sauté 3–4 minutes.
3. Push sauce to the side, place cod in pan, season with salt and pepper.
4. Cover and cook for 7–10 minutes until cod flakes.
5. Top with parsley and serve.

BAKED MACKEREL

with Garlic & Lemon

Per serving: Calories: 320 | Protein: 27g | Carbs: 1g |
Fats: 22g | Fiber: 0g | Sodium: 160mg

 **Prep Time:** 10 Min  **Cook Time:** 20 Mins  **Chilling Time:** Nil  **Servings:** 2

Brain-Boosting | Rich in Omega-3s | Thyroid-Supportive

Ingredients

- 2 small whole mackerels (cleaned) or 4 fillets
- 1 tbsp olive oil
- 2 cloves garlic, sliced
- 1/2 lemon, sliced into rounds
- Sea salt and black pepper, to taste
- Optional: sprig of fresh rosemary

Instructions

1. Preheat oven to 400°F (200°C).
2. Place mackerel in baking dish. Stuff cavity or top fillets with lemon, garlic, rosemary.
3. Drizzle with olive oil and season with salt and pepper.
4. Bake for 18–20 minutes until cooked through.



SALMON CAKES WITH DILL

& Lemon Zest

Per serving: Calories: 280 | Protein: 24g | Carbs: 5g |
Fats: 18g | Fiber: 1g | Sodium: 300mg

 **Prep Time:** 10 Min  **Cook Time:** 10 Mins  **Chilling Time:** Optional (15 min for firmer shape)  **Servings:** 1 (makes 4 small cakes)

Make-Ahead | Anti-Inflammatory | Grain-Free

Ingredients

- 1 can wild salmon (6 oz), drained and flaked
- 1 egg
- 2 tbsp cassava flour
- 1 tbsp fresh dill, chopped
- Zest of 1/2 lemon
- 1/4 tsp garlic powder
- Sea salt and pepper, to taste
- 1 tbsp avocado oil (for frying)

Instructions

1. In a bowl, mix all ingredients (except oil) until well combined.
2. Form into 4 patties and chill for 15 minutes if desired.
3. Heat avocado oil in a skillet over medium heat.
4. Fry patties for 3–4 minutes per side until golden and cooked through.

COCONUT-CURRY SHRIMP

with Spinach

Per serving: Calories: 290 | Protein: 23g | Carbs: 4g | Fats: 20g | Fiber: 1g | Sodium: 220mg

 **Prep Time:** 10 Min  **Cook Time:** 10 Mins  **Chilling Time:** Nil  **Servings:** 2

Thyroid-Friendly | Warming Spices | Quick Dinner

Ingredients

- 8 oz shrimp, peeled and deveined
- 1 tbsp coconut oil
- 1/2 tsp curry powder
- 1/4 tsp turmeric
- 1/2 cup full-fat coconut milk
- 1 cup baby spinach
- 1 clove garlic, minced
- Salt and pepper, to taste

Instructions

1. In a skillet, heat coconut oil over medium heat.
2. Add garlic, curry powder, and turmeric. Sauté 30 seconds.
3. Add shrimp and cook 2–3 minutes per side.
4. Stir in coconut milk and spinach. Simmer 2–3 minutes until spinach is wilted and shrimp are cooked through.



GRILLED TUNA STEAK

with Avocado Salsa

Per serving: Calories: 340 | Protein: 30g | Carbs: 4g | Fats: 23g | Fiber: 3g | Sodium: 170mg

 **Prep Time:** 10 Min  **Cook Time:** 8 Mins  **Chilling Time:** Nil  **Servings:** 2

No-Cook | Gut-Supportive | Antioxidant-Rich

Ingredients

- 2 tuna steaks (4 oz each)
- 1 tbsp olive oil
- Sea salt and black pepper

Avocado Salsa:

- 1/2 avocado, diced
- 1 tbsp red onion, finely chopped
- Juice of 1/2 lime
- 1 tbsp chopped cilantro
- Salt to taste

Instructions

1. Rub tuna steaks with olive oil, salt, and pepper.
2. Grill or pan-sear over high heat, about 3–4 minutes per side (for medium-rare).
3. In a bowl, mix avocado salsa ingredients.
4. Serve tuna topped with salsa.

BAKED HADDOCK

with Lemon & Herbs

Per serving: Calories: 220 | Protein: 24g | Carbs: 1g |
Fats: 13g | Fiber: 0g | Sodium: 140mg

 **Prep Time:** 10 Min  **Cook Time:** 15 Mins  **Chilling Time:** Nil  **Servings:** 2

Light & Clean | Easy-Prep | Low-Calorie

Ingredients

- 2 haddock fillets (4 oz each)
- Juice of 1 lemon
- 1 tbsp olive oil
- 1 tsp dried thyme or parsley
- 1 clove garlic, minced
- Salt and pepper, to taste

Instructions

1. Preheat oven to 375°F (190°C).
2. Place fish in a baking dish. Drizzle with lemon juice and olive oil.
3. Sprinkle with garlic and herbs.
4. Bake for 12–15 minutes or until fish is opaque and flaky.

24g
Protein



25g
Protein

WILD SALMON

& Veggie Foil Packets

Per serving: Calories: 310 | Protein: 25g | Carbs: 8g |
Fats: 20g | Fiber: 2g | Sodium: 160mg

 **Prep Time:** 10 Min  **Cook Time:** 20 Mins  **Chilling Time:** Nil  **Servings:** 2

One-Pan | Easy Clean-Up | Oven or Grill

Ingredients

- 2 wild salmon fillets (4 oz each)
- 1/2 zucchini, sliced
- 1/2 red bell pepper, sliced
- 1/2 small red onion, sliced
- 1 tbsp olive oil
- Juice of 1/2 lemon
- Salt and pepper, to taste

Instructions

1. Preheat oven to 375°F (190°C) or grill to medium heat.
2. Lay out two sheets of foil. Place one fillet on each, add sliced veggies.
3. Drizzle with olive oil and lemon juice. Season with salt and pepper.
4. Seal foil packets and bake or grill for 18–20 minutes.

LEMON-GARLIC

Roasted Chicken

Thighs

Per serving: Calories: 360 | Protein: 28g | Carbs: 1g |
Fats: 26g | Fiber: 0g | Sodium: 190mg

 **Prep Time:** 10 Min  **Cook Time:** 35 Mins  **Chilling Time:** Nil  **Servings:** 2

Iron-Rich | Easy Oven Meal | Juicy & Flavorful

Ingredients

- 4 bone-in, skin-on chicken thighs
- 1 tbsp olive oil
- Juice of 1 lemon
- 2 cloves garlic, minced
- 1/2 tsp dried rosemary or thyme
- Sea salt and black pepper, to taste

Instructions

1. Preheat oven to 400°F (200°C).
2. In a small bowl, mix olive oil, lemon juice, garlic, herbs, salt, and pepper.
3. Rub mixture under and over the skin of the chicken.
4. Place on a lined baking dish and roast for 35–40 minutes, until golden and juices run clear.

28g
Protein



26g
Protein

GROUND TURKEY

& Veggie Skillet

Per serving: Calories: 280 | Protein: 26g | Carbs: 5g |
Fats: 17g | Fiber: 2g | Sodium: 130mg

 **Prep Time:** 10 Min  **Cook Time:** 15 Mins  **Chilling Time:** Nil  **Servings:** 2

One-Pan Meal | Low-Carb | High-Protein

Ingredients

- 8 oz ground turkey (organic if possible)
- 1/2 zucchini, diced
- 1/2 red bell pepper, diced
- 1/4 onion, diced
- 1 clove garlic, minced
- 1 tbsp olive oil
- 1/4 tsp smoked paprika
- Salt and pepper, to taste

Instructions

1. Heat olive oil in a skillet over medium heat.
2. Add onion and garlic; sauté 2 minutes.
3. Add turkey and cook until browned.
4. Add chopped veggies, spices, and cook for 5–7 more minutes until tender.

AIP TIP: Replace with coconut aminos.

BAKED CHICKEN MEATBALLS WITH

Turmeric & Parsley

Per serving: Calories: 260 | Protein: 24g | Carbs: 1g | Fats: 17g | Fiber: 0g | Sodium: 180mg

 **Prep Time:** 15 Min  **Cook Time:** 20 Mins  **Chilling Time:** Optional  **Servings:** 2 (10-12 meatballs)

Anti-Inflammatory | Make-Ahead | Kid-Friendly

Ingredients

- 8 oz ground chicken
- 1 tbsp chopped parsley
- 1/4 tsp turmeric
- 1/4 tsp garlic powder
- 1/4 tsp sea salt
- 1 tbsp olive oil (for coating pan)

Instructions

1. Preheat oven to 375°F (190°C). Line a tray with parchment.
2. Combine all ingredients in a bowl and form small meatballs.
3. Place on the tray and bake for 18-20 minutes, turning once.



24g
Protein



29g
Protein

ROSEMARY GARLIC

Lamb Chops

Per serving: Calories: 390 | Protein: 29g | Carbs: 0g | Fats: 29g | Fiber: 0g | Sodium: 110mg

 **Prep Time:** 10 Min  **Cook Time:** 10 Mins  **Chilling Time:** Nil  **Servings:** 2

Iron-Rich | Nutrient-Dense | Paleo

Ingredients

- 4 small lamb chops (approx. 1 lb total)
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp chopped fresh rosemary
- Salt and black pepper, to taste

Instructions

1. Rub lamb with olive oil, garlic, rosemary, salt, and pepper.
2. Heat a skillet over medium-high heat.
3. Sear lamb chops for 3-4 minutes per side, until golden and medium-rare.
4. Let rest 5 minutes before serving.

CHICKEN & CAULIFLOWER

Rice Skillet

Per serving: Calories: 280 | Protein: 26g | Carbs: 4g | Fats: 17g | Fiber: 2g | Sodium: 140mg

 **Prep Time:** 10 Min  **Cook Time:** 15 Mins  **Chilling Time:** Nil  **Servings:** 2

Low-Carb | High-Protein | Quick Weeknight Meal

Ingredients

- 8 oz chicken breast, diced
- 1 tbsp avocado oil
- 1 1/2 cups cauliflower rice
- 1/4 cup chopped green onion
- 1/2 tsp garlic powder
- Sea salt and pepper, to taste

Instructions

1. Heat oil in a large skillet over medium heat.
2. Add chicken, season, and sauté until cooked through (8–10 min).
3. Add cauliflower rice and green onion; cook 3–5 minutes.
4. Adjust seasoning and serve hot.

26g
Protein



28g
Protein

APPLE CIDER GLAZED

Turkey Tenderloin

Per serving: Calories: 310 | Protein: 28g | Carbs: 2g | Fats: 20g | Fiber: 0g | Sodium: 160mg

 **Prep Time:** 10 Min  **Cook Time:** 25 Mins  **Chilling Time:** Upto 30 mins Optional(texture)  **Servings:** 2

Sweet & Savory | Hormone-Balancing | Oven-Baked

Ingredients

- 10 oz turkey tenderloin
- 1 tbsp apple cider vinegar
- 1 tsp Dijon mustard (gluten-free)
- 1 tbsp olive oil
- 1/2 tsp dried thyme
- Sea salt and black pepper

Instructions

1. Preheat oven to 375°F (190°C).
2. In a small bowl, whisk vinegar, mustard, olive oil, thyme, salt, and pepper.
3. Brush mixture onto turkey.
4. Place in a baking dish and roast for 25 minutes or until internal temp reaches 165°F.
5. Rest 5 minutes, then slice and serve.

ROASTED CARROT

Fries with Thyme

Per serving: Calories: 110 | Protein: 1g | Carbs: 13g | Fats: 6g | Fiber: 3g | Sodium: 85mg

 **Prep Time** 10 Min  **Cook Time:** 25 Mins  **Chilling Time:** Nil  **Servings:** 2

Sweet & Savory | Oven-Baked | Kid-Friendly

Ingredients

- 3 large carrots, peeled and cut into sticks
- 1 tbsp olive oil
- 1/2 tsp dried thyme
- Sea salt and pepper, to taste

Instructions

1. Preheat oven to 400°F (200°C).
2. Toss carrots with olive oil, thyme, salt, and pepper.
3. Spread on a baking sheet and roast for 25 minutes, turning once, until tender and golden.

1g
Protein



9g
Protein

CREAMY AVOCADO

Deviled Eggs

Per serving: Calories: 150 | Protein: 9g | Carbs: 2g | Fats: 12g | Fiber: 2g | Sodium: 130mg

 **Prep Time** 10 Min  **Cook Time:** 10 Mins  **Chilling Time:** Optional  **Servings:** 2 (4 egg halves)

High-Protein | Low-Carb | No Mayo

Ingredients

- 2 hard-boiled eggs
- 1/4 avocado
- 1/2 tsp Dijon mustard
- 1 tsp lemon juice
- Sea salt and pepper, to taste
- Optional: paprika or chopped chives for topping

Instructions

1. Peel eggs, slice in half, and remove yolks.
2. Mash yolks with avocado, mustard, lemon juice, salt, and pepper.
3. Spoon or pipe filling into whites.
4. Garnish if desired.

CUCUMBER & OLIVE

Tapenade Bites

Per serving: Calories: 90 | Protein: 1g | Carbs: 4g |
Fats: 8g | Fiber: 1g | Sodium: 240mg

 Prep Time: 5 Min  Cook Time: Nil  Chilling Time: Nil  Servings: 2

No-Cook | Mediterranean Flavors | Quick Snack

Ingredients

- 1/2 cucumber, sliced into rounds
- 2 tbsp olive tapenade (store-bought or homemade)
- Optional: fresh parsley or lemon zest for garnish

Instructions

1. Top each cucumber slice with 1/2 tsp of tapenade.
2. Garnish with parsley or lemon zest.
3. Serve immediately as a refreshing, savory snack.

1g
Protein



3g
Protein

ROASTED CAULIFLOWER

Bite with Garlic Edit

Per serving: Calories: 130 | Protein: 3g | Carbs: 9g |
Fats: 9g | Fiber: 4g | Sodium: 100mg

 Prep Time: 10 Min  Cook Time: 25 Mins  Chilling Time: Nil  Servings: 2

Anti-Inflammatory | Gut-Friendly | Oven-Baked

Ingredients

- 2 cups cauliflower florets
- 1 tbsp olive oil
- 1/2 tsp garlic powder
- Sea salt and pepper, to taste

Instructions

1. Preheat oven to 425°F (220°C).
2. Toss cauliflower with oil, garlic powder, salt, and pepper.
3. Spread on a baking sheet and roast for 25 minutes, stirring halfway.

TURKEY & ZUCCHINI

Mini Patties

Per serving: Calories: 240 | Protein: 23g | Carbs: 2g | Fats: 16g | Fiber: 1g | Sodium: 150mg

 **Prep Time:** 12 Min  **Cook Time:** 15 Mins  **Chilling Time:** Optional  **Servings:** 2 (6-8 mini patties)

Protein Snack | Make-Ahead | Portable

Ingredients

- 8 oz ground turkey
- 1/4 cup grated zucchini (squeezed of excess water)
- 1 clove garlic, minced
- 1/2 tsp dried oregano
- 1 tbsp olive oil
- Salt and pepper, to taste

Instructions

1. Combine all ingredients (except oil) in a bowl and form small patties.
2. Heat olive oil in a skillet over medium heat.
3. Cook patties for 4-5 minutes per side until golden and cooked through.

23g
Protein



2g
Protein

SWEET POTATO WEDGES

with Coconut Oil

Per serving: Calories: 170 | Protein: 2g | Carbs: 24g | Fats: 8g | Fiber: 3g | Sodium: 90mg

 **Prep Time:** 10 Min  **Cook Time:** 30 Mins  **Chilling Time:** Nil  **Servings:** 2

Anti-Inflammatory | Oven-Baked | Naturally Sweet

Ingredients

- 1 medium sweet potato, cut into wedges
- 1 tbsp coconut oil, melted
- 1/4 tsp cinnamon (optional)
- Sea salt, to taste

Instructions

1. Preheat oven to 400°F (200°C).
2. Toss sweet potato wedges with melted coconut oil, cinnamon, and salt.
3. Spread on a baking sheet and roast for 25-30 minutes, flipping once.



BAKED ZUCCHINI

Chips

Per serving: Calories: 90 | Protein: 2g | Carbs: 4g |
Fats: 7g | Fiber: 1g | Sodium: 80mg



Prep Time
10 Min



Cook Time:
60 Mins



Chilling Time:
Nil



Servings:
2

Low-Carb | Crispy | Gluten-Free

Ingredients

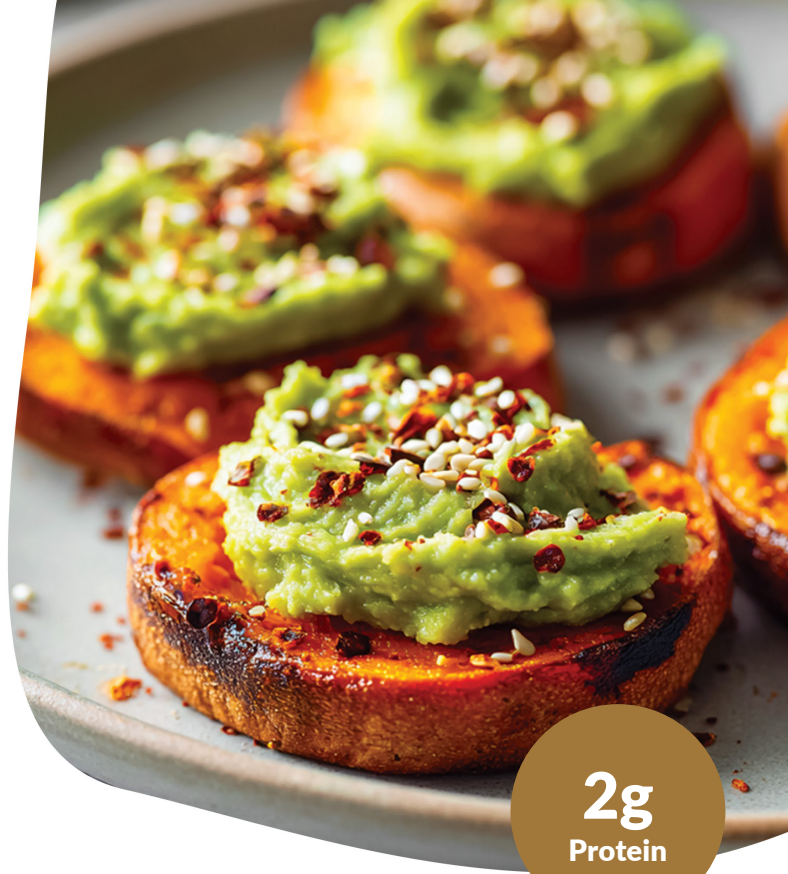
- 1 medium zucchini, thinly sliced
- 1 tbsp olive oil
- Sea salt, to taste

Instructions

1. Preheat oven to 225°F (110°C).
2. Toss zucchini slices with olive oil and salt.
3. Arrange on a baking sheet lined with parchment, without overlapping.
4. Bake for 45–60 minutes, flipping once, until crisp.



2g
Protein



2g
Protein

MASHED AVOCADO

on Sweet Potato Rounds

Per serving: Calories: 190 | Protein: 2g | Carbs: 20g |
Fats: 11g | Fiber: 5g | Sodium: 70mg



Prep Time
10 Min



Cook Time:
25 Mins



Chilling Time:
Nil



Servings:
2

Grain-Free Toast Alternative | Rich in Fiber | Satisfying

Ingredients

- 1 medium sweet potato, sliced into 1/4-inch rounds
- 1/2 avocado
- 1/2 tsp lemon juice
- Pinch of sea salt
- Optional: chili flakes or sesame seeds

Instructions

1. Preheat oven to 400°F (200°C).
2. Arrange sweet potato rounds on a baking sheet, lightly oil if desired.
3. Roast for 20–25 minutes until tender and edges are golden.
4. Mash avocado with lemon juice and salt.
5. Spread on sweet potato slices and garnish.

CABBAGE & APPLE

Slaw Cups

Per serving: Calories: 120 | Protein: 2g | Carbs: 10g |
Fats: 8g | Fiber: 3g | Sodium: 60mg



Prep Time
10 Mins



Cook Time:
None



Chilling Time:
Optional
(for flavour)



Servings:
2

Raw | Crunchy | Easy to Prep

Ingredients

- 1/2 cup shredded red cabbage
- 1/2 green apple, julienned
- 1 tbsp sunflower seeds
- 1 tsp apple cider vinegar
- 1 tsp olive oil
- Salt and pepper, to taste

Instructions

1. Mix all ingredients in a bowl and toss well.
2. Let sit 5 minutes to marinate.
3. Serve in lettuce leaves or on its own.

2g
Protein



9g
Protein

BONE BROTH

Protein Sips

Per serving: Calories: 45 | Protein: 9g | Carbs: 0g |
Fats: 1g | Fiber: 0g | Sodium: 180mg



Prep Time
2 Mins



Cook Time:
5 Mins



Chilling Time:
Nil



Servings:
1

Gut-Healing | Collagen-Rich | Warm Snack Option

Ingredients

- 1 cup organic chicken or beef bone broth
- Pinch of turmeric or ginger powder (optional)
- Sea salt, to taste

Instructions

1. Pour broth into a saucepan and gently warm over medium heat.
2. Add turmeric or ginger if using, and stir.
3. Pour into a mug and sip slowly.

FROZEN BANANA BITES WITH ALMOND BUTTER & DARK CHOCOLATE

Butter & Dark Chocolate

Per serving: Calories: 210 | Protein: 4g | Carbs: 20g | Fats: 14g | Fiber: 3g | Sodium: 15mg

 **Prep Time:** 10 Min  **Cook Time:** None  **Chilling Time:** 1 hour (freezing)  **Servings:** 2

Sweet Treat | Easy to Make | Gluten-Free

Ingredients

- 1 banana, sliced into rounds
- 2 tbsp almond butter
- 1 oz dark chocolate (min. 70%), melted

Instructions

1. Line a tray with parchment.
2. Spread almond butter between two banana slices to make “sandwiches.”
3. Dip or drizzle with melted dark chocolate.
4. Freeze for 1 hour until firm.

AIP Tip: Use unsweetened coconut yogurt only. Avoid dairy-based yogurts for AIP compliance.

4g
Protein



4g
Protein

COCONUT YOGURT PARFAIT WITH BERRIES & SEEDS

Per serving: Calories: 190 | Protein: 4g | Carbs: 13g | Fats: 13g | Fiber: 4g | Sodium: 30mg

 **Prep Time:** 5 Min  **Cook Time:** None  **Chilling Time:** Optional  **Servings:** 1

Dairy-Free | Probiotic-Rich | Breakfast or Dessert

Ingredients

- 1 cup unsweetened coconut yogurt
- 1/2 cup mixed berries (blueberries, raspberries, strawberries)
- 1 tbsp chia seeds
- 1 tbsp hemp seeds
- 1 tsp raw honey or maple syrup (optional)

Instructions

1. In two glasses or bowls, layer yogurt, berries, and seeds.
2. Drizzle with sweetener if using.
3. Enjoy immediately or chill for a firmer texture.

AIP TIP: Use unsweetened coconut yogurt. Avoid dairy yogurt for AIP compliance.



NO-BAKE PUMPKIN

Spice Bites

Per serving: Calories: 140 | Protein: 3g | Carbs: 9g |
Fats: 9g | Fiber: 3g | Sodium: 20mg



Prep Time
10 Min



Cook Time:
None



Chilling Time:
30 Mins



Servings:
2 (makes 6
bites)

Seasonal Favorite | Anti-Inflammatory Spices | Easy to Store

Ingredients

- 1/4 cup canned pumpkin (unsweetened)
- 2 tbsp almond flour
- 2 tbsp shredded coconut
- 1 tbsp ground flaxseed
- 1/2 tsp pumpkin spice
- 1 tsp maple syrup (optional)

Instructions

1. Mix all ingredients in a bowl until a sticky dough forms.
2. Roll into 6 balls and refrigerate for 30 minutes before serving.

3g
Protein



2g
Protein

BAKED PEARS WITH Cinnamon & Walnuts

Per serving: Calories: 170 | Protein: 2g | Carbs: 20g |
Fats: 9g | Fiber: 4g | Sodium: 0mg



Prep Time
10 Min



Cook Time:
25 Mins



Chilling Time:
Nil



Servings:
2

Warming | Naturally Sweet | Gut-Friendly

Ingredients

- 2 ripe pears, halved and cored
- 1 tbsp chopped walnuts
- 1/2 tsp cinnamon
- 1 tsp coconut oil or ghee
- Optional: drizzle of raw honey

Instructions

1. Preheat oven to 375°F (190°C).
2. Place pears cut side up in a baking dish.
3. Fill each with walnuts, cinnamon, and coconut oil.
4. Bake for 25 minutes or until tender.
5. Drizzle with honey if using and serve warm.

TAHINI & CACAO

Fudge Squares

Per serving: Calories: 180 | Protein: 3g | Carbs: 6g |
Fats: 16g | Fiber: 2g | Sodium: 40mg

 **Prep Time:** 10 Min  **Cook Time:** None  **Chilling Time:** 60 Min  **Servings:** 2(4squares)

No-Bake | Mineral-Rich | Healthy Fats

Ingredients

- 2 tbsp tahini
- 1 tbsp raw cacao powder
- 1 tbsp coconut oil, melted
- 1 tsp maple syrup
- Pinch of sea salt

Instructions

1. Mix all ingredients until smooth.
2. Pour into a small container lined with parchment.
3. Freeze for 1 hour, then cut into squares and store chilled.

3g
Protein

BANANA-COCONUT

Baked Oat Bites

Per serving: Calories: 160 | Protein: 3g | Carbs: 22g |
Fats: 6g | Fiber: 3g | Sodium: 10mg

 **Prep Time:** 10 Min  **Cook Time:** 20 Mins  **Chilling Time:** Nil  **Servings:** 2(4-6 bites)

Thyroid-Safe Grains | Easy to Pack | Naturally Sweet

Ingredients

- 1 ripe banana, mashed
- 1/2 cup gluten-free rolled oats
- 2 tbsp shredded coconut
- 1/4 tsp cinnamon
- 1 tsp coconut oil (for greasing pan)

Instructions

1. Preheat oven to 350°F (175°C).
2. Mix all ingredients in a bowl.
3. Scoop into small mounds on a greased or lined baking tray.
4. Bake for 20 minutes until lightly golden.



3g
Protein



FUNCTIONAL BREAKFASTS & BOWLS

WARM QUINOA BREAKFAST BOWL

with Apples & Walnuts

Per serving: Calories: 270 | Protein: 6g | Carbs: 32g |
Fats: 13g | Fiber: 5g | Sodium: 45mg

 **Prep Time:** 5 Min  **Cook Time:** 15 Mins  **Chilling Time:** Nil  **Servings:** 2

Gluten-Free Grain | High-Fiber | Blood Sugar Friendly

Ingredients

- 1/2 cup dry quinoa, rinsed
- 1 cup unsweetened almond or coconut milk
- 1 small apple, diced
- 1/4 tsp cinnamon
- 2 tbsp chopped walnuts
- 1 tsp maple syrup (optional)

Instructions

1. In a small pot, combine quinoa and milk. Bring to a boil.
2. Lower heat, cover, and simmer for 12–15 minutes until liquid is absorbed.
3. Stir in apples, cinnamon, and maple syrup.
4. Top with walnuts and serve warm.

6g
Protein



3g
Protein

BEET & BERRY

Detox Smoothie

Per serving: Calories: 180 | Protein: 3g | Carbs: 30g |
Fats: 5g | Fiber: 6g | Sodium: 60mg

 **Prep Time:** 5 Min  **Cook Time:** None  **Chilling Time:** Optional  **Servings:** 1

LIVER-SUPPORTING | ANTI-INFLAMMATORY |
RICH IN ANTIOXIDANTS

Ingredients

- 1/2 cup steamed and cooled beet
- 1/2 cup frozen mixed berries
- 1/2 banana
- 3/4 cup coconut water or almond milk
- 1 tbsp chia seeds

Instructions

1. Blend all ingredients until smooth.
2. Serve immediately or chill before drinking.

SAVORY SWEET

Potato & Kale Hash

Per serving: Calories: 210 | Protein: 3g | Carbs: 26g | Fats: 10g | Fiber: 5g | Sodium: 80mg

 **Prep Time** 10 Min  **Cook Time:** 15 Mins  **Chilling Time:** Nil  **Servings:** 2

Mineral-Rich | Balanced Breakfast | Egg-Free

Ingredients

- 1 medium sweet potato, diced
- 1 cup chopped kale
- 1/4 onion, diced
- 1 tbsp olive oil
- 1/4 tsp smoked paprika
- Sea salt and pepper

Instructions

1. Heat olive oil in a skillet over medium heat.
2. Add sweet potato and onion. Sauté for 8–10 minutes.
3. Add kale, paprika, and cook for 3–5 minutes more until soft.
4. Adjust seasoning and serve.

3g
Protein



4g
Protein

COCONUT MILLET

Porridge with Blueberries

Per serving: Calories: 240 | Protein: 4g | Carbs: 32g | Fats: 10g | Fiber: 3g | Sodium: 25mg

 **Prep Time** 5 Min  **Cook Time:** 15 Mins  **Chilling Time:** Nil  **Servings:** 2

Alternative Grain | Hormone-Friendly | Dairy-Free

Ingredients

- 1/2 cup dry millet, rinsed
- 1 1/4 cups unsweetened coconut milk
- 1/4 tsp vanilla extract
- 1/2 cup fresh or frozen blueberries
- 1 tsp maple syrup (optional)

Instructions

1. In a saucepan, combine millet and coconut milk.
2. Simmer covered for 15 minutes, stirring occasionally.
3. Stir in vanilla and berries in the last 2–3 minutes.
4. Serve warm with sweetener if using.



GUT-HEALING BONE

Broth Breakfast Bowl

Per serving: Calories: 200 | Protein: 12g | Carbs: 5g |
Fats: 14g | Fiber: 2g | Sodium: 180mg



Prep Time
5 Min



Cook Time:
10 Mins



Chilling Time:
Nil



Servings:
1

Protein-Packed | Warm & Nourishing | Collagen-Rich

Ingredients

- 1 cup chicken bone broth
- 1/2 cup cooked cauliflower rice
- 1/4 avocado, sliced
- 1 boiled egg (optional)
- 1 tsp olive oil
- Sea salt, turmeric, and black pepper

Instructions

1. Heat broth in a small pot with cooked cauliflower rice.
2. Pour into a bowl. Top with avocado, boiled egg, and olive oil.
3. Sprinkle with turmeric, black pepper, and sea salt.



PLANT-BASED MAINS

LENTIL & SWEET

Potato Stew

Per serving: Calories: 290 | Protein: 13g | Carbs: 42g | Fats: 4g | Fiber: 12g | Sodium: 220mg

 **Prep Time:** 10 Min  **Cook Time:** 25 Mins  **Chilling Time:** Nil  **Servings:** 2

Hearty | Iron-Rich | High-Fiber

Ingredients

- 1/2 cup dried green or brown lentils
- 1 small sweet potato, diced
- 1 carrot, chopped
- 1/4 onion, diced
- 1 garlic clove, minced
- 2 cups vegetable broth
- 1/2 tsp turmeric
- 1/4 tsp cumin
- Sea salt and pepper, to taste

Instructions

1. In a pot, sauté onion and garlic for 2 minutes.
2. Add sweet potato, carrot, lentils, and spices. Stir well.
3. Pour in broth. Bring to a boil, then simmer for 20–25 minutes.
4. Adjust seasoning and serve hot.

AIP Tip: Replace lentils with diced roasted zucchini or steamed cauliflower for an AIP-friendly alternative.

13g
Protein



4g
Protein

QUINOA-STUFFED

Bell Peppers

Per serving: Calories: 190 | Protein: 4g | Carbs: 16g | Fats: 12g | Fiber: 6g | Sodium: 35mg

 **Prep Time:** 15 Min  **Cook Time:** 25 Mins  **Chilling Time:** Nil  **Servings:** 2

Complete Protein | Meal Prep Friendly | Colorful & Filling

Ingredients

- 2 bell peppers, halved and seeded
- 1/2 cup cooked quinoa
- 1/4 cup chopped spinach
- 1 tbsp chopped olives (optional)
- 1 tbsp nutritional yeast
- 1 tbsp olive oil
- 1/4 tsp oregano
- Salt and pepper, to taste

Instructions

1. Preheat oven to 375°F (190°C).
2. Mix quinoa, spinach, olives, nutritional yeast, olive oil, and seasonings.
3. Stuff mixture into bell pepper halves.
4. Place in a baking dish and bake for 25 minutes.

AIP Tip: Swap lentils with sautéed mushrooms or chopped roasted vegetables to make it AIP-compliant.

CREAMY ZUCCHINI NOODLE BOWL

with Tahini Sauce

Per serving: Calories: 230 | Protein: 6g | Carbs: 14g | Fats: 17g | Fiber: 4g | Sodium: 120mg

 **Prep Time:** 10 Min  **Cook Time:** None (optional sauté warm version)  **Chilling Time:** Nil  **Servings:** 2

Raw-Optional | Anti-Inflammatory Fats | Light but Satisfying

Ingredients

Zoodles:

- 2 medium zucchinis, spiralized
- 1/2 cup shredded carrot
- 1/4 cup chopped cucumber

Tahini Sauce:

- 2 tbsp tahini
- 1 tbsp lemon juice
- 1 tbsp warm water
- 1/2 tsp garlic powder
- Sea salt, to taste

Instructions

1. Mix all sauce ingredients in a small bowl until smooth.
2. Toss zoodles and veggies with the sauce.
3. Optional: lightly sauté noodles for 2–3 minutes if a warm version is preferred.

6g
Protein



7g
Protein

CHICKPEA & AVOCADO

Collard Wraps

Per serving: Calories: 260 | Protein: 7g | Carbs: 22g | Fats: 17g | Fiber: 9g | Sodium: 100mg

 **Prep Time:** 10 Min  **Cook Time:** None  **Chilling Time:** Nil  **Servings:** 2

High in Folate | Raw & Fresh | On-the-Go

Ingredients

- 1/2 cup canned chickpeas, mashed
- 1/2 avocado
- 1 tbsp lemon juice
- 1/4 tsp cumin
- 2 large collard green leaves
- Optional: shredded carrot or sprouts

Instructions

1. In a bowl, mash chickpeas and avocado with lemon juice and cumin.
2. Spread mixture on collard leaves.
3. Add optional veggies, roll like a burrito, and slice in half.

AIP Tip: Replace chickpeas with mashed avocado mixed with shredded carrots or zucchini noodles.

HEALING SAUCES, SPREADS & CONDIMENTS

CREAMY AVOCADO

Herb Dressing

Per serving: Calories: 120 | Protein: 1g | Carbs: 4g |
Fats: 11g | Fiber: 3g | Sodium: 60mg

 **Prep Time** 5 Min  **Cook Time:** None  **Chilling Time:** Optional  **Servings:** 4

Thyroid-Loving Fats | Dairy-Free | Great on Salads or Bowls

Ingredients

- 1 ripe avocado
- 1/4 cup water (or as needed)
- 1 tbsp lemon juice
- 1 tbsp olive oil
- 1 tbsp chopped fresh parsley or cilantro
- 1/4 tsp garlic powder
- Sea salt, to taste

Instructions

1. Blend all ingredients until creamy, adding water for desired consistency.
2. Use immediately or store in the fridge for up to 2 days.

1g
Protein



2g
Protein

TURMERIC-TAHINI

Sauce

Per serving: Calories: 90 | Protein: 2g | Carbs: 3g |
Fats: 8g | Fiber: 1g | Sodium: 50mg

 **Prep Time** 5 Min  **Cook Time:** None  **Chilling Time:** Optional  **Servings:** 4

Anti-Inflammatory | Earthy & Creamy | Versatile

Ingredients

- 2 tbsp tahini
- 1 tbsp lemon juice
- 2 tbsp warm water
- 1/4 tsp turmeric
- Pinch of black pepper
- Sea salt, to taste

Instructions

1. Whisk all ingredients in a bowl until smooth.
2. Add more water to thin if desired. Store refrigerated for up to 3 days.



BEETROOT & GARLIC

Spread

Per serving: Calories: 70 | Protein: 1g | Carbs: 6g | Fats: 5g | Fiber: 2g | Sodium: 40mg

 **Prep Time:** 10 Min  **Cook Time:** 20 Mins (for beet)  **Chilling Time:** Optional  **Servings:** 4

Liver Support | Colorful & Flavorful | Easy to Prep

Ingredients

- 1 medium beet, cooked and peeled
- 1 small garlic clove
- 1 tbsp olive oil
- 1/2 tbsp lemon juice
- Sea salt, to taste

Instructions

1. Blend all ingredients into a smooth spread.
2. Store in an airtight container in the fridge for up to 3 days.

1g
Protein



1g
Protein

COCONUT YOGURT

Ranch Dip

Per serving: Calories: 45 | Protein: 1g | Carbs: 2g | Fats: 3g | Fiber: 0g | Sodium: 55mg

 **Prep Time:** 5 Mins  **Cook Time:** None  **Chilling Time:** Optional  **Servings:** 4

Dairy-Free | Gut-Friendly | Kid-Approved

Ingredients

- 1/2 cup unsweetened coconut yogurt
- 1 tsp dried dill
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 tsp lemon juice
- Sea salt and pepper, to taste

Instructions

1. Mix all ingredients until smooth.
2. Serve chilled with raw veggies or baked chips.



NIGHTSHADE-FREE

Pesto

Per serving: Calories: 100 | Protein: 2g | Carbs: 2g | Fats: 9g | Fiber: 1g | Sodium: 40mg



Prep Time
5 Min



Cook Time:
none



Chilling Time:
Nil



Servings:
4

No Tomatoes | No Peppers | Flavor-Packed

Ingredients

- 1/2 cup fresh basil leaves
- 2 tbsp pumpkin seeds (or walnuts)
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 small garlic clove
- Pinch of sea salt

Instructions

1. Blend all ingredients into a thick paste.
2. Use immediately or refrigerate for up to 3 days.

2g
Protein



QUICK MEAL PREP HELPERS

SHEET PAN

Roasted Vegetables

Per serving: Calories: 150 | Protein: 2g | Carbs: 18g | Fats: 8g | Fiber: 4g | Sodium: 90mg

 **Prep Time:** 10 Min  **Cook Time:** 30 Mins  **Chilling Time:** Nil  **Servings:** 4

Versatile Base | Batch Cooking | Anti-Inflammatory

Ingredients

- 1 zucchini, chopped
- 1 sweet potato, diced
- 1 red onion, sliced
- 1 carrot, chopped
- 2 tbsp olive oil
- 1 tsp dried oregano
- Sea salt and pepper

Instructions

1. Preheat oven to 400°F (200°C).
2. Toss vegetables with olive oil, herbs, salt, and pepper.
3. Spread on a sheet pan and roast for 30 minutes, stirring once.
4. Store in the fridge and use throughout the week.



2g
Protein



18g
Protein

BAKED PROTEIN PATTIES

(Turkey or Lentil)

Per serving: Calories: 220 | Protein: 18g | Carbs: 6g | Fats: 13g | Fiber: 2g | Sodium: 120mg

 **Prep Time:** 15 Min  **Cook Time:** 20 Mins  **Chilling Time:** Nil  **Servings:** 4 (8 small patties)

Freezer-Friendly | Grab-and-Go | Customizable

Ingredients

- 8 oz ground turkey or 1 cup cooked lentils
- 1/4 cup grated zucchini
- 1 tbsp chopped parsley
- 1/2 tsp garlic powder
- 1 egg (or flax egg for vegan version)
- Sea salt and pepper

Instructions

1. Preheat oven to 375°F (190°C).
2. Mix all ingredients and form 8 small patties.
3. Place on a parchment-lined tray and bake for 18-20 minutes, flipping once.

CAULIFLOWER

Rice Base

Per serving: Calories: 70 | Protein: 2g | Carbs: 5g |
Fats: 4g | Fiber: 2g | Sodium: 40mg

 **Prep Time:** 10 Min  **Cook Time:** 5 Mins  **Chilling Time:** Nil  **Servings:** 2

Low-Carb | Neutral Flavor | Freezable

Ingredients

- 2 cups cauliflower florets
- 1 tsp olive oil
- Sea salt, to taste

Instructions

1. Pulse cauliflower in a food processor until rice-like.
2. Sauté in olive oil over medium heat for 5 minutes.
3. Cool and store in fridge or freezer for later use.

2g
Protein



12g
Protein

FREEZER-FRIENDLY

Breakfast Muffins (Savory)

Per serving: Calories: 180 | Protein: 12g | Carbs: 2g |
Fats: 13g | Fiber: 1g | Sodium: 100mg

 **Prep Time:** 10 Min  **Cook Time:** 20 Mins  **Chilling Time:** Nil  **Servings:** 4 (makes 6 muffins)

Egg-Based | High-Protein | Grab-and-Go

Ingredients

- 4 eggs
- 1/4 cup chopped spinach
- 1/4 cup diced zucchini
- 1 tbsp nutritional yeast
- Salt and pepper, to taste

Instructions

1. Preheat oven to 350°F (175°C).
2. Whisk eggs and stir in vegetables and seasoning.
3. Pour into a greased or lined muffin tin.
4. Bake for 20 minutes until set. Cool before freezing.