

Easy 7 Day AIP Meal Plan



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How to Use this Plan

- **You can use this 7-day AIP meal plan as it is or select some different meals** from the list of additional options provided in the [AIP meal plan post](#) on the Food Courage website.
- **Pick 2-3 breakfasts that you like and use those throughout the week.**

If you would like to do more than that, it's perfectly fine but starting out with 2-3 keeps things a little simpler. Some of them can be thrown together the morning you need them and a couple of others may require a small amount of prep on the weekend.

- **Lunches are generally leftovers from dinner the night before.**

The only exception is lunch Monday because that's the start of the plan if you're doing it for the first time. If you don't like leftovers, see the section titled "What if I Don't Like Leftovers?" in the [AIP meal plan post](#) on the website for some lunch prep ideas.

- **Dinners should be cooked with the intention of using the extras for lunch the next day (or even the next couple of days).**

This means adjusting the number of servings to accommodate leftovers. Each recipe listed in this meal plan has a link where you can go and change the number of servings. The ingredients will automatically be adjusted to the correct amounts.

Cooking this way will allow you to cook less and minimize the amount of prep work needed on the weekends. Depending on the recipe and size of your family, you may need to double or even triple the recipe. If you're just cooking for yourself, you may not need to double up on the recipe at all. You'll have to gauge this part.

- **While this meal plan includes 7 dinner recipes, odds are you may not end up cooking dinner all 7 nights.**

You might eat out or just not feel like cooking every single night. As we've done with the lunches, you can also make extras of certain meals and save them for dinner another night.

For example, you could choose 3 or 4 of the 7 dinner recipes and just make large batches of them planning to eat them for more than one dinner in a given week.

You could also use this strategy but freeze the extras and save them for dinner another week- this will give you a little more variety in your meal plans as you stock up some freezer meals over time.

Weekend Meal Prep Check List

- **Prepare Rainbow Chard with Sweet Potatoes and Mushrooms and Easy Meal Prep Ground Turkey for breakfasts.** Pre-portion out into containers (enough for at least 3 days).
- **Bake the sweet potato(es) and make the pineapple salsa** (1/4 c diced pineapple, 1 tbsp red onion, 1 tbsp fresh cilantro, squeeze of lime juice) **for lunch on Monday.**
- **You'll also need sweet potatoes for Saturday and Sunday's breakfasts** (if having sweet potato bowls). However, you may want to wait until later in the week to cook these.
- **Make the Apricot Protein Bites and Key Lime Pie Energy Balls.** Separate them into separate zip-lock bags or containers in individual serving sizes. Store them in the fridge or freezer.
- **If not using dinner leftovers for lunches, select 1 or 2 lunch items to prep for the week.**
- **Wash and cut some vegetables/fruits** ahead of time if needed, especially for snacks
- **Prepare Bone Broth (or buy it) if using as a snack- this post tells how to do it.** If you'd prefer to buy your bone broth, this Australian Beef Bone Broth Concentrate is elimination phase compliant as it only contains bone broth and sea salt.

7-Day Autoimmune Protocol Meal Plan

The color coding you see in the meal plan is not just for fun. It's meant to make it visually easier to see where the duplicate recipes are. For example, you can see that Monday, Tuesday and Wednesday's breakfasts are all the same color. This is because they're the same recipes. This is a signal that you need to cook enough for 3 days. You'll also notice that dinner each night is the same color as lunch the next day- this is a reminder that you'll need to make enough for leftovers.

Also, most of the items in the table are linked to their corresponding recipe or product (some are affiliate links).

	Breakfast	Snack	Lunch	Snack	Dinner
MONDAY	Easy Meal Prep Ground Turkey Rainbow Chard w/ Sweet Potatoes and Mushrooms ●	1 cup mixed berries 1/4 cup coconut chips ●	canned wild salmon over a baked sweet potato with pineapple salsa ●	1 cup Bone Broth OR Wild Zora Soup Packet ●	Moroccan Chicken Stew ●
TUESDAY	Easy Meal Prep Ground Turkey Rainbow Chard w/ Sweet Potatoes and Mushrooms ●	1 cup Bone Broth OR Wild Zora Soup Packet ●	Moroccan Chicken Stew (leftovers) ●	Apricot Protein Bites ●	Beef Stew ●
WEDNESDAY	Easy Meal Prep Ground Turkey Rainbow Chard w/ Sweet Potatoes and Mushrooms ●	1 cup mixed berries 1/4 cup coconut chips ●	Beef Stew (leftovers) ●	1 cup Bone Broth OR Wild Zora Soup Packet ●	Creamy Shrimp Vegetable Skillet ●
THURSDAY	Apple Beet Berry Smoothie ●	Key Lime Pie Energy Balls ●	Creamy Shrimp Vegetable Skillet (leftovers) ●	wild caught canned tuna with avocado slices ●	Cauliflower Chicken Fried Rice with Basil ●
FRIDAY	Apple Beet Berry Smoothie ●	wild caught canned tuna with avocado slices ●	Cauliflower Chicken Fried Rice with Basil (leftovers) ●	Key Lime Pie Energy Balls ●	Turkey, Mushroom, and Brussels Sprouts Soup ●
SATURDAY	Lovebird Cereal with coconut milk & fresh fruit OR Sweet potato Breakfast Bowl ●	Apricot Protein Bites ●	Turkey, Mushroom, and Brussels Sprouts Soup (leftovers) ●	1-2 Epic Meat Bars OR Wild Zora Meat Bars w/ Cucumber Slices ●	Instant Pot Pulled Pork cauliflower rice steamed asparagus ●
SUNDAY	Lovebird Cereal with coconut milk & fresh fruit OR Sweet potato Breakfast Bowl ●	1-2 Epic Meat Bars OR Wild Zora Meat Bars w/ Cucumber Slices ●	Instant Pot Pulled Pork cauliflower rice steamed asparagus (leftovers) ●	Easy Banana Bread Mug Cake ●	AIP Coconut Chicken Nuggets Baked carrot or parsnip fries ●

*This meal plan contains a few affiliate links which means if you click on them and buy something, I will earn a small commission (at no additional cost to you) to help continue maintaining the Food Courage website.

Mon/Tue/Wed Breakfast

To adjust the number of servings in this recipe, go [here](#).

Rainbow Chard with Sweet Potatoes and Mushrooms (AIP, Paleo, Vegan, Whole 30)

This easy recipe is a great combination of flavors and tasty to get in a lot of veggies in one meal.



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Prep Time
10 mins

Cook Time
30 mins

Keyword: sweet potatoes, swiss chard, vegetables Servings: 4

Ingredients

- 2-3 tbsp olive oil or avocado oil, divided
- 2 sweet potatoes, diced into 1/4 inch cubes
- 1 bunch rainbow swiss chard, chopped, stems and greens separated (about 6-8 large leaves)
- 1 cup raw mushrooms diced
- 1 tsp garlic powder
- 1/2 tsp [sea salt](#)
- 1 tsp italian seasoning
- 1-2 avocados diced

Instructions

1. Preheat oven to 400 degrees Fahrenheit.
2. Place diced sweet potatoes on a parchment-lined baking sheet. Drizzle with 1-2 tbsp olive or avocado oil and stir until potatoes are evenly coated. Roast for 20-30 minutes checking every 5-10 minutes to stir. Remove from the oven when they are tender and slightly toasted.
3. While sweet potatoes are cooking, dice swiss chard and mushrooms. Be sure to separate the stems of the swiss chard from the greens.
4. Sauté the swiss chard stems with 1-2 tbsp olive oil in a medium frying pan over medium-high heat for 3-4 minutes. Add swiss chard greens and mushrooms and continue to cook for 3-4 more minutes until greens are slightly wilted and mushrooms are tender. Remove from heat.
5. Remove sweet potatoes from the oven and add to the frying pan with the swiss chard and mushrooms. Mix together and serve with diced avocado on top.

Mon/Wed Snack

1 cup mixed berries and 1/4 cup coconut chips

Mon/Tues/Wed Snack

1 cup [Bone Broth](#) OR [Wild Zora Soup Packet](#)

Mon/Tue/Wed Breakfast

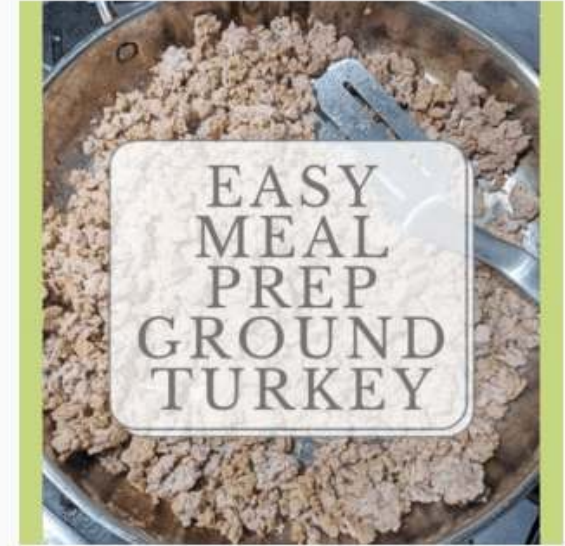
To adjust the number of servings in this recipe, go [here](#).

Super Easy Meal Prep Ground Turkey (AIP, Paleo, Whole 30)

Prep Time
3 mins

Cook Time
12 mins

Total Time
15 mins



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Cuisine: American

Keyword: aip breakfast, easy, ground turkey, meal prep, turkey

Servings: 8 servings Author: Arika | FoodCourage

Ingredients

- 1 tbsp olive oil or avocado oil, for greasing the pan
- 2 pounds ground turkey
- 3 tbsp [apple cider vinegar](#)
- 3 tbsp [coconut aminos](#)
- 1 tsp italian seasoning
- 2 tsp garlic powder
- 2 tsp onion powder
- 1.5 tsp [sea salt](#)

Instructions

1. Heat 1-2 tbsp of oil in a large pan over medium-high heat.
2. Add the ground turkey and break it up, distributing it evenly throughout the pan. Continue cooking and stirring it for about 10 minutes or until it is almost fully cooked.
3. Add the vinegar, coconut aminos, and seasonings. Cook for 2-3 more minutes or until turkey is fully cooked.

Notes

Fridge Storage: Cooked ground turkey will stay good in the fridge for 3-4 days in an airtight container.

To Freeze: Just be sure to cool the turkey in the fridge completely before freezing it. Then, distribute the meat evenly in an airtight container or zip lock bag and freeze. Be sure to label them so you know what's what when you go back to get them later.

When you use it later, you can just reheat it in the microwave or on the stove. Make sure the internal temp reaches at least 160 degrees F.

Monday Lunch

Canned Wild Salmon over a Baked Sweet Potato with Pineapple Salsa

Salsa: 1/4 c diced pineapple, 1 tbsp red onion, 1 tbsp fresh cilantro, squeeze of lime juice

Mon Dinner/ Tues Lunch

To adjust the number of servings in this recipe, go [here](#).

Moroccan Chicken Stew (Paleo, AIP, Whole30, Gluten-Free)

Prep Time
10 mins

Cook Time
35 mins

Total Time
45 mins



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5 from 1 vote

Course: Main Course Cuisine: african, moroccan

Keyword: chicken, stew, tagine, turmeric Servings: 8 servings

Ingredients

- 1-2 tbsp olive oil (or oil of choice)
- 2 large sweet potatoes, cubed (about 5-6 cups)
- 2 pounds chicken breasts, cut into 1" cubes
- 2 cups cauliflower, cut into small florets
- 2 cups diced mushrooms
- 2 cups chicken broth
- 1 13.5 oz can coconut cream
- 2 tbsp [coconut aminos](#)
- 2 tbsp nutritional yeast
- 1 tbsp turmeric
- 2 tsp garlic powder
- 2 tsp [sea salt](#)
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/8 tsp ground cloves
- fresh cilantro, finely sliced (optional garnish)

Instructions

1. Heat 1-2 tbsp of oil in a large skillet over medium-high heat. Add the sweet potatoes. Cook for 8-10 minutes.
2. Push the sweet potatoes to one side of the pan and add the chicken cubes to the other side of the pan. Cook for about 8 minutes keeping the chicken and sweet potatoes separate but stirring/flipping them occasionally to keep from sticking/burning.
3. Once the chicken starts to brown a little bit, start to mix the chicken and potatoes together, then add the cauliflower and mushrooms. Cook for another 3-4 minutes.
4. Add in the broth, coconut cream, coconut aminos, and spices. Turn the heat down to medium and simmer for another 12-15 minutes or until sweet potatoes are tender.
5. Allow it to cool slightly then serve. Garnish with fresh cilantro.

Tues/Saturday Snack

To adjust the number of servings in this recipe, go [here](#).

Apricot Protein Bites (AIP, Paleo, GF, Whole 30, Coconut-Free)

Prep Time
10 mins

Total Time
10 mins



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Course: Dessert, Snack

Keyword: AIP, aip breakfast, collagen, easy, Paleo,, protein, snack mix

Servings: 16 bites

Equipment

- Food Processor

Ingredients

- 8 dried dates, pits removed
- 10 dried apricots
- 1/4 cup tigernut flour
- 1 tbsp collagen powder

Instructions

1. Combine the dates and apricots in a food processor and blend until the mixture turns into small crumbs.
2. Add half of the tigernut flour along with the collagen and mix in with a spoon or spatula. Blend. Add the second half of the tigernut flour and do the same thing. *This helps to prevent the fine particles of the tigernut flour and collagen from flying up and getting through the crevices of the food processor lid.
3. Pour the mixture on to a sheet of parchment paper and press it together to form a cohesive ball of dough.
4. Form the ball into a square about 1/2" thick and 4" x 4" wide. Make 3 cuts horizontally and vertically to form 16 small bites. Enjoy!

Notes

Makes about 15 small balls.

Store in a tightly sealed container in the fridge for 3-4 days or in the freezer for 3 months.

Tues Dinner/ Wed Lunch

To adjust the number of servings in this recipe, go [here](#).

Easy Instant Pot Beef Stew (Paleo, AIP, GF)

This hearty beef stew is fast, easy, tasty and AIP compliant.

Prep Time
20 mins

Cook Time
45 mins



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Course: Main Course Cuisine: American

Keyword: AIP, beef, Paleo,, soup, stew Servings: 6 people

Equipment

- instant pot

Ingredients

- 2 pounds beef rump roast cut into 1.5-2" cubes.
- 2 tsp [sea salt](#)
- 1 tbsp olive oil
- 1 tbsp [apple cider vinegar](#)
- 2-3 garlic cloves, diced
- 1 onion, cut into medium sized wedges
- 1 8 oz carton of sliced mushrooms
- 2 parsnips, thickly sliced
- 4 carrots thickly sliced
- 1 sweet potato, cut into 1.5-2" cubes
- 1 tsp garlic powder
- 2 tsp onion powder
- 2 cups beef broth or beef bone broth
- 1 tbsp [coconut aminos](#)
- 1 tbsp fresh rosemary (reserve for the end of cooking)
- 2 tsp fresh thyme (reserve for the end of cooking)
- 2 tsp fresh sage (reserve for the end of cooking)

Garnish

- Garnish with additional fresh parsley, sage, and rosemary if desired.

Instructions

1. Sprinkle sea salt over meat cubes.
2. Set Instant Pot to saute function. Heat 1 tbsp olive oil and add 1/2 of the beef cubes. Brown on all sides and remove from pot. Add 2nd batch of beef cubes to the pot and repeat the process. Remove the second batch from the pot as well.
3. Add in mushrooms, onions, garlic and apple cider vinegar to the pot. The vinegar will help to loosen the brown bits from the meat in the bottom of the pan. Mix in and sautee for 1-2 minutes. Add the meat back into pot and stir.
4. Add the remaining vegetables, coconut aminos, garlic powder, onion powder, and beef broth. Stir once more, then lock the lid and make sure the vent is set to "sealing".

5. Set to high pressure for 35 minutes. It will take 5-10 minutes to come up to pressure. Once the 35 minute cooking time is up, carefully open the steam release valve and allow the steam to release naturally.
6. When the steam has finished releasing, open lid and add in fresh herbs. Stir herbs into the stew. If adding a thickener, add your thickener now (see notes below)
7. Garnish with additional fresh herbs if desired.

Notes

Make sure your vegetables and meat are cut into similarly sized pieces for even cooking.

If you would like a thicker stew, wait until the stew finishes cooking, then mix 1 tbsp of warm water and 1 tbsp of tapioca starch or arrowroot starch to form a paste. Add the mixture to the stew and stir until well incorporated. Give it a couple of minutes to thicken up. If it's still not as thick as you would like, repeat the process.

This will stay fresh for about 3 to 4 days in a tightly sealed container in the fridge.

This will keep well in the freezer for at least 3 months (possibly up to 6) if kept in a tightly sealed heavy-duty container. Make sure to leave about 1/4-1/2 inch of space at the top of the container to accommodate expansion.

Wed Dinner/ Thurs Lunch

To adjust the number of servings in this recipe, go [here](#).

Creamy Shrimp Vegetable Skillet (Paleo, AIP, GF, Whole 30)

Prep Time
15 mins

Cook Time
15 mins



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Servings: 4

Ingredients

- 2 tbsp olive oil or avocado oil
- 1/2 cup red onion, diced
- 1 cup asparagus cut into 1" pieces stems discarded
- 1 pound medium-sized shrimp, peeled and deveined
- 3/4 cup +2 tbsp full fat coconut milk, divided
- 1/2 tsp pink sea salt
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp turmeric powder
- 1/4 tsp dried cilantro
- 1/4 tsp dried parsley
- 1/4 tsp coconut sugar omit for Whole30
- 1/2 tsp nutritional yeast
- 1 tbsp arrowroot starch
- 2-3 cups raw spinach

Instructions

1. Dry the shrimp with paper towels (Make sure they've been thawed, peeled, and deveined).
2. Heat about 2 tbsp of oil over medium heat in a large pan. Add the onions and saute for 1-2 minutes. Next, add the asparagus and continue cooking and stirring 3-4 minutes until slightly softened (but not too much).
3. Lower the heat to medium. Add the shrimp to the vegetable mixture and cook for 2-3 minutes.
4. Add the coconut milk (reserving 2 tbsp for later) and spices (save the arrowroot starch for later). Stir until everything is evenly combined.
5. Mix 1-2 tbsp remaining coconut milk with the arrowroot starch, then add to the pan with the other ingredients. Stir in and turn heat to low. Simmer for 3-4 minutes on low to allow the mixture to thicken.
6. Stir in the spinach and allow to wilt; about 2 minutes.
7. Remove from heat and serve.

Thurs/Fri Snack

To adjust the number of servings in this recipe, go [here](#).

Key Lime Pie Energy Balls (Paleo, AIP, Vegan, GF, Whole 30)

Prep Time
10 mins

Total Time
10 mins



Course: Dessert, Snack Keyword: aip breakfast, fast, vegan
Servings: 10 1" balls

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Equipment

- Food Processor

Ingredients

- 10 dates (about 3/4 cup)
- 1/4 cup unsweetened shredded coconut
- 3-4 tbsp lime juice (3-4 limes)
- 1/4 cup [coconut flour](#)

Instructions

1. Combine all ingredients in a food processor and blend into small crumbles.
2. Pour the mixture onto a sheet of parchment paper and use your hands or the parchment paper to press the mixture into a dough ball. Pull small pieces off and roll into balls.
3. Enjoy!

Notes

Store in an airtight container in the fridge for 3-4 days or in the freezer to up to 3 months.

Thurs/Fri Snack

Wild-Caught Canned Tuna with Avocado Slices,

Thurs/Fri Breakfast

To adjust the number of servings in this recipe, go [here](#).

Apple Beet Berry Smoothie (AIP, Paleo, Whole 30, Vegan)

This bright smoothie is refreshing and nutrient-dense.

Prep Time
5 mins



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Course: Snack Keyword: beets, shake, smoothie

Ingredients

- 1 medium-sized beet, peeled and diced
- 1/2 lemon with rind and seeds removed
- 1/2 cup baby carrots
- 1/2 inch piece of ginger, skin removed
- 1/2 cup frozen mixed berries
- 1 medium-sized granny smith apple
- 8-10 oz coconut water or plain water
- 1 scoop unflavored collagen powder (optional, omit for vegan option)

Instructions

1. Combine all ingredients in the blender and blend until smooth.

Notes

If you don't have a super powerful blender like a Blendtec or Vitamix, I'd recommend steaming the beets first. I tried making this smoothie raw in my regular (non-Vitamix) blender to see if it would work and it turned out ok but it was super "pulpy" and separated a lot easier.

Thurs Dinner/ Fri Lunch

To adjust the number of servings in this recipe, go [here](#).

AIP Cauliflower Fried Rice w/ Basil Khao Pad Kaprow (Paleo, Whole30 option)

This is a quick frozen cauliflower fried rice recipe with a flavorful Thai Basil twist! Perfect for busy weeknights.



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Prep Time
10 mins

Cook Time
15 mins

Total Time
30 mins

Course: Main Course Cuisine: Thai Keyword: basil chicken, fried rice, pad kaprow

Servings: 6 servings

Ingredients

- 2 tbsp avocado oil or olive oil
- 2-3 cloves garlic, minced
- 8 oz boneless skinless chicken breasts, cut into bite-sized cubes
- 2 cups frozen or raw cauliflower rice
- 1 tbsp fish sauce
- 1 tbsp [coconut aminos](#)
- 1/2 tbsp honey or maple syrup (omit for Whole30)
- 1/8 tsp dried ginger (optional)
- 1/8 tsp turmeric (optional)
- pinch (less than 1/16 tsp) cloves (optional)
- 2 tbsp shallots
- 1/4 cup fresh basil, finely chopped
- 1-2 tbsp fresh cilantro, finely chopped

Garnish

- 2 limes quartered
- fish sauce
- [coconut aminos](#)

Instructions

1. In a large pan over medium heat, add oil. Heat for 1 minute then add the garlic. Saute the garlic 1-2 minutes until it starts to brown.
2. Add the chicken. Cook for about 5 minutes or until nearly cooked through. Add the cauliflower rice and cook for about 2 minutes or until no longer frozen. If using raw cauliflower, cook until tender.
3. Add the fish sauce, honey, and coconut aminos. Stir until incorporated.
4. Add the shallots, ginger, cloves, turmeric, basil, and cilantro. Cook for about 1 minute then remove from the heat.
5. Serve with lime wedges, coconut aminos, and fish sauce on the side.

Notes

*Khao Pad Krapow typically calls for red chili peppers. If you are not doing AIP and want a little spice, feel free to add a couple of diced chili peppers to the dish!

*The ginger, turmeric and cloves are for a little bit of "warmth" in the absence of chili peppers. If you don't want this, just omit them.

*If you are using chili peppers in this recipe, omit the ginger, turmeric, and cloves.

If Making Your Own Cauliflower rice:

Start by washing and drying the cauliflower head and remove the greens. Cut the cauliflower into medium-sized chunks.

Method 1: Use a box grater/cheese grater with medium holes to shred the cauliflower into small pieces, then squeeze the cauliflower with a cheesecloth, thin dish towel, or paper towels to remove the excess moisture. Cook the cauliflower rice in a pan with a little oil for about 5 minutes, then set aside (now it's ready to use in our cauliflower fried rice recipe).

Method 2:

If you have a food processor, use the grater attachment to shred the cauliflower into rice pieces. The rest is the same as above: squeeze the cauliflower with a cheesecloth, thin dish towel, or paper towels to remove the excess moisture. Cook the cauliflower rice in a pan with a little oil for about 5 minutes, then set aside.

Storage: This will stay fresh in the fridge for up to about 5 days in an airtight container. It will keep in the freezer for up to 3 months but the texture will likely change a bit by the time you reheat it.

To Reheat: You can reheat cauliflower fried rice in the microwave or in a pan on the stove.

Fri Dinner/ Saturday Lunch

To adjust the number of servings in this recipe, go [here](#).

AIP Creamy Mushroom and Brussels Sprouts Soup (Paleo, GF, Whole 30)

This creamy savory soup is well rounded, comforting and very nourishing.

Prep Time
15 mins

Cook Time
20 mins



5 from 2 votes

Course: Soup Keyword: brussels sprouts, mushrooms, soup
Servings: 4

Ingredients

- 1/2 yellow onion, diced
- 1-2 tbsp olive oil
- 2 cloves garlic, minced
- 1 pound ground turkey
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/4 tsp ginger powder
- 1/4 tsp ground turmeric
- 1/4 tsp ground thyme
- 1 tbsp nutritional yeast
- 1/2 tsp [sea salt](#)
- 2 cups Brussels sprouts, sliced
- 8 oz baby bella mushrooms, diced
- 4 cups chicken broth
- 1/2 cup full fat coconut milk
- 1/4 cup [coconut aminos](#)
- juice from 1/2 a lemon (about 1 tbsp)
- 1/3 cup fresh parsley, diced (optional garnish)

Instructions

1. In a medium sized stock pot over medium-high heat, add 1-2 tbsp olive oil and onions. Saute for 2-3 minutes till translucent. Add minced garlic and saute another minute.
2. Add ground turkey and dry spices to the pan and combine with the onions and garlic. Adjust heat down to medium if needed. Continue cooking turkey until no longer pink. If the meat mixture gets a little dry or anything starts sticking, add a little broth as needed.
3. Once turkey is cooked through, add mushrooms and brussels sprouts to the pan and continue cooking over medium heat until vegetables are tender.
4. Add broth, coconut milk, coconut aminos, and lemon juice.

and add in a little extra coconut aminos to taste (if desired)Store in a tightly sealed (preferably glass) container in the fridge for 4-5 days.

This can be stored in the freezer (again preferably in a glass container- mason jars work perfectly for this) for at least 3 months. When you pull it out of the freezer, just defrost it in the fridge overnight then heat it on the stove in a pot or if you're in more of a hurry, you can put the jar under cool running water until it thaws enough to get it out of the jar.

Sat /Sun Snack

1-2 [Epic Meat Bars](#) or [Wild Zora Meat Bars](#) with cucumber slices.

Sat Dinner/Sun Lunch

To adjust the number of servings in this recipe, go [here](#).

The Best Instant Pot Pulled Pork (Paleo, AIP, Gluten-Free)

This pulled pork is so easy and delicious.

Prep Time
15 mins

Cook Time
1 hr 5 mins



0 from 0 votes

Course: Main Course Cuisine: American Keyword: instant pot, pork
Servings: 6

Equipment

- Instant Pot/Pressure Cooker

Ingredients

- 3-4 pound pork shoulder (aka pork butt) cut into 3-4 pieces
- 1/3 cup bone broth
- 1/3 cup [apple cider vinegar](#)
- 1/4 cup maple syrup
- 2 tbsp [coconut aminos](#)
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1 tbsp pink Himalayan sea salt

Instructions

1. Cut pork shoulder into 3-4 chunks and place in Instant Pot,
2. Mix all other ingredients in a medium-sized bowl.
3. Pour mixture over pork. Close lid, turn steam valve to "sealing" and set on high pressure for 65 minutes.
4. Once the timer goes off, turn the steam valve to "release" and allow the steam to naturally release.
5. Carefully remove lid and allow to cool for 5-10 minutes.
6. Shred with 2 forks and serve.

Sunday Snack

Simple 5 Ingredient Banana Bread Mug Cake (Paleo, AIP, Vegan, Gluten-Free)

This banana bread mug cake, made with tigernut flour, is so easy and tasty so you won't believe it.



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Prep Time

3 mins

Cook Time

2 mins

Course: Dessert Servings: 1

Equipment

- microwave

Ingredients

- 1 medium banana, mashed
- 1/4 cup tiger nut flour
- 1/2 tbsp arrowroot starch (or tapioca starch)
- 1/8 tsp baking soda
- 1/8 tsp salt

Instructions

1. Mash banana thoroughly in a bowl or mug, then mix in remaining ingredients. Make sure mug (or bowl) is large enough to accommodate the dough as it rises in the microwave.
2. Microwave on high for 90 seconds. Enjoy!

Sunday Dinner

To adjust the serving sized in this recipe, go [here](#).

AIP Coconut Chicken Nuggets With Orange Marmalade Sauce (Paleo, Gluten-Free)

Prep Time
15 mins

Cook Time
30 mins

Total Time
45 mins



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Course: Appetizer, Main Course Cuisine: American
Keyword: chicken, coconut, marmalade, strips, tenders
Servings: 4 servings Author: Arika | FoodCourage

Ingredients

- 1 pound boneless skinless chicken breasts, cut into 1-2 inch cubes
- 1/3 cup cassava flour
- 1/2 tsp [sea salt](#)
- 1/2 cup coconut milk
- 2 tbsp orange juice (freshly squeezed)
- 1 tbsp maple syrup
- 2 cups plantain chips (3/4 cups crushed)
- 1 cup unsweetened coconut flakes

Orange Marmalade Sauce

- 1 orange (peeled, seeds removed)
- 4 soft dates, pits removed
- 1/2 tsp freshly grated ginger (optional)
- 1/4 tsp orange zest
- 1/8 tsp [sea salt](#)

Instructions

1. Preheat the oven to 375 degrees Fahrenheit. Line a baking sheet with parchment paper (or grease it).
2. In a food processor, blend the plantain chips into tiny crumbles, similar to bread crumbs. Set aside.
3. Set up your breading station. Set out three bowls, and in the first bowl add cassava flour and salt. In the second, add coconut milk, orange juice, and maple syrup. In the third, plantain chip crumbs and coconut flakes.
4. First, coat each piece of chicken with the flour mixture, shake off the excess, then dip it into the coconut milk (gently shaking off any extra), then dip it into the plantain/coconut mixture coating the entire piece and pressing the chicken down so the mixture sticks. Shake off the extra coconut mixture and then transfer the chicken to the baking sheet. *The reason for shaking off the excess ingredients is to make sure the breading doesn't fall off later.
5. Once breaded, place each chicken piece on the baking sheet. Bake on the middle oven rack at 375 degrees for about 30 minutes or until the chicken reaches an internal temperature of 165 degrees Fahrenheit.
6. While the chicken is baking, make the orange marmalade sauce. Make sure the dates are soft-soak them in warm water for 10 minutes first if needed. Blend the marmalade ingredients in a

food processor until smooth and thick. Add a little orange juice for a thinner consistency if preferred.

7. Serve the nuggets hot with the sauce on the side. Enjoy!

Notes

Notes:

If you'd prefer to go with breasts rather than bite-sized pieces, bake them at 375 degrees for about 45 minutes (again, make sure the chicken reaches an internal temperature of 165 degrees Fahrenheit).

If you prefer pan-frying:

Coat a large pan or skillet with enough coconut oil to coat the bottom. Heat it over medium-high heat and allow it to get hot before adding the chicken. Try to cook the whole batch at once to avoid burning the oil.

Fry the chicken nuggets for 2 to 3 minutes per side, until cooked through. For chicken breasts, start with medium heat and cook about 4-5 minutes per side (always check internal temp to be sure it's done- it should be at least 165 degrees F). Adjust the heat down as needed if it seems to be browning too fast.

If cooking in two batches, wipe out the skillet between batches and then add additional coconut oil to the skillet.

Substitutions:

- If you don't want to use cassava flour, [tigernut flour](#) or [coconut flour](#) would probably work pretty well (substituting 1:1 for cassava), though I haven't tested these yet.
- If you can't use orange juice (or don't have any), lemon juice or apple cider vinegar would work (again, substituting 1:1).
- Honey can be used in place of maple syrup.

Storage

These should be stored in an airtight container, preferably in the fridge. They will stay fresh for 3-4 days. You can probably freeze these though I haven't tested this- BUT I would think they'd be less crispy when thawed and reheated.

Nutrition

Serving: 4oz