



MEAL PLAN 1

THE BASICS

SESSION 1

	BREAKFAST	LUNCH	DINNER
SUN			Ginger-Lemon Salmon, Root Vegetables, Kale Salad
MON	Rosemary Beef Breakfast Skillet	Chicken Soup	Ginger-Lemon Salmon, Root Vegetables, Kale Salad
TUES	Rosemary Beef Breakfast Skillet	Chicken Soup	Ginger-Lemon Salmon, Root Vegetables, Kale Salad
WED	Rosemary Beef Breakfast Skillet	Chicken Soup	

SESSION 2

	BREAKFAST	LUNCH	DINNER
WED			Pork "Magic" Chili
TH	Pork "Magic" Chili	Chicken Soup	Cabbage Salad w/ Seafood
FRI	Gingered Beef Breakfast Skillet	Pork "Magic" Chili	Chicken Soup
SAT	Gingered Beef Breakfast Skillet	Pork "Magic" Chili	Cabbage Salad w/ Seafood
SUN	Gingered Beef Breakfast Skillet	Pork "Magic" Chili	Chicken Soup



GUIDE

WELCOME TO AIP BATCH COOK! I'm so excited to teach you how to make some magic happen in the kitchen to achieve better health. Learning how to batch-cook is hard at first, but I am here to tell you it gets easier. This meal plan and video series is meant to be a starting place for you to learn how to provide for your dietary needs in your own home. Initially, some of these tasks will seem foreign to you, especially if you have been accustomed to eating processed food or at restaurants most of the time. After the experience of cooking some batch-cooking sessions in your own home, you will become accustomed to providing yourself nutrient-dense foods in only a few hours a week!

My goal with this program is to take all of the planning and guesswork out of figuring out what to eat, and how to cook for the week on the Autoimmune Protocol. You still have to do the work to cook all the food (wouldn't it be nice if the video came with a cooking fairy?), but the job of planning and organizing has been done for you. Once you try batch cooking, you will be amazed at how simple it is and how you can modify the routine to suit your needs and preferences.

Before getting started, make sure to read this guide in its entirety. While I have done my best to make the plan simple, I'm not a big fan of one-size-fits-all approaches and there are notes for various substitutions as well as some tips you should know before you begin. As always, my motto is set yourself up for success—the time you spend planning will ensure your batch-cooking session is a smashing success! Let's get to it!

ABOUT THE MEALS

+ All of the recipes included in the meal plan are suitable for the strictest phase of the Autoimmune Protocol—no grains, beans, legumes, dairy, eggs, nuts, seeds, nightshade vegetables or spices. I've done the legwork to ensure that the plan ensures with the guidelines in *The Paleo Approach* so that you don't need to worry if a meal is compliant or not.

+ The meal plan feeds one person for one week, accounting for generous servings of food at mealtimes and to eat as snacks. In the beginning, it is important to make sure to have an abundance of food to avoid a situation where you are hungry and there is nothing to eat! If you find that the quantity is too much, you can easily freeze some servings of soups or stews to eat during a different week (and then just think—you will be ahead! Score.).

+ I have accounted for 4 to 6 ounces of meat per meal in the shopping lists and recipes. If for some reason you want to be eating more or less, you can tweak this level accordingly—none of the recipes are so specific that a slight change in meat quantity will make a big difference.

+ You will notice that breakfast on this meal plan is not traditional fare—instead you will be eating a hearty, balanced, nutrient-dense meal that includes broth, meat, and vegetables. While this might be a little off-putting at first, eating a nutritious breakfast is one of the best things you can do to start having more stable energy throughout the day.

+ Snacks are not included in the batch-cooking routine, although I have included a little treat in the second session—if you find yourself getting hungry between meals, you will have plenty of extra food to eat for those occasions. You also have the option of purchasing fruit to eat as a snack between meals, in addition to some AIP-safe options linked in the resource section.

ABOUT THE TUTORIALS

+ In addition to the two batch-cooking session videos, I have included a few short tutorials on how to make some additional recipes and kitchen staples. These are things like bone broth, solid cooking fat, fermented beverages, and pate. You don't need to be a star student and make *all* of these recipes in the first week, but utilizing them will ensure that you are applying the Autoimmune Protocol in the most nutrient-dense way, thereby setting yourself up for success.

+ There is no specific suggested timeline for when to use these tutorials or how to fit them in to your batch-cooking routine, but it would be wise to try them on a separate day before the start of your planned week as not to cause overwhelm. If you plan to do your first session on a Sunday, the day before (Saturday) would be a great day to get some of these basics out of the way.

HOW TO PREPARE FOR THE SESSIONS

+ Before you begin, double and triple check that you have everything you need. Do you need to thaw any meat or pick up some cooking tools? Get it done now!

+ If you are planning to make your own **BONE BROTH**, you will want to set aside some time before the first batch-cooking session to make some. Reference the bone broth instructions and video for more information. If you don't have time or want to make broth, I suggest purchasing some online (check out the online resources section at the end of this guide).

+ If you are planning to render your own **SOLID COOKING FAT**, you will want to set aside some time to do this as well (ideally, while you are making bone broth to best make use of your time!). Alternately, you can purchase some online (check out the online resources section at the end of this guide) or purchase coconut oil from the store.

+ These batch-cooking sessions are designed to use a minimum of expensive or specific tools and incorporate items that most people have in their kitchens already. Make sure to look over the tool list to ensure you have everything you need—if not a run to the store may be necessary. It's a great idea to get everything out and ready before you begin.

+ Each session has its own **CHOP LIST**. This is a list of chopping instructions for all of the produce to be cooked in that session, as well as how to arrange them in bowls to preparation to cook. Before beginning the session, you will want to gather all of your ingredients and chop and arrange everything according to specifications. This will make it quick and simple to follow along with the video.

+ Each session also has **RECIPES** included. While you don't need to follow the recipes while you are watching the video, it is a good idea to give them a quick read-through before the session so that you have a general idea about how the dish is to be cooked. We'll be multitasking, so best to be prepared!

SHOPPING FOR FOOD

+ I've included **SHOPPING LISTS** that correspond to the two batch-cooking sessions you will complete during the week. Make sure to purchase all of the ingredients you will need on hand for the sessions.

+ If you do your cooking in the timeline I propose (4 days apart), you can get away with only one run to the store provided it is on the day you start your batch cooking. If you do your shopping any earlier, you may consider freezing the meat for the second cooking session immediately and then thawing for 24-48 hours before cooking.

CONTINUED



+ The ingredients used in this meal plan are basic and should be able to be purchased at any grocery store regardless of season. If you do have trouble finding an ingredient or if you have alternate vegetable preference, I have listed some substitution ideas.

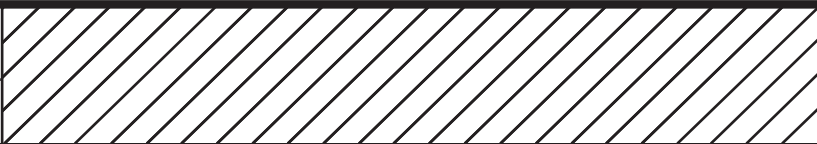
+ Make an effort to prioritize high-quality meat, ideally pasture-raised and at the least hormone-free. Wild-caught is ideal for fish. When shopping for produce, check the EWG “dirty dozen” list to help prioritize which fruits and vegetables to purchase organic or conventional. When possible, shopping locally at your farmer’s market is your best bet!

+ For two of the meals in the meal plan you will be eating a can of fish or shellfish in addition to a salad prepped during your batch cooking session. My first recommendation would be an oily fish like sardines or salmon, or shellfish like smoked oysters. If those aren’t to your liking, you can substitute tuna (but the nutrient density isn’t going to be as beneficial). Be certain when you purchase canned fish to make sure the brand is packed in BPA-free cans, and that the fish is packed in pure olive oil or water. You will want to make sure to check for any non-AIP ingredients on the label, like soybean oil or preservatives! Check out the resources list for my favorite brands.

PANTRY ITEMS

+ In addition to the shopping lists, there is a list of pantry items to be stocked in preparation for the sessions. These are items that store well and are commonly used, so you may not need to buy them new every time or even have them already—make sure you give the list a good look before you run to the store.

CONTINUED





When purchasing items for your pantry, especially spices, be sure to purchase a brand that is gluten-free. Some good spice brands that have gluten-free lines are Fronteir, McCormick and Spicely. Always read labels to be double sure before purchasing!

TIME MANAGEMENT



You will need to budget one 2 ½ hour cooking session and one 1 ½ hour cooking session per week, minimum (assuming you already have broth). These times *include* chopping and cleaning, and some of the time is just waiting for a dish to finish cooking. You will get 100% of your cooking done for the week in these two sessions.



If you haven't made broth, you will want to devote some time to do that before you start your meal plan, as you will need it as an ingredient in the second session. Making broth is not time consuming, but does require some attention depending on the method you use to make it. See the broth recipe and video for details!



Following this meal plan, you will need to budget enough time to make two trips to the grocery store during the week. If you would like to gather everything in one trip that is acceptable, just take into account how long meat will last in the refrigerator (see note in the shopping for food section).

MAKING SUBSTITUTIONS



Included in the shopping lists are substitution ideas that you can use if you have a preference not to eat a certain meat or vegetable. In general, these recipes are quite adaptable to fit whatever needs you may have.

STORING AND REHEATING FOOD


- +** Before you begin your batch cooking, you will want to ensure you have enough containers to store your food in. You will also need some containers that are suitable for the freezer (see the **TOOL LIST** for details).
- +** If you need to, you can store soups or stews by covering the pot you cooked them in and placing in the fridge. Instead of reheating the entire pot whenever you want to eat some, ladle some out into a smaller pot to reheat on the stovetop.
- +** To reheat meals, you can use a skillet, pot, oven or microwave, whatever is your preference. My favorite way is to use an oven-safe glass container in a low (300 degree) oven for 20 minutes.
- +** For the meals that call to be frozen, make sure you follow instructions to use the right type of container and not to overfill, especially if you are using glass. Do not use mason jars with shoulders to freeze, as these are likely to crack.
- +** To thaw meals that have been frozen, place the container in a warm water bath or place in the refrigerator for 24 hours before eating.

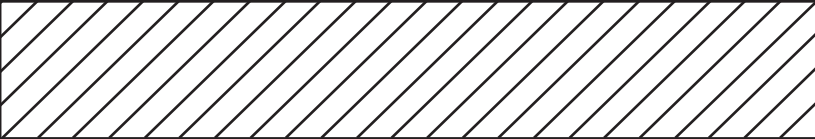
That's it! You should now have all of the information you need to get started with the first batch-cooking session video. Let's get into the kitchen!

TOOL LIST

1	2		Cutting board		1	2		Timer (a smartphone works here)
1	2		Sharp knife		1	2		Measuring Spoons
1	2		Box grater (optional)		1	2		Measuring Cups
1	2	T	2 large stockpots (or 1 large bowl for catching broth)		1	2		Potholder
1	2		Skillet		1	2		Kitchen Towels
1			Large roasting dish				T	High-Powered Blender or Food Processor
1	2		1 baking sheet				T	Pressure-Cooker or Slow Cooker
1	2		2 Large mixing bowls				T	1-Gallon Glass Container
1	2		Assorted small and medium bowls				T	Cheesecloth and Rubber Band
	2		Blender					
1			Colander					
1	2		Glass containers for food storage					
1	2		Parchment paper					
1	2		Large spoons for mixing and stirring					
1	2		Ladle					
	2		Spatula					

SESSION 1

WEEK 1	
 VIDEO 1 : 90 MINUTES	RECIPES
<ol style="list-style-type: none"> 1. CHICKEN SOUP (6 servings; freeze 3) 2. ROSEMARY BEEF BREAKFAST SKILLET (3 servings) 3. RAINBOW ROASTED ROOT VEGETABLES (4 servings; 1 extra) 4. RAW KALE SALAD (4 servings; 1 extra) 5. GINGER-LEMON SALMON (3 servings) 	

MEAL PLAN			
	BREAKFAST	LUNCH	DINNER
SUN			Ginger-Lemon Salmon, Root Vegetables, Kale Salad
MON	Rosemary Beef Breakfast Skillet	Chicken Soup	Ginger-Lemon Salmon, Root Vegetables, Kale Salad
TUES	Rosemary Beef Breakfast Skillet	Chicken Soup	Ginger-Lemon Salmon, Root Vegetables, Kale Salad
WED	Rosemary Beef Breakfast Skillet	Chicken Soup	
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SESSION 1 GROCERIES	
MEAT	PRODUCE
<ul style="list-style-type: none"> <input type="checkbox"/> 1 4-5 pound stewing hen or rooster <input type="checkbox"/> 1 pound ground beef (SUB: ground pork, chicken, or turkey) <input type="checkbox"/> 1 pound wild-caught salmon (SUB: cod) 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 large onion <input type="checkbox"/> 1 small red onion <input type="checkbox"/> 1 head garlic <input type="checkbox"/> 1 bunch celery <input type="checkbox"/> 1 pound parsnips (2 medium) <input type="checkbox"/> 2 pounds carrots <input type="checkbox"/> 1 pound beets (2 medium; SUB: sweet potato) <input type="checkbox"/> 1 pound sweet potato (1 medium; SUB: parsnips) <input type="checkbox"/> 1 pound sweet potato (1 medium; SUB: winter squash) <input type="checkbox"/> 1 pound turnip (SUB: rutabaga or parsnips) <input type="checkbox"/> 1 large or 2 small bunches of kale <input type="checkbox"/> 2 bunches Swiss chard (SUB: kale) <input type="checkbox"/> 1 small cucumber <input type="checkbox"/> 2 lemons
PANTRY ITEMS	
<ul style="list-style-type: none"> <input type="checkbox"/> Solid cooking fat or coconut oil <input type="checkbox"/> Olive oil <input type="checkbox"/> Ginger powder <input type="checkbox"/> Sea salt 	
HERBS	
<ul style="list-style-type: none"> <input type="checkbox"/> Fresh rosemary 	
	OPTIONAL
	<ul style="list-style-type: none"> <input type="checkbox"/> Fresh fruit <input type="checkbox"/> Avocadoes
PAGE II	

SESSION 1 CHOP LIST

CHICKEN SOUP	
BOWL 1	BOWL 2
1 onion—peel left on and halved 2 cloves garlic—peel left on and whole 1 tablespoon sea salt 1 bay leaf	1 bunch celery—ends removed and chopped into 1 1/2-inch pieces 1 pound carrots—chopped into 1 1/2-inch pieces 1 sweet potato—chopped into 1 1/2-inch pieces
BOWL 3	
1 bunch chard, stemmed and roughly chopped	

ROSEMARY BEEF BREAKFAST SKILLET	
BOWL 1	BOWL 2
1 sweet potato, cut into 1-inch pieces	1 tablespoon fresh rosemary—minced 1/2 teaspoon sea salt
BOWL 3	
1 bunch chard, stemmed and roughly chopped	

RAINBOW ROASTED ROOT VEGETABLES	
BOWL 1	
<p>1 pound beets—cut into 1-inch pieces</p> <p>1 turnip—cut into 1-inch pieces</p> <p>3 carrots—cut into 1-inch pieces</p> <p>2 parsnips—cut into 1-inch pieces</p>	

EMERALD KALE SALAD	
BOWL 1	BOWL 2
1-2 bunches of kale—stemmed and roughly chopped	<p>¼ cup red onion—minced</p> <p>1 small cucumber—thinly sliced</p>
BOWL 3	
½ lemon, juiced	

GINGER-LEMON SALMON	
BOWL 1	BOWL 2
1 lemon—sliced thinly into rounds	<p>¼ teaspoon ginger powder</p> <p>¼ teaspoon sea salt</p>

PAGE I 3	NOTE	If you run out of prep bowls, use anything handy (plates, pyrex) to organize your ingredients!
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HAVE READY TO GO

1 4-5 pound stewing hen or rooster

1 pound grass-fed ground beef

1 pound wild-caught salmon fillet

Solid cooking fat

4 quarts filtered water

Olive oil

Sea salt

CLASSIC CHICKEN SOUP

 VIDEO 1: 90 MINUTES	 TIME: 2 HOURS	MAKES A LOT
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INGREDIENTS	DIRECTIONS
<p>One 4 to 5-pound stewing hen or rooster</p> <p>1 large onion, peel left on and halved</p> <p>1 bay leaf</p> <p>2 cloves garlic</p> <p>1 tablespoon sea salt, plus more as needed</p> <p>1 pound carrots, chopped into 1 ½-inch chunks</p> <p>1 sweet potato, chopped into 1 ½-inch chunks (SUB: parsnips)</p> <p>1 bunch celery, ends removed and chopped into 1 ½-inch chunks</p> <p>1 bunch chard, stemmed and roughly chopped (SUB: kale)</p>	<ol style="list-style-type: none"> 1. Begin by cleaning the chicken (rinse it under cold water and remove loose bits of fat and other tissue). Place it in a large stockpot. If it doesn't fit, you will have to cut it into quarters (a kitchen scissors works well here). 2. Add the onion, bay leaf, garlic, and sea salt. Fill the pot with cold water until the chicken is just covered (about 4–5 quarts). Bring to a boil, then cover tightly and lower the heat to a bare simmer. Cook this way until the meat is tender and falling off the bone, about 1 to 2 hours—the lower the simmer, the more tender your chicken will come out. Skim the surface of the broth to remove any scum that may appear during cooking. 3. Remove the chicken from the pot and set it aside. Pour the vegetables and broth through a strainer, being careful to save the broth! Discard the vegetables and the bay leaf. 4. Add the broth back to the pot along with the carrots, sweet potato, and celery. Bring to a boil, then lower the heat. Cover and cook at a simmer for about 20 minutes, or until the vegetables are tender. 5. While the vegetables are cooking, remove the meat from the chicken carcass and set it aside in a bowl. 6. When the veggies are tender, add the chicken back to the soup and simmer for another 20 minutes. Turn off the heat, add the chard, salt to taste, and serve.
<p>STORAGE</p>	
<p>Keeps well in the refrigerator for several days; also freezes well.</p>	
<p>PAGE I 5</p>	

ROSEMARY BEEF BREAKFAST SKILLET



VIDEO 1: 90 MINUTES



TIME: 30 MINUTES

SERVES: 3-4

INGREDIENTS	DIRECTIONS
<p>1 tablespoon solid cooking fat, plus more if needed</p> <p>1 sweet potato, cut into 1-inch pieces (SUB: winter squash)</p> <p>1 pound grass-fed ground beef (SUB: ground pork, chicken, or turkey)</p> <p>1 bunch chard, stemmed and roughly chopped (SUB: kale)</p> <p>1 tablespoon finely chopped fresh rosemary</p> <p>½ teaspoon sea salt</p>	<ol style="list-style-type: none"> 1. Heat the cooking fat in a heavy-bottomed pot over medium-high heat. When the fat has melted and the pan is hot, add the sweet potato and cook, stirring to ensure even browning, and adding more fat as needed. Cook the sweet potatoes until they are just soft when pierced with a fork, about 15 minutes. Remove from the pan and set aside. 2. Add the ground beef to the skillet and brown over medium-high heat, being sure to stir occasionally so that the meat browns evenly. This should take around 10 minutes. 3. When it is finished, add the chard, rosemary, and sea salt to the pan and cook, stirring, until the chard is wilted, about 2 minutes. 4. Add the sweet potatoes back to the pan and cook everything for another few minutes, until well combined.
<p>STORAGE</p>	
<p>Keeps well in the refrigerator for several days; also freezes well.</p>	
<p>PAGE 16</p>	

RAINBOW ROASTED ROOT VEGETABLES



VIDEO 1: 90 MINUTES



TIME: 1 HOUR

SERVES: 4

INGREDIENTS	DIRECTIONS
<p>3 medium carrots, cut into 1-inch pieces</p> <p>2 medium beets, peeled and cut into 1-inch pieces (SUB: sweet potato)</p> <p>2 medium parsnips, peeled and cut into 1-inch pieces (SUB: rutabaga)</p> <p>1 small turnip, peeled and cut into 1-inch pieces (SUB: rutabaga or parsnips)</p> <p>3 tablespoons solid cooking fat, melted</p> <p>½ teaspoon sea salt</p>	<ol style="list-style-type: none"> 1. Preheat the oven to 400 degrees F. 2. Combine the carrots, beets, parsnips, and rutabaga in a bowl and coat with the cooking fat and salt. 3. Transfer to a baking dish and bake until soft and browned on the outside, about 1 hour. Make sure to stir a couple of times while cooking. Serve warm.
STORAGE	NOTE
<p>Keeps in the refrigerator for several days.</p>	<p>Feel free to use your own mixture of root vegetables for this recipe, not just the ones called for. Sweet potato, celeriac, and turnip make lovely additions or substitutions to any of the above.</p>
<p>PAGE I 7</p>	

EMERALD KALE SALAD



VIDEO 1: 90 MINUTES



TIME: 15 MINUTES

SERVES: 3

INGREDIENTS	DIRECTIONS
<p>1 large or 2 small bunches of kale, stemmed and coarsely chopped</p> <p>2 tablespoons olive oil</p> <p>1 teaspoon sea salt</p> <p>½ lemon, juiced (1 tablespoon)</p> <p>¼ cup minced red onion</p> <p>½ cucumber, thinly sliced</p>	<ol style="list-style-type: none"> 1. Place the chopped kale in a large bowl; drizzle with olive oil and sprinkle with sea salt. 2. Massage the kale gently with your hands for 5 minutes, until the tough fibers of the kale break down and soften somewhat. 3. Toss with the red onion, cucumber, and lemon juice.
<p>STORAGE</p>	
<p>Keeps well in the refrigerator for several days.</p>	
<p>PAGE 18</p>	

GINGER-LEMON BAKED SALMON



VIDEO 1: 90 MINUTES




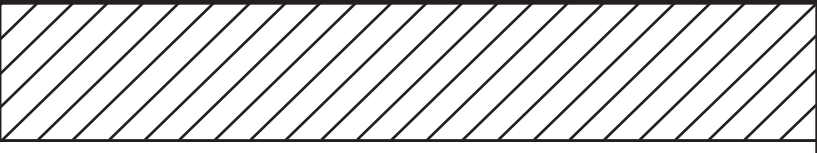
TIME: 20 MINUTES

SERVES: 3

INGREDIENTS	DIRECTIONS
<p>1 pound wild-caught salmon fillet (SUB: cod)</p> <p>¼ teaspoon ginger powder</p> <p>¼ teaspoon sea salt</p> <p>1 lemon, sliced thinly into rounds</p> <p>1 tablespoon olive oil</p>	<ol style="list-style-type: none"> 1. Preheat the oven to 400 degrees F. Place the salmon skin side down on an oiled or parchment covered baking sheet. Combine the ginger powder and sea salt in a small bowl, and sprinkle evenly over the fish, topping with slices of lemon. 2. Bake for 15 minutes, or until the fish lightly flakes when tested with a fork. The cooking time may vary a bit depending on the thickness of your fish. 3. Drizzle with olive oil before serving.
<p style="text-align: center;">STORAGE</p>	
<p>Keeps for a couple of days in the refrigerator.</p>	
<p style="text-align: center;">PAGE 19</p>	

SESSION 2

WEEK 1	
 VIDEO 2 : 45 MINUTES	RECIPES
<ol style="list-style-type: none"> 1. PORK "MAGIC" CHILI (6 servings; 1 extra) 2. GINGERED BEEF BREAKFAST SKILLET (3 servings) 3. CABBAGE AND AVOCADO SALAD (3 servings; 1 extra) 4. BACON-WRAPPED DATES (6 servings) 5. THAW THREE SERVINGS OF CHICKEN SOUP 	

SESSION 2			
	BREAKFAST	LUNCH	DINNER
WED			Pork "Magic" Chili
TH	Pork "Magic" Chili	Chicken Soup	Cabbage Salad w/ Seafood
FRI	Gingered Beef Breakfast Skillet	Pork "Magic" Chili	Chicken Soup
SAT	Gingered Beef Breakfast Skillet	Pork "Magic" Chili	Cabbage Salad w/ Seafood
SUN	Gingered Beef Breakfast Skillet	Pork "Magic" Chili	Chicken Soup
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SESSION 2 GROCERIES	
MEAT	PRODUCE
<ul style="list-style-type: none"> <input type="checkbox"/> 2 pounds ground pork (SUB: ground beef, chicken, or turkey) <input type="checkbox"/> 1 pound ground beef (SUB: ground pork, chicken, or turkey) <input type="checkbox"/> 2 small cans sardines, oysters, or other fish <input type="checkbox"/> ½ pound or 6 slices thick-cut bacon 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 large yellow onion <input type="checkbox"/> 2 pounds carrots <input type="checkbox"/> 1.5 pounds parsnips (3 medium; SUB: rutabaga) <input type="checkbox"/> 1 pound beets (about 2 medium; SUB: sweet potato) <input type="checkbox"/> 1 pound cabbage <input type="checkbox"/> 1 avocado <input type="checkbox"/> 1 head garlic <input type="checkbox"/> 1 lemon <input type="checkbox"/> 1 bunch parsley <input type="checkbox"/> ½ pound broccoli (SUB: cauliflower or collard greens) <input type="checkbox"/> 1-inch piece fresh ginger <input type="checkbox"/> 12 pitted dates
PANTRY ITEMS	
<ul style="list-style-type: none"> <input type="checkbox"/> Solid cooking fat <input type="checkbox"/> Olive oil <input type="checkbox"/> Apple-cider vinegar <input type="checkbox"/> Sea salt <input type="checkbox"/> Cinnamon <input type="checkbox"/> Bone Broth <input type="checkbox"/> Onion powder <input type="checkbox"/> Garlic powder <input type="checkbox"/> Toothpicks 	
	HERBS
	<ul style="list-style-type: none"> <input type="checkbox"/> Fresh oregano
	OPTIONAL
	<ul style="list-style-type: none"> <input type="checkbox"/> Fresh fruit <input type="checkbox"/> Extra avocados
PAGE 2 I	

SESSION 2 CHOP LIST

PORK "MAGIC" CHILI	
BOWL 1	BOWL 2
1 large onion—chopped	4 cloves garlic—minced
BOWL 3	BOWL 4
3 parsnips—cut into 1 ½-inch pieces 4 carrots—cut into 1 ½-inch pieces 2 beets—grated or cut into 1 ½-inch pieces	2 tablespoons fresh oregano, minced 1 teaspoon onion powder ½ teaspoon sea salt ½ teaspoon garlic powder ⅛ teaspoon cinnamon

GINGERED BEEF BREAKFAST SKILLET	
BOWL 1	BOWL 2
2 carrots, cut into ½-inch rounds ½ pound broccoli, stemmed and cut into florets	1-inch piece of fresh ginger—grated or finely minced ½ teaspoon sea salt
BOWL 3	
½ lemon, juiced	

CABBAGE AVOCADO SALAD	
BOWL 1	
<p>1 pound cabbage—halved, cored, and then thinly sliced</p> <p>½ small red onion—thinly sliced</p> <p>2 carrots—grated</p> <p>1 cup parsley, stems removed and roughly chopped</p>	

OLIVE-AVOCADO DRESSING	
BOWL 1	BOWL 2
1 avocado, halved	<p>⅓ cup olive oil</p> <p>⅓ cup filtered water</p> <p>2 teaspoons apple cider vinegar</p> <p>½ lemon, juiced (about 1 tablespoon)</p> <p>¼ teaspoon sea salt</p>

BACON-WRAPPED DATES
BOWL 1
<p>6 slices bacon, cut in half</p>

<p>PAGE 23</p>	<p>NOTE</p>	<p>If you run out of prep bowls, use anything handy (plates, pyrex) to organize your ingredients!</p>
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HAVE READY TO GO

2 pounds ground pork

1 pound grass-fed ground beef

4 cups bone broth

solid cooking fat

12 pitted dates

PORK "MAGIC" CHILI



VIDEO 2: 45 MINUTES



TIME: 1 HOUR

SERVES: 6

INGREDIENTS	DIRECTIONS
<p>1 tablespoon solid cooking fat</p> <p>1 large yellow onion, chopped</p> <p>4 cloves garlic, minced</p> <p>4 cups Bone Broth</p> <p>3 parsnips, cut into 1 ½-inch pieces (SUB: rutabaga)</p> <p>4 carrots, cut into 1 ½-inch pieces</p> <p>2 beets, grated or cut into 1 ½-inch pieces (about 2 cups; SUB: sweet potato)</p> <p>2 tablespoons chopped fresh oregano</p> <p>1 teaspoon onion powder</p> <p>½ teaspoon sea salt</p> <p>½ teaspoon garlic powder</p> <p>⅛ teaspoon cinnamon</p> <p>2 pounds ground pork (SUB: ground beef, chicken, or turkey)</p>	<ol style="list-style-type: none"> 1. Heat the cooking fat in a heavy-bottomed pot over medium-high heat. When the fat has melted and the pan is hot, add the onions and cook, stirring, for 7 minutes or until the onions are translucent. Add the garlic and cook for another couple of minutes, stirring. 2. Add the bone broth, parsnips, carrots, grated beet, and all of the spices to the pot. Bring to a boil, then reduce the heat, cover, and let the soup simmer gently for about 20 minutes, or until the vegetables are tender. 3. Meanwhile, brown the ground pork in a skillet over medium-high heat, being sure to stir it occasionally so that the meat is browned evenly. 4. Add the ground meat to the pot and simmer, covered, for another 15 minutes. Serve warm.
	<p>VARIATION</p>
<p>STORAGE</p>	
<p>Keeps well in the refrigerator for several days; also freezes well.</p>	<p>Feel free to switch up the root vegetables in this recipe—turnip and rutabaga are nice choices if they are available.</p>
<p>PAGE 25</p>	

GINGERED BEEF BREAKFAST SKILLET



VIDEO 2: 45 MINUTES



TIME: 30 MINUTES

SERVES: 3-4

INGREDIENTS	DIRECTIONS
<p>1 tablespoon solid cooking fat, plus more if needed</p> <p>2 large carrots, cut into ½-inch rounds</p> <p>½ pound broccoli, stemmed and cut into florets (SUB: cauliflower or collard greens)</p> <p>1 pound grass-fed ground beef (SUB: ground pork, chicken, or turkey)</p> <p>1-inch piece fresh ginger, grated or finely chopped</p> <p>½ teaspoon sea salt</p> <p>½ lemon, juiced</p>	<ol style="list-style-type: none"> 1. Heat the cooking fat in a heavy-bottomed pot over medium-high heat. When the fat has melted and the pan is hot, add the carrots and broccoli and cook, stirring, until they are just soft when pierced with a fork, about 10 minutes. Remove from the pan and set aside. 2. Add the ground beef and ginger to the skillet and brown over medium-high heat, being sure to stir occasionally so that the meat browns evenly. This should take around 10 minutes. 3. When it is finished, add the sea salt and carrots back to the pan. Cook everything for another few minutes, until well combined. 4. Turn off the heat, drizzle with lemon juice, and serve.
<p>STORAGE</p>	
<p>Keeps well in the refrigerator for several days; also freezes well.</p>	
<p>PAGE 26</p>	

CABBAGE SLAW

WITH OLIVE-AVOCADO DRESSING



VIDEO 2: 45 MINUTES



TIME: 15 MINUTES

SERVES: 4

INGREDIENTS	DIRECTIONS
<p>1 small head Savoy cabbage, chopped (or substitute green or Napa cabbage)</p> <p>½ small red onion, thinly sliced</p> <p>2 carrots, grated (about 2 cups)</p> <p>1 handful chopped fresh parsley</p> <p>1 cup Olive-Avocado Dressing</p>	<ol style="list-style-type: none"> 1. In a large bowl, combine the cabbage, onion, carrots, and most of the parsley. 2. Toss with the vegetables with the dressing and garnish with the remainder of the parsley.
<p>STORAGE</p>	
<p>Keep dressing separate and toss right before serving.</p>	
<p>PAGE 27</p>	

OLIVE-AVOCADO DRESSING



VIDEO 2: 45 MINUTES



TIME: 5 MINUTES

MAKES: 1 CUP

INGREDIENTS	DIRECTIONS
<p>1 avocado, pitted and skinned 1/3 cup extra-virgin olive oil 1/3 cup filtered water 2 teaspoons apple cider vinegar 1/2 lemon, juiced (about 1 tablespoon) 1/4 teaspoon sea salt</p>	<ol style="list-style-type: none"> 1. Combine all ingredients in a blender and mix for a few seconds until well incorporated. 2. If dressing is too thick, add water one tablespoon at a time until desired consistency is reached.
<p>STORAGE</p>	
<p>Keeps for a few days, sealed, in the refrigerator.</p>	
<p>PAGE 28</p>	

BACON-WRAPPED DATES



VIDEO 2: 45 MINUTES



TIME: 30 MINUTES

MAKES: 12

INGREDIENTS

½ pound or 6 slices thick-cut bacon
12 pitted dates
toothpicks

DIRECTIONS

1. Preheat your oven to 400 degrees.
2. Cut the slices of bacon in half. Wrap each date in a half slice of bacon, using a toothpick to secure it.
3. Place the bacon-wrapped dates on a baking sheet lined with parchment paper and bake for 20 minutes, or until crispy.

STORAGE

Keeps for a few days, sealed in the refrigerator. Heat before serving!

BONE BROTH

WHY CONSUME BONE BROTH?

Broth is rich in collagen, which is incredibly useful for maintaining healthy joints, skin, and hair, as well as gelatin, which has gut-healing qualities. It is also rich in the minerals that are needed to make bone, which makes it a very restorative and balancing item to include in our diets. Make a batch or two on the weekends and have it available for drinking in the morning instead of coffee, as well as to use in soups, stews, and sauces.



VIDEO 1: 10 MINUTES



TIME: 4 TO 24 HOURS

MAKES: 3-4 QUARTS

INGREDIENTS

4 quarts filtered water
 2 (or more) pounds bones from a good source (knuckle and marrow bones work well, but you can use any type of bones)
 2 tablespoons apple cider vinegar
 1 bay leaf

STOVETOP METHOD

1. Place all ingredients in a large stockpot or crock-pot (slow cooker) and bring to a boil. Lower the heat so the water is barely simmering; cover.
2. Occasionally skim the surface for any scum that may appear during cooking.
3. Cook for at least 8 and up to 24 hours, being sure to check periodically to ensure the broth is still at a bare simmer. The longer you cook your bones the more rich and nutritious the broth will be.



PRESSURE COOKER METHOD	SLOW COOKER METHOD
<ol style="list-style-type: none"> 1. Place all ingredients in a large stockpot or crock-pot (slow cooker) and bring to a boil. Lower the heat so the water is barely simmering; cover. 2. Let the broth cook this way for 3 hours, then turn off the heat and let the broth depressurize and cool naturally. 	<ol style="list-style-type: none"> 1. Place all ingredients in a slow cooker and cook on high for at least 24 hours and up to 48 hours.
<p>WHEN THE BROTH IS FINISHED (USING ANY METHOD)</p>	
<p>Let cool, then strain and portion the broth into containers for storage. After the liquid is strained, pick through any bones that are still intact and save them to add to the next batch, tossing those that fell apart. (You can usually get a few batches out of larger beef knuckle bones, while chicken bones last only 1 to 2 batches).</p>	

VARIATIONS	SOURCING BONES
<p>There are many ways to vary your bone broth, such as browning the bones in the oven before cooking or adding some herbs and spices or vegetables while it is cooking. I like to avoid salting my broth so that it doesn't impact the amount of salt used in recipes. The broth can also be boiled to reduce so that it is concentrated and stored more easily. As you continue to make broth you will get into a flow, and can make it according to your preference.</p>	<p>Bones should not be expensive or difficult to find. The best source is from a farmer you trust, maybe at a farmers market or through a CSA. If you don't have those sources available to you, a lot of natural food stores sell bones from grass-fed meat—be sure to ask the butcher if you don't see any available! Also, you can start a bag in your freezer for storing any bones from the meat you consume—just toss them into the bag, and make broth at a later time. Feel free to use any type of bones, even if they have been previously cooked, to make broth—beef, lamb, chicken, and turkey all work well.</p>
<p>— PAGE 3 I —</p>	

KOMBUCHA



VIDEO 1: 10 MINUTES



TIME: 2–3 HOURS

MAKES: 1 GALLON

INGREDIENTS

1 gallon filtered water
 5 bags of green tea
 1 cup granulated sugar (don't use honey or agave here)
 1 kombucha starter culture*
 1 cup starter liquid (this should either come with the starter culture or be from a previous batch — if you don't have either you can use apple cider vinegar)

YOU WILL ALSO NEED...

A 1-gallon glass container
 cheesecloth
 large rubber band

DIRECTIONS

1. Bring the gallon of water to a boil, turn off the heat and add the tea bags. Steep for a minute or two and remove.
2. Add the sugar and stir to combine. Let cool completely to room temperature.
3. When the sweetened tea has cooled, pour it into your gallon container with the starter culture and starter liquid (don't do this before it is cooled—you will kill your culture!). Cover with a cheesecloth secured with a rubber band and let the jar sit in a dark corner at room temperature (about 65 to 75 degrees).
4. You can choose to let your culture ferment for at least a week up to a few weeks, with it getting less sweet and more sour toward the end, as the bacteria eats up most of the sugar. Taste it, and when you like the result, pour most of the kombucha, sparing the culture, into jars and store them in the refrigerator. Leave a couple of cups of liquid in the bottom of the jar to start the next batch. You will also want to remove the new culture that has formed on the top and use to start another batch, or you could give it to a friend!



BOTTLE FERMENTING	
ADDITIONAL SUPPLIES	DIRECTIONS
<p>Glass jars with lids fruit juice</p>	<p>1. To make your kombucha fizzy, put an ounce or two of fresh fruit juice in the bottom of a few quart-size glass jars and fill them to within an inch of the top of the jars with kombucha. You can use any type of juice you like here—pineapple, grape, and pomegranate are some of my favorites. You can also add spices like ginger, turmeric, or clove. Screw the lids on tightly and allow the liquid to ferment at room temperature for a couple of days, being sure to open the lids and “burp” them once a day. When they are finished, put in the refrigerator and enjoy.</p>

*** NOTE**

You can find a starter culture (called a scoby) at some natural groceries as well as online, but the best source is to find someone you know locally who can give you a “baby” from a successful culture. The scoby looks like an opaque, jello-like glob and should come accompanied by some starter liquid. Once you make your kombucha for the first time, you will end up with an extra scoby to start a double batch or give to a friend!

STORAGE

Kombucha keeps for a few months in the refrigerator.

RENDERED ANIMAL FAT



VIDEO 1: 10 MINUTES



TIME: 2 TO 4 HOURS

MAKES: ~ 2 CUPS

INGREDIENTS	DIRECTIONS
<p>1 pound animal fat (lard, tallow, duck fat, or suet work well), cold *</p> <p>¼ cup water</p>	<ol style="list-style-type: none"> 1. Cut the fat into small pieces—ideally smaller than 1 inch. Place them in a large cast-iron pot or a crockpot with the water and turn the heat to the lowest setting. 2. Let the fat cook on low for an hour or so, stirring every so often. 3. Once there is a considerable amount of fat melted (maybe a third to a half of the solid fat), strain most of it through a fine mesh strainer into another pot, leaving about 1/4 cup in with the solid fat and set aside. Place the remaining un-rendered fat back on the stove. Continue doing this until there is only a small amount of un-rendered fat in the pot. 4. Once all of the fat is in the second pot and warm enough to be liquefied but not still hot, transfer into a glass jar for storage.
<p>* SOURCING NOTE</p>	
<p>Make sure to use fat from healthy animals—those that have been raised on pasture and fed an appropriate diet.</p>	
<p>STORAGE</p>	
<p>Keeps for a few months in the refrigerator; also freezes well.</p>	<p>NOTES</p>
<p>PAGE 34</p>	<p>You can take the solids (the cracklings) left in the pot after the rendering process and bake them for 20 minutes at 400 degrees. They make a great crunchy snack or salad topping!</p>
<p></p>	<p></p>

FAQ

DOES THIS MEAL PLAN FOLLOW THE GUIDELINES IN
THE PALEO APPROACH BY SARAH BALLANTYNE?

Yes! This meal plan is compliant with the strictest phase of the elimination diet and is free from grains, beans, legumes, dairy, eggs, nuts, seeds, and nightshade vegetables and spices.

HOW MANY PEOPLE DOES THIS MEAL PLAN FEED?

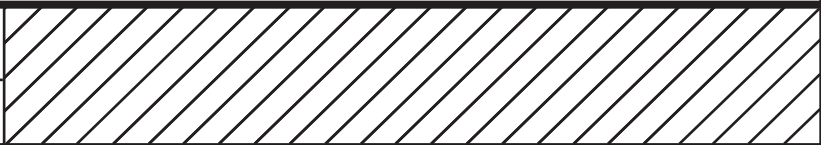
This meal plan feeds one person for one week, erring on the side of having there be too much food than too little. If you are cooking for two, the food will last 4-5 days, possibly longer if the second person is supplementing with non-AIP food.

WHAT IF I AM ALLERGIC TO COCONUT?

As long as you have an alternate solid cooking fat (like lard, tallow, or duck fat), this meal plan is coconut-free.

IS THIS MEAL PLAN COMPLIANT WITH A LOW-FODMAP OR SCD APPROACH?

No, although I have plans to come out with versions in the future.



HOW LONG WILL I SPEND IN THE KITCHEN FOLLOWING THIS PLAN?

You will need to budget one 2 ½ hour cooking session and one 1 hour cooking session per week, minimum (that is if you already have broth prepared, if not you will need to set aside some time to make that). These times include chopping and cleaning, and some of the time is unattended while waiting for food to cook. You will get 100% of the cooking done for one week in these two sessions.

WHAT WILL I EAT FOR BREAKFAST?

With this meal plan you will not be eating anything traditional for breakfast—think a hearty, nourishing, balanced meal with broth, vegetables, and meat. While it may seem a little strange at first, getting your day started with a nutrient-dense meal is the best way to set yourself up for success.

I DON'T HAVE TIME TO MAKE BROTH OR RENDER MY OWN FAT—CAN I STILL DO THIS MEAL PLAN?

While I don't recommend replacing bone broth with store bought broth, I provide links to resources where you can purchase bone broth and solid cooking fat to use in the recipes.

RESOURCES

THE AUTOIMMUNE PROTOCOL

- + The most up-to-date information can be found in *The Paleo Approach* by Sarah Ballantyne: <http://autoimmune-paleo.com/the-paleo-approach...>
- + List of foods to eat and avoid: <http://autoimmune-paleo.com/paleo-autoimmune-protocol-print-out-guides/>
- + The Autoimmune Protocol: <http://www.thepaleomom.com/autoimmunity/the-autoimmune-protocol>
- + Reintroducing foods: <http://www.thepaleomom.com/2012/09/reintroducing-foods-after-following-the-autoimmune-protocol.html>

BONE BROTH

- + <https://www.barebonesbroth.com/>
- + <http://realbonebroth.com/>
- + <http://saltfireandtime.com/>

SOLID COOKING FAT

- + <http://www.fatworksfoods.com/>
- + <http://www.grassfedbeef.org/>
- + <http://www.tropicaltraditions.com/>

PASTURE-RAISED MEATS AND LOCAL PRODUCE

+ <http://www.eatwild.com/>

+ <http://search.ams.usda.gov/farmersmarkets/>

COOKING TOOLS AND GLASS CONTAINERS

+ <http://autoimmune-paleo.com/amazon/>

AIP SNACKS

+ <http://autoimmune-paleo.com/barefoot>

CANNED FISH

+ <http://www.vitalchoice.com/>

+ <http://www.wildplanetfoods.com/>

