

Autoimmune Paleo Diet



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Autoimmune Paleo Diet | Overview

The Autoimmune Paleo (AIP) diet is derived from the Paleolithic diet.

The Paleolithic diet, known today as the modern Paleo diet, originated from the ideas of a gastroenterologist in 1975, Dr. Walter Voegtlin. Later in 1985, Dr. Boyd Eaton wrote a scientific paper about Paleolithic nutrition, published in the New England Journal of Medicine. However, the diet has been made popular by Dr. Loren Cordain, founder of the Paleo Movement, in 2002.

Gut Inflammation Relief

The AIP diet is an elimination and reintroduction protocol which aims to reduce inflammation in the gut, heal the gastrointestinal tract and in turn, reduce overall systemic inflammation. It is a diet targeted specifically at autoimmune diseases.

Traits of the AIP Diet

The AIP diet focuses on removing foods from the diet that people are commonly sensitive to, in order to lower overall inflammation.

The AIP diet is a version of the original Paleo diet which addresses underlying inflammation stemming from the gut. This can be a major driver of autoimmune disease. The AIP diet aims to bring the gut microbiota back into balance, whilst optimizing overall nutrient intake.

Beyond the Traditional Paleo Diet for Autoimmune Conditions

The traditional Paleo diet eliminates all grains and processed foods. It focuses on whole, nutrient-dense foods, such as fruit and vegetables, organic meats, eggs, and wild-caught fish. However, this is often not comprehensive enough for chronic autoimmune diseases, as not enough of the immune triggers are removed.

Because the AIP diet is utilized specifically for autoimmune diseases, it is almost always necessary to employ additional modalities to treat the condition. Herbal and nutritional medicines may be prescribed alongside an autoimmune diet as a part of a protocol to treat you as a whole person, rather than just targeting the disease process in isolation.

Not everyone must strictly avoid all the eliminated foods from the diet permanently, as not everyone with an autoimmune disease is sensitive to these foods.

What conditions may benefit from the AIP diet?

Many autoimmune conditions may benefit from the AIP diet, including:

- Hashimoto's Disease
- Rheumatoid Arthritis
- Coeliac Disease
- Adrenal fatigue
- Recurrent viral infections or low immunity
- Poly Cystic Ovarian Syndrome (PCOS)
- Multiple Sclerosis
- Sjogren's
- Type 1 Diabetes
- Lupus (SLE)

[Read more...](#)

Autoimmune Paleo Diet | Shopping list



Fresh Vegetables

Include

Low carbohydrate, non starchy leafy greens should be eaten most:

- Artichoke
- Asparagus
- Avocado
- Beetroot
- Bok choy
- Broccoli
- Broccolini
- Brussels Sprouts
- Butternut pumpkin
- Cabbage
- Carrot
- Cauliflower
- Celery
- Chard
- Cucumber
- Daikon Radish
- Endive
- Fennel
- Garlic
- Ginger
- Jerusalem Artichoke
- Jicama
- Kale
- Kohlrabi
- Leek
- Lettuce
- Lotus Root
- Mustard Greens
- Okra
- Olives
- Onions
- Parsnip
- Plantain
- Pumpkin
- Radicchio
- Radish
- Rhubarb
- Seaweed
- Spaghetti Squash
- Spinach
- Squash
- Sweet Potato
- Taro
- Turnip
- Zucchini

Fermented vegetables:

Kimchi, sauerkraut

Avoid

Nightshades:

- Potatoes
- Tomatoes
- Capsicum
- Chili
- Eggplant

Legumes:

- Peanuts
- Black Beans
- Chickpeas
- Lentils
- Peas and green beans are precautionary foods. You may be able to tolerate them.

- Corn

Meat, Poultry, Fish, Eggs, Dairy

Include

Fresh meat, fish and poultry, ideally grass-fed, organic.

Meat:

- Beef
- Chicken
- Duck
- Kangaroo
- Lamb
- Mutton
- Pork
- Rabbit
- Turkey
- Venison
- Herring
- Lobster
- Mackerel
- Mahi Mahi
- Mussels
- Oysters
- Prawns
- Salmon
- Sardines
- Scallops
- Squid
- Trout
- Tuna
- Sardines

Seafood:

- Anchovy
- Clams
- Crab
- Cod
- Crayfish

Organ meats:

- Liver, heart and kidney

Avoid

- Cured meats
- Deli meats
- Processed meats
- Pre-cooked meats

Autoimmune Paleo Diet | Shopping list



Fats and Oils

Include

- Coconut oil
- Avocado Oil
- Extra Virgin olive oil
- Lard
- Duck Fat
- Beef tallow
- Sustainable palm oil

Avoid

- Butter
- Margarine
- Ghee
- Plant oils (sunflower, peanut, canola)

Herbs & Spices

Include

- Basil
- Bay leaf
- Coriander leaf (fresh)
- Cinnamon
- Clove
- Garlic
- Horseradish
- Mace
- Mint
- Rosemary
- Thyme
- Saffron
- Sage
- Turmeric
- Lavender

Avoid

- Allspice
- Cayenne pepper
- Chili
- Paprika
- Capsicum
- Caraway
- Cardamom
- Curry powder
- Aniseed
- Celery seed
- Coriander seed
- Cumin seeds
- Fennel seeds
- Fenugreek
- Mustard seeds
- Nutmeg
- Poppy seeds
- Sesame seeds
- Star Anise
- Sumac

Fruit

Include

All fruit to be eaten in moderation, limit 2-3 servings per day. Limit 1 cup of fresh juice daily

- Apple
- Apricot
- Avocado
- Banana
- Blackberry
- Blueberry
- Cherry
- Coconut
- Cranberry
- Date
- Fig
- Grape
- Grapefruit
- Guava
- Kiwi
- Lemon
- Lime
- Mango
- Mandarin
- Nectarine
- Orange
- Pawpaw
- Peach
- Pear
- Persimmon
- Plantain
- Plum
- Pineapple
- Pomegranate
- Raspberry
- Strawberry
- Watermelon

Avoid

- Goji berries (nightshade)

Autoimmune Paleo Diet | Shopping list



Drinks

Include

- Filtered water
- Herbal teas- e.g. rooibos (ensure they don't contain herbs on the avoid list above)
- Black tea
- Green Tea
- Yerba mate
- White tea
- Kefir
- Kombucha
- Coconut milk

Avoid

- Alcohol
- Soft drinks

Pantry Items

Include

- Gelatin
- Collagen
- Fish sauce
- Arrowroot starch
- Baking powder
- Non fortified Nutritional Yeast
- Apple cider vinegar
- Balsamic vinegar
- Coconut aminos
- Raw Honey
- Maple Syrup
- Molasses

Avoid

- Rice wine vinegar
- White vinegar
- Braggs seasoning

Flour

Include

- Arrowroot
- Cassava
- Coconut
- Plantain
- Tapioca
- Tigernut

Avoid

- Wheat, rice, buckwheat and other gluten containing and gluten free flours

Autoimmune Paleo Diet Meal Plan

This is an example of what seven days on an autoimmune paleo diet can look like. Note that if you have specific intolerances or allergies that are included in the meal plan below, feel free to remove them. Use this as a guide and alter it according to your likes and dislikes.

DAY 2



Breakfast
Chicken Soup

Lunch
Sardine salad

Dinner
Aromatic Chicken Curry

Snacks
AIP Granola

DAY 4



Breakfast
Rocket & Steak Salad

Lunch
Cauliflower Fried Rice

Dinner
Shepherd's Pie

Snacks
Vegetable Sticks &
Chicken Liver Pate

DAY 6



Breakfast
AIP Smoothie #2

Lunch
Chicken Thighs &
Blanched Vegetables

Dinner
Shirataki Noodle with
Basil Pesto

Snacks
Frozen Blended
Cauliflower

DAY 1



Breakfast
AIP Smoothie

Lunch
Slow Cooked
Chicken & Sautéed
Vegetables

Dinner
Zucchini No-Tomato
Bolognese

Snacks
Baked Kale Chips

DAY 3



Breakfast
Breakfast Patty &
Greens

Lunch
Shirataki (Konjac)
Noodle Stir-Fry

Dinner
Pan Grilled Salmon &
Green Salad

Snacks
Vegetable Sticks &
Pesto

DAY 5



Breakfast
Rainbow Bacon &
Avocado Salad

Lunch
Large Salad &
Leftover Meat

Dinner
Salmon Skewers &
Tapenade

Snacks
Vegetable Sticks &
Artichoke Hummus

DAY 7



Breakfast
Butternut Pumpkin
Breakfast Soup

Lunch
Coconut Chicken
Salad

Dinner
Taco Mince on
Mashed Butternut

Snacks
Bacon Wrapped
Asparagus

Breakfast

AIP Smoothie

500ml Coconut milk
1 tsp Gelatin powder
1 tbsp Collagen peptides
4 Strawberries
½ cup Frozen Mango

Ice

Blend all ingredients and serve
Preparation time: 2 minutes
Cooking time: 2 minutes
Serves: 1

Lunch

Slow Cooked Chicken & Sautéed Vegetables

1 Whole Chicken
6 cloves Garlic, crushed
1 thumb Ginger, bruised
1 liter Bone broth/stock
1 bunch chopped Coriander leaves
Salt and pepper
1 bay leaf
4 Shallots sliced thinly
5 Spring onions sliced thinly
1 carrot sliced thinly
1 head broccoli chopped into florets
2 tbsp coconut oil

In a large crock pot, heat 1 tbsp coconut oil, and sauté shallots and ginger, when fragrant add all but one clove of garlic, spring onion and coriander. Add bay leaf.

Place chicken in the pot, cover with broth, turn down heat and cook for two hours.

In a pan heat coconut oil, sauté 1 clove of garlic, add carrots and broccoli, season with salt and pepper, stir until cooked. Add a dash of water if needed.

Preparation time: 10 minutes

Cooking time: 2 hours

Serves: 4

Dinner

Zucchini No-Tomato Bolognese

4 medium zucchini spiralised
500g minced meat (turkey or beef)
250g chopped organic liver
1 onion diced
1 bunch fresh basil chopped roughly
5 cloves garlic minced
1 grated carrot
1 tsp oregano
1 tsp thyme
1 tbsp olive oil
2 bay leaves
salt and pepper

Boil some water in a saucepan, and blanch the zucchini strands.

Heat olive oil, add onion, bay leaves and stir until onion is translucent. Add garlic and stir, then add meat and stir.

Add carrot, dried oregano and thyme, then add basil, salt and pepper and turn heat down, cook down for 35 minutes.

Serve on top of spiralised zucchini with a green salad.

Green salad: mixed green leaves, cucumber, avocado

Preparation time: 10 minutes

Cooking time: 30mins

Serves: 4

Snacks

Baked Kale Chips

1 bunch Kale, all leaves removed from stems and shredded into bite sized pieces

1 ½ tbsp Nutritional yeast

2 tbsp Coconut oil (adjust as needed)

1 tsp Apple Cider Vinegar

In a blender put in 400g ice, add protein powder, greens powder, maca, tocotrienols, chicory root, and kefir starter. Add mint leaves or mint extract and stevia and finally flaxseed oil.

Blend on high. Do not over blend, check texture until it reaches an ice cream texture. Sprinkle cacao nibs and mix by hand.

Pour into bowl/cup to serve.

*Adapted from recipe by Truth Calkins
bodyecology.com/articles/sugar-free-ice-cream-recipe*

Preparation: 5 minutes

Cooking time: 5 minutes

Serves: 3-4

Breakfast

Chicken Soup

1 whole Chicken cut into pieces
OR
1 kg chicken drumsticks
1 Onion quartered
1 stick Celery chopped
1 head Broccoli cut into small florets
1 Carrot chopped
1 thumb Ginger sliced
5 cloves Garlic, crushed
1 tbsp Coconut oil
Salt and pepper
2 l litres filtered water

In a large crock pot, heat oil, add onion, celery, ginger, carrot, garlic and stir. When fragrant, add chicken and cover with water. Cook down for 1 hour. Before serving and whilst still hot, add broccoli florets to the pot, to blanch.

Season with salt and pepper.

Preparation time: 10 minutes

Cooking time: 1 hour

Serves: 4

Lunch

Sardine Salad

Sardines in olive oil
½ cup cauliflower florets
½ cup chopped broccolini
1 tbsp apple cider vinegar
2 tbsp olive oil
½ tsp Oregano
½ bunch of Basil leaves chopped coarsely
1 Cucumber, cubed
½ Avocado, sliced
1 small Zucchini, cubed

Heat water in a saucepan, place broccolini and cauliflower in boiling water until tender. Remove and strain.

In a bowl mix vinegar, olive oil, oregano, basil, cucumber and zucchini.

Place sardines, cauliflower, broccolini, and avocado in a bowl.

Pour all contents from the dressing bowl over the sardines.

Preparation time: 10 minutes

Cooking time: 20 minutes

Serves: 1

Dinner

Aromatic Chicken Curry

1 Onion, diced
5 cloves garlic, minced
4 Shallots
1 tsp Cumin
½ bunch coriander chopped
1 tsp turmeric
1 heaped tbsp coconut oil
200g chicken, diced
1 carrot, chopped
½ head broccoli, chopped
1 can bamboo shoots,
1 zucchini, chopped
1 can coconut milk

+ Steamed cauliflower rice.

Heat coconut oil, sauté garlic, onion, shallots, cumin, coriander, turmeric until fragrant. Add chicken, stir until brown, add coconut milk. Cook down for 25 mins, add all vegetables, turn off heat when vegetables are cooked.

Grate or process 1 head of cauliflower until small and grainy. Steam and set aside as rice.

Preparation time: 15 minutes

Cooking time: 30 minutes

Serves: 2

DAY 2

Autoimmune Paleo Diet | Recipes

Snack

AIP Granola

Organic chopped dried fruit:

2 Figs
2 Apricot
1 tbsp dried or frozen Cranberries
1 tbsp dried or frozen Blueberries
2 Prunes
1 heaped tbsp Toasted Coconut
+ coconut milk

To toast coconut:

Head a pan, add coconut and stir until golden brown and fragrant. Do not burn.

Place all ingredients in a bowl to serve.

Preparation time: 5 minutes

Cooking time: 7 minutes

Serves: 1

DAY 3

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Breakfast

Breakfast Patty & Greens

200g beef mince
½ tsp salt
½ tsp turmeric
½ tsp coriander
1 clove garlic, minced
1 tbsp coconut oil
½ avocado
2 cos lettuce leaves shredded
½ cup kale leaves shredded

Mix meat, salt, turmeric, coriander, garlic in a bowl.
Roll into two balls then flatten to make a patty.
Heat oil in pan, cook patty on both sides until brown.

Serve topped with greens and avocado.

Preparation time: 10 minutes

Cooking time: 20 minutes

Serves: 1-2

Lunch

Shirataki (Konjac) Noodle Stir-Fry

250 g chicken stirfry strips
2 spring onions – chopped
2 cloves garlic – grated
1 tsp fresh ginger – grated
1 cup broccoli – small florets
1 small bunch coriander – stems removed
2 tbsp fish sauce
salt & pepper
250 g Shirataki noodles (“Slendier” pasta)

On medium to high, heat the oil in a large pan, adding the onions, garlic, ginger, and stirring until the onions have softened. Add chicken.
Add the rest of the vegetables, except the coriander and keep stirring until the chicken has cooked through.

Then add the fish sauce and coriander. Stir and combine well.
Add the noodles and stir for 30 seconds. Serve immediately and season to taste.

Recipe adapted from: www.healingfoodscookbook.com
Preparation time: 10 minutes
Cooking time: 15 minutes
Serves: 2

Dinner

Pan Grilled Salmon + Green Salad

1 Salmon fillet
2 Tbsp coconut oil
Salt and pepper
½ cup broccoli florets
½ cup cauliflower florets
2 garlic cloves, minced
1 handful cos lettuce
½ cucumber, cubed
1 handful rocket
½ avocado
juice of half a lemon
1 tbsp olive oil

In a pan heat 1 tbsp coconut oil and add broccoli and cauliflower, stir through minced garlic. Add a dash of water.
Stir until vegetables are soft, remove and put on plate.
In same pan heat remaining coconut oil, place salmon skin side down. Flip over after 5 mins and cook through until desired. Remove and place on plate.

Mix all remaining raw vegetables in a bowl, top with olive oil and lemon juice.

Preparation time: 10 minutes
Cooking time: 15 minutes
Serves: 1

Snack

Vegetable Sticks & Pesto

1 bunch of Basil or coriander
1 generous drizzle of Olive oil
1 clove Garlic
½ Lemon juice
1 tbsp Nutritional yeast
½ tsp salt

Blend all ingredients until smooth, add 1 tbsp of water if required.

Serve with chopped carrot, celery, cucumber and broccoli

Preparation time: 5 minutes
Cooking time: 5 minutes
Serves: 2

Breakfast.

Rocket & Steak Salad

1 Steak of your choice
1 handful Rocket
1 Cucumber cubed
½ Avocado sliced
¼ Lemon (juice)
1 tbsp Olive oil
1 tbsp coconut oil
Salt and pepper

In a bowl mix rocket, cucumber, lemon juice, avocado, and olive oil. Serve on a plate.

Heat coconut oil and cook steak to your liking, slice and place on top of vegetables, season with salt and pepper.

Preparation time: 10 minutes
Cooking time: 10 minutes
Serves: 1

Lunch

Cauliflower Fried Rice

½ Head grated cauliflower
100g Chicken
1 cup chopped bok choy
2 cloved garlic
½ thumb Ginger
½ diced Onion
½ chili Chili
2 tbsp Coconut Aminos

Saute onion, ginger, chili, add chicken, garlic, and then cauliflower, and finally bok choy and coconut aminos.

Preparation time: 15 minutes
Cooking time: 10 minutes
Serves: 1-2

Dinner

Shepherd's Pie

3 tbsp olive oil
2 onions – finely chopped
5 cloves garlic – minced
2 carrots – peeled and chopped
750 g beef mince
250 g organic chopped liver
2 tbsp coconut flour
1 ½ cups gluten free beef stock
1 tsp fresh thyme – stem removed
1 tbsp fresh parsley – chopped
¼ tsp ground cinnamon
1 bay leaf
400 g/14 oz cauliflower
75ml olive oil
1 tbsp coconut cream
salt & pepper to taste

Place oil into a large saucepan with the onions, garlic and carrots and cook over medium heat for around 10 minutes until the carrots have softened. Set aside.

Place a little more oil into the pan and add the mince and liver, and cook, separating any clumps, until the meat has changed colour. Sprinkle in the coconut flour, stir and cook for a minute.

Then add the stock, the herbs and spices and bring to boil. Turn down the heat to simmer and add the onion/

carrot mixture and the bay leaf and gently simmer for 45 minutes. Set aside to cool.

Prepare the cauliflower by removing the hard stems and retaining the florets. In a saucepan cook the cauliflower with 1 cup of water and the lid on for around 15 minutes until it has softened. Drain and place into a food processor with the beans. Process until smooth. Add the olive oil, coconut cream and salt & pepper. The mash should be firm, so add the oil and coconut cream gradually to make sure it doesn't get too soft. Preheat the oven to 180°C Lightly grease a 2.5 ltr ovenproof dish. Spoon the meat filling into the dish and spread the mash over the top. Bake for 30 minutes or until the top has become golden brown and the filling begins to bubble.

Recipe adapted from:
www.healingfoodscookbook.com

Preparation time:
10 minutes
Cooking time: 1 hour
Serves: 4

Minced beef • Chopped liver • Carrot • Zucchini
Bay leaf • Garlic • Onion • Rosemary • Thyme
Sage • Oregano Nutritional Yeast •
Cauliflower and sweet potato topping

DAY 4

Autoimmune Paleo Diet | Recipes

Snack

Vegetable Sticks & Chicken Liver Pate

300g Chicken liver
2 Shallots
3 cloves Garlic
1 tbsp coconut oil or Lard
½ bunch fresh Thyme leaves
½ bunch fresh Rosemary leaves
¼ cup Chicken broth
2 tbsp fresh parsley
Salt and pepper

Heat oil or lard and pan fry shallots, garlic and liver. Mix until cooked through. Add herbs (except for fresh parsley), broth, salt and pepper.

Place mixture in a food processor add parsley and blend.

Refrigerate, or eat warm. Serve with fresh carrot, celery and cucumber sticks.

Preparation time: 5 minutes

Cooking time: 15 minutes

Serves: 3

DAY 5

Autoimmune Paleo Diet | Recipes

Breakfast

Rainbow Bacon & Avocado Salad

3 strips Organic nitrite free bacon
½ avocado sliced
½ beetroot grated
1 carrot grated
½ cup shredded cos lettuce
1 tsp apple cider vinegar
2 tbsp olive oil
Salt and pepper

Heat a pan and cook bacon, once crispy chop into small strips.

Toss it through all the vegetables and top with apple cider vinegar and olive oil

Preparation time: 10 minutes

Cooking time: 10 minutes

Serves: 1

Lunch

Large Salad

1 cup Cos Lettuce
1 grated Carrot
1 cubed Cucumber
½ sliced Avocado
1 handful baby Spinach
½ Zucchini, sliced
1 handful Green beans, cut into thirds
2 Spring onions sliced thinly
1 tbsp Nutritional yeast
1 tbsp coconut aminos
2 tbsp olive oil
Add leftover meat

In a small bowl mix nutritional yeast, coconut aminos and olive oil.

Mix all vegetables in a large bowl and top with dressing. Shred any leftover meats into the bowl.

Preparation time: 10 minutes

Cooking time: 10 minutes

Serves: 2

Dinner

Salmon Skewers & Tapenade

1 large fillet salmon, skin off- cut into chunky cubes
½ cup coconut milk
1 kafir lime leaf sliced thinly
½ tsp ground coriander
½ tsp turmeric powder
2 tbsp coconut oil
2 tbsp coconut aminos
2 garlic cloves, minced

Skewer sticks

½ cup black olives
½ cup green olives
1 thumb sized strip of lemon zest
1 cup coarsely chopped coriander
1 minced garlic clove.

Put coconut milk, kafir lime, coriander powder, turmeric powder, coconut aminos and 2 minced garlic cloves into a bowl. Toss salmon in this and leave to marinate for 30 minutes in the fridge.

In a food processor, blend olives, lemon zest, coriander and garlic. Add olive oil if it feels too dry. Set aside in a bowl.

Using skewer sticks, assemble marinated salmon, and cook on a grilling pan. Heat coconut oil on pan and slowly place skewers on, turning after a couple of minutes. Cook for 5 minutes.
Serve with tapenade and leafy greens (eg: cos lettuce, rocket)

Preparation time: 20 minutes

Cooking time: 25 minutes

Serves: 1-2

Snack

Vegetable Sticks & Artichoke Hummus

8 Artichoke hearts (tinned/antipasto marinated hearts)
1 small clove garlic
½ a Lemon (juice)
A drizzle of Olive oil
Salt and pepper

Blend all ingredients together.

Preparation time: 5 minutes

Cooking time: 5 minutes

Serve with chopped carrots, cucumber and celery.

Breakfast

AIP Smoothie # 2

1 frozen Banana
250ml Coconut milk
250ml Coconut water
1 tbsp Collagen powder
1 tsp Powdered greens
1 tsp maca root powder
Ice

Blend all together and serve

Preparation time: 2 minutes

Cooking time: 2 minutes

Serves: 1

Lunch

Chicken Thighs & Sautéed Vegetables

2 chicken thighs
Coconut aminos
1 tsp garlic powder
½ head Broccoli florets
1 handful Green beans cut into thirds
½ Carrot Sliced
2 tbsp coconut oil

Marinate chicken thighs in coconut aminos and garlic powder.

Heat coconut oil in pan and cook marinated chicken thighs.

Once cooked through, remove.

Boil some water in a saucepan and black the broccoli, green beans and carrots.

Serve with chicken thighs.

Preparation time: 10 minutes

Cooking time: 25 minutes

Serves: 1

Dinner

Shirataki Noodle with Basil Pesto

Basil Pesto:
1 bunch of Basil or coriander
1 generous drizzle of Olive oil
1 clove Garlic
½ Lemon juice
1 tbsp Nutritional yeast
½ tsp salt

Noodles:
1 pack shirataki noodles
1 tbsp olive oil
Salt and pepper
½ cup cos lettuce
½ avocado sliced
½ cucumber cubed

Blend all ingredients together and set aside.

In a pan heat olive oil, and stir through noodles, add pesto and mix all together. Serve with a green salad of lettuce, cucumber and avocado.

Preparation time: 10 minutes

Cooking time: 10 minutes

Serves: 1

Snack

Frozen Blended Cauliflower

1 cup frozen cauliflower florets
½ cup raspberries (fresh or frozen)
2 tbsp Maple syrup
5 mint leaves

Blend all ingredients in a food processor and serve.

Preparation time: 2 minutes

Cooking time: 2 minutes

Serves: 1

Breakfast

Butternut Pumpkin Breakfast Soup

1 tbsp coconut oil
3 shallots sliced thinly
4 gloves of garlic, minced
1 liter filtered water
1 small butternut pumpkin, cubed
1 tsp ground coriander
2 sprigs spring onion sliced thinly
200g baby spinach
Salt and pepper

In a large pot heat oil, stir in shallots and cook until translucent, add coriander seed and garlic. Mix through.
Add pumpkin and water. Cover and cook until pumpkin is soft. Just before serving add baby spinach and spring onion to the pot.
Season as desired.

Preparation time: 15 minutes
Cooking time: 20 minutes
Serves: 3

Lunch

Coconut Chicken Salad

2 chicken thigh fillets
2 heaped tbsp shredded coconut
1 cup cos lettuce
1 handful rocket
1 cucumber cubed
½ grated beetroot
1 grated carrot
½ sliced avocado
2 tbsp olive oil
2 tsp apple cider vinegar
Salt and pepper
1 tbsp coconut oil
½ lemon or lime

Heat a pan and add shredded coconut, stir until coconut becomes golden and fragrant, do not burn.
In a pan heat coconut oil and cook chicken thighs until cooked through, remove and slice thinly. Squeeze lemon or lime juice over the top.

In a large bowl mix all vegetables, apple cider vinegar and olive oil. Add chicken and top with toasted coconut.

Preparation time: 10 minutes
Cooking time: 15 minutes
Serves: 1

Dinner

Taco Mince on Mashed Butternut

250 g beef mince
1 tsp cumin
1 tsp ground coriander
1 tsp oregano
1 tsp dried chives
½ tsp ginger powder
1 tsp salt
1 tbsp apple cider vinegar
Juice of ½ lemon
1 tsp fish sauce
1 tbsp coconut aminos
1 tbsp coconut oil
½ a butternut pumpkin cubed.

In a pot, bring water to the boil and add pumpkin, boil until soft, remove and strain. Put in bowl and mash down with a fork.

Heat coconut oil in a pan, add mince and all dried herbs, apple cider vinegar, lemon, coconut aminos and fish sauce. Stir until cooked through.

Serve on top of mashed pumpkin with a side green salad (lettuce, cucumber and avocado)

Preparation time: 10 minutes
Cooking time: 20 minutes
Serves: 2

Snack

Bacon Wrapped Asparagus

2 tbsp avocado oil
2 tbsp coconut aminos
1 tbsp maple syrup
½ tsp garlic powder
¼ tsp ginger powder
1 bunch asparagus, ends chopped off
4 slices bacon

Divide the asparagus to 4 equal sized bundles and wrap each bundle with bacon. Use a toothpick to secure wrap if necessary.

Place bundles on lined baking tray and bake for 20 minutes.

Recipe adapted from: autoimmunewellness.com
Preparation time: 5 minutes
Cooking time: 25 minutes
Serves: 2

Preheat oven to 180 degrees and line a baking tray with baking paper.

Combine avocado oil, coconut aminos, maple syrup, garlic and ginger then toss with asparagus to coat.

Diet guide research and writing by Kimberly Kushner, Naturopath and Nutritionist

