

AIP Diet Recipes 2

📅 2024-04-14 👤 Testimony Olajire 🏠 Example Client

Chicken Spinach Stir-Fry

🕒 30 min 🍽️ 2 servings

Per serving: 464 Kcal 52g Protein 19g Fat 20g Carbs

Ingredients

- Turmeric powder, 1/2 teaspoons (1.1 g)
- Cilantro, 2 servings (0.2 g)
- Ginger, 1 tsp (2 g)
- Garlic, 2 clove (6 g)
- Sweet potato, 1 cup, cubes (133 g)
- Coconut oil, 2 tablespoon (26.1 g)
- Chicken breasts, 2 small breast (450 g)
- Spinach leaves, 2 cups (60 g)
- Cauliflower rice, 1 cup (160 g)



Instructions

Heat coconut oil in a large skillet over medium heat.

Add minced garlic and grated ginger, sauté for 1 minute until fragrant.

Add chicken strips to the skillet and cook until browned and cooked through, about 5-6 minutes.

Sprinkle turmeric over the chicken. Stir well to coat.

Add cooked sweet potato cubes and cauliflower rice to the skillet. Cook for another 2-3 minutes, stirring occasionally.

Add fresh spinach leaves and cook until wilted, about 1-2 minutes.

Remove from heat and garnish with fresh cilantro.

Serve hot and enjoy!

Air Fried Chicken with Sweet Potato and Brussels Sprouts

🕒 35 min 🍽️ 4 servings

Per serving: 423 Kcal 53g Protein 13g Fat 24g Carbs

Ingredients

- **Onion powder**, 1 teaspoon (2 g)
- **Thyme**, 1 teaspoon (0.9 g)
- **Parsley**, 1 tablespoon (4 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Sweet potatoes**, 2 cup (248 g)
- **Brussels sprouts**, 1 pound (453.6 g)
- **Chicken breasts**, 4 small breast (900 g)
- **Garlic powder**, 1 teaspoon (3 g)
- **Sea salt**, 1/2 tsp (3 g)



Instructions

Preheat the air fryer to 400°F (200°C).

In a large bowl, toss the sweet potato wedges and Brussels sprouts with olive oil, dried thyme, garlic powder, onion powder, and sea salt.

Place the chicken breasts in a separate bowl and season with sea salt.

Arrange the sweet potato wedges and Brussels sprouts in a single layer in the air fryer basket.

Cook for 10 minutes, then shake the basket to ensure even cooking.

Add the seasoned chicken breasts to the air fryer basket and cook for an additional 10-12 minutes, or until the chicken is cooked through and the vegetables are tender.

Remove the air fryer basket from the machine and let the chicken rest for a few minutes before slicing.

Serve the air fried chicken with sweet potato wedges and Brussels sprouts, garnished with fresh parsley if desired.

Air Fried Salmon with Sweet Potato and Brussels Sprouts

🕒 35 min 🍽️ 4 servings

Per serving: 295 Kcal 23g Protein 13g Fat 24g Carbs

Ingredients

- **Onion powder**, 1 teaspoon (2 g)
- **Thyme**, 1 teaspoon (0.9 g)
- **Parsley**, 1 tablespoon (4 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Sweet potatoes**, 2 cup (248 g)
- **Brussels sprouts**, 1 pound (453.6 g)
- **Garlic powder**, 1 teaspoon (3 g)
- **Sea salt**, 1/2 tsp (3 g)
- **Salmon, Fresh**, 4 portion(s) (360 g)



Instructions

Preheat the air fryer to 400°F (200°C).

In a large bowl, toss the sweet potato wedges and Brussels sprouts with olive oil, dried thyme, garlic powder, onion powder, and sea salt.

Place the salmon in a separate bowl and season with sea salt.

Arrange the sweet potato wedges and Brussels sprouts in a single layer in the air fryer basket.

Cook for 10 minutes, then shake the basket to ensure even cooking.

Add the seasoned salmon to the air fryer basket and cook for an additional 10-12 minutes, or until the salmon is cooked through and the vegetables are tender.

Serve the air fried salmon with sweet potato wedges and Brussels sprouts, garnished with fresh parsley if desired.

Baked Salmon with Lettuce, Avocado and Cucumber Salad

🕒 22 min 🍽️ 2 servings

Per serving: 402 Kcal 37g Protein 23g Fat 12g Carbs

Ingredients

- **Avocado**, 1/2 cup (67.5 g)
- **Apple cider vinegar**, 1 tablespoon (15.1 g)
- **Salt**, 1 teaspoon (5 g)
- **Cilantro**, 1/4 cup (3.8 g)
- **Green onions**, 1/4 cup (24 g)
- **Cucumber**, 1 medium (201 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Ginger**, 1 teaspoon (3 g)
- **Lettuce**, 4 cup shredded (288 g)
- **Salmon**, 2 fillet (340 g)
- **Coconut aminos**, 1 tablespoon (15 g)



Instructions

Preheat your grill or oven to 400°F (200°C).

Season the salmon fillets with salt and pepper.

Grill or bake the salmon for about 10-12 minutes until cooked through.

While the salmon is cooking, prepare the salad ingredients.

In a large bowl, combine the chopped lettuce, sliced cucumber, sliced avocado, chopped cilantro, and sliced green onions.

In a small bowl, whisk together the coconut aminos, apple cider vinegar, olive oil, grated ginger, and salt to make the dressing.

Once the salmon is cooked, remove it from the grill or oven and let it cool slightly.

Flake the salmon into bite-sized pieces.

Add the flaked salmon to the salad bowl and pour the dressing over the top.

Toss everything together until well combined.

Serve the salmon lettuce bowl immediately and enjoy!

Skillet Turkey Meatballs with Sweet Potato Wedges and Spinach

🕒 20 min 🍽️ 4 servings

Per serving: 345 Kcal 30g Protein 13g Fat 28g Carbs

Ingredients

- **Onion powder**, 1/2 teaspoon (1 g)
- **Oregano**, 1/2 teaspoon (1 g)
- **Salt**, 1 teaspoon (5 g)
- **Cilantro**, 1/4 cup (4.2 g)
- **Ground turkey**, 1 pound (453.6 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Onion**, 1/4 cup (41.7 g)
- **Garlic**, 2 cloves (5.9 g)
- **Sweet potatoes**, 2 medium (452 g)
- **Coconut oil**, 2 tablespoon (26.1 g)
- **Parsley**, 1/4 cup (15 g)
- **Coconut flour**, 2 tablespoons (14 g)
- **Spinach leaves**, 4 cups (120 g)
- **Garlic powder**, 1/2 teaspoon (1.5 g)



Instructions

In a large bowl, combine ground turkey, onion, garlic, parsley, cilantro, dried oregano, 1/2 teaspoon salt, and coconut flour. Mix well to combine.

Form the mixture into small meatballs, about 1 inch in diameter.

Heat coconut oil in a large skillet over medium heat. Add the meatballs and cook for about 8-10 minutes, turning occasionally, until browned and cooked through.

While the meatballs are cooking, preheat the oven to 400°F (200°C).

In a separate baking sheet, toss the sweet potato wedges with olive oil, garlic powder, onion powder, and 1/2 teaspoon salt. Spread them out in a single layer.

Place the sweet potato wedges in the preheated oven and bake for about 15-20 minutes, or until they are crispy and golden brown.

In the same skillet used for the meatballs, add the fresh spinach leaves. Cook over medium heat, stirring occasionally, until wilted.

Serve the skillet turkey meatballs with the sweet potato wedges and wilted spinach. Enjoy!

Breakfast Turkey and Sweet Potato Skillet

🕒 30 min 🍽️ 4 servings

Per serving: 252 Kcal 29g Protein 9g Fat 15g Carbs

Ingredients

- **Oregano**, 1 teaspoons (2 g)
- **Thyme**, 1 tsp, leaves (1 g)
- **Ground turkey**, 1 pound (453.6 g)
- **Onion**, 1 small (70 g)
- **Garlic**, 2 portion (6 g)
- **Sweet potato**, 1 medium (226 g)
- **Baby spinach**, 4 cup (120 g)
- **Coconut oil**, 2 tablespoon (26.1 g)
- **Sea salt**, 1/2 tsp (3 g)



Instructions

Heat coconut oil in a large skillet over medium heat.

Add ground turkey and cook until browned, breaking it up into crumbles.

Add sweet potato, bell pepper, onion, garlic, thyme, oregano, and salt. Cook for 8-10 minutes, or until sweet potato is tender.

Add baby spinach and cook until wilted, about 2-3 minutes.

Serve hot and enjoy!

Breakfast Pork and Sweet Potato Skillet

🕒 30 min 🍽️ 4 servings

Per serving: 311 Kcal 27g Protein 11g Fat 27g Carbs

Ingredients

- **Oregano**, 1 teaspoons (2 g)
- **Thyme**, 1 tsp, leaves (1 g)
- **Onion**, 1 small (70 g)
- **Garlic**, 2 clove (5.8 g)
- **Sweet potato**, 2 medium (452 g)
- **Baby spinach**, 4 cup (120 g)
- **Coconut oil**, 2 tablespoon (26.1 g)
- **Sea salt**, 1/2 tsp (3 g)
- **Pork, ground, 96% lean / 4% fat, raw**, 1 lb (454 g)



Instructions

Heat coconut oil in a large skillet over medium heat.

Add ground pork and cook until browned, breaking it up into crumbles.

Add sweet potato, bell pepper, onion, garlic, thyme, oregano, and salt. Cook for 8-10 minutes, or until sweet potato is tender.

Add baby spinach and cook until wilted, about 2-3 minutes.

Serve hot and enjoy!

Lemon Garlic Chicken and Sweet Potatoes

🕒 40 min 🍽️ 4 servings

Per serving: 326 Kcal 16g Protein 8g Fat 47g Carbs

Ingredients

- Juice of lemon, 2 tablespoon (32 g)
- Rosemary, 1 1/2 teaspoons (0.2 g)
- Thyme, 1 tsp, leaves (1 g)
- Olive oil, 2 tablespoon (27 g)
- Garlic, 4 clove (12 g)
- Sweet potatoes, 4 medium (904 g)
- Chicken breasts, 1 small breast (225 g)
- Parsley, 2 tablespoons (8 g)
- Table salt, 1 teaspoon (5 g)



Instructions

Preheat the oven to 400°F (200°C).

In a large mixing bowl, combine minced garlic, lemon juice, olive oil, dried thyme, dried rosemary, salt, and pepper.

Add the chicken breasts to the bowl and coat them well with the marinade. Let it marinate for about 15 minutes.

In a separate mixing bowl, toss the cubed sweet potatoes with olive oil, salt, and pepper until evenly coated.

Place the marinated chicken breasts and cubed sweet potatoes on a baking sheet lined with parchment paper.

Bake in the preheated oven for 25-30 minutes, or until the chicken is cooked through and the sweet potatoes are golden brown and crispy.

Garnish with fresh parsley before serving.

Enjoy!

Paleo Sweet Potato Chips

🕒 35 min 🍽️ 2 servings

Per serving: 313 Kcal 4g Protein 13g Fat 46g Carbs

Ingredients

- **Cinnamon**, 1 teaspoon (2 g)
- **Sweet potatoes**, 2 medium (452 g)
- **Coconut oil**, 2 tablespoon (26.1 g)
- **Sea salt**, 1/2 tsp (3 g)



Instructions

Preheat the oven to 400°F (200°C).

Wash and peel the sweet potatoes, then cut them into thin slices.

In a large bowl, toss the sweet potato slices with coconut oil, cinnamon, and sea salt.

Spread the seasoned sweet potatoes in a single layer on a baking sheet.

Bake for 20-25 minutes, or until the sweet potatoes are crispy and golden brown.

Remove from the oven and let them cool for a few minutes before serving.

Enjoy!

Cauliflower Breakfast Bowl with Ground Pork and Butternut Squash

🕒 30 min 🍽️ 4 servings

Per serving: 300 Kcal 27g Protein 11g Fat 26g Carbs

Ingredients

- **Onion powder**, 1 teaspoon (2 g)
- **Sage**, 1 teaspoon (0.1 g)
- **Thyme**, 1 tsp, leaves (1 g)
- **Cauliflower head**, 1 small head (265 g)
- **Butternut squash**, 1 medium (750 g)
- **Coconut oil**, 2 tablespoon (26.1 g)
- **Parsley**, 2 tablespoons (8 g)
- **Table salt**, 1/2 teaspoon (2.5 g)
- **lean ground pork**, 1 lb (454 g)



Instructions

Heat coconut oil in a large skillet over medium heat.

Add ground pork to the skillet and cook until browned.

Remove the cooked pork from the skillet and set aside.

In the same skillet, add the grated cauliflower and cubed butternut squash.

Sprinkle dried thyme, sage, garlic powder, onion powder, salt, and pepper over the vegetables.

Stir well to combine the seasonings with the vegetables.

Cover the skillet and cook for about 10-15 minutes, or until the vegetables are tender.

Once the vegetables are cooked, add the cooked ground pork back to the skillet.

Stir everything together and cook for an additional 2-3 minutes to heat the pork.

Remove from heat and garnish with fresh parsley.

Serve the cauliflower breakfast bowl hot and enjoy!

Pork and Kale Soup with Sweet Potato

🕒 30 min 🍽️ 4 servings

Per serving: 368 Kcal 29g Protein 18g Fat 27g Carbs

Ingredients

- **Turmeric**, 1 teaspoons (2.3 g)
- **Thyme**, 1 tsp, leaves (1 g)
- **Onion**, 1 medium (2-1/2" dia) (110 g)
- **Garlic**, 3 clove (9 g)
- **Sweet potato**, 1 large (340 g)
- **Kale**, 4 cups (191.4 g)
- **Coconut oil**, 2 tablespoon (26.1 g)
- **Coconut milk**, 1/2 cup (113 g)
- **salt**, 1 teaspoon (5 g)
- **vegetable broth**, 1 cup (194 g)
- **lean ground pork**, 1 lb (454 g)



Instructions

Heat coconut oil in a large pot over medium heat.

Add diced onion and minced garlic to the pot and sauté until onions are translucent.

Add ground pork to the pot and cook until browned.

Stir in diced sweet potato, kale, turmeric, dried thyme, salt, and pepper.

Pour in bone broth and coconut milk, and bring the soup to a boil.

Reduce heat to low, cover the pot, and simmer for 20 minutes or until sweet potatoes are tender.

Taste and adjust seasonings if needed.

Serve hot and enjoy!

Chicken Mushroom Soup with Spinach

🕒 15 min 🍽️ 4 servings

Per serving: 140 Kcal 20g Protein 5g Fat 3g Carbs

Ingredients

- **Chicken broth**, 4 cup (940 g)
- **Mushrooms**, 1 cup, whole (96 g)
- **Spinach**, 1 cups (30.1 g)
- **Thyme leaves**, 1 tablespoons (7 g)
- **Chicken**, 2 cups (280 g)



Instructions

In a large pot, bring the chicken broth to a boil.

Add the mushrooms and simmer for 5 minutes.

Stir in the shredded chicken and thyme leaves.

Add spinach to clear soup.

Season with salt and pepper to taste.

Serve hot and enjoy!

Sheet Pan Chicken, Green Beans, and Sweet Potatoes

🕒 30 min 🍽️ 4 servings

Per serving: 272 Kcal 27g Protein 7g Fat 26g Carbs

Ingredients

- Olive oil, 1 tablespoon (13.5 g)
- Chicken breasts, 4 portion (452 g)
- salt, 1 teaspoon (5 g)
- Green Beans, Fresh, 4 serving (224 g)
- Sweet Potato, peeled, cubed, 2 medium (444 g)



Instructions

Preheat your oven to 425°F (220°C).

In a large bowl, combine the chicken breasts, sliced green beans, and sweet potatoes.

Drizzle olive oil over the mixture and sprinkle with salt, and pepper. Toss well to coat everything evenly.

Arrange the chicken, green beans, and sweet potatoes on a sheet pan in a single layer.

Bake in the preheated oven for 20-25 minutes, or until the chicken is cooked through and the sweet potatoes are tender.

Remove from the oven and let it rest for a few minutes before serving.

Serve hot and enjoy!

Comments

You may add your favorite herbs and spices as desired.

Roasted Turkey Breast and Garlic Sweet Potatoes with Brussel Sprouts

🕒 20 min 🍽️ 2 servings

Per serving: 316 Kcal 28g Protein 9g Fat 35g Carbs

Ingredients

- Olive oil, 1 tablespoon (13.5 g)
- Garlic, 4 clove (12 g)
- Sweet potatoes, 1 medium (226 g)
- Turkey breast, 200 grams (200 g)
- Brussels sprouts, halved, 1/2 pound (227 g)



Instructions

Preheat the oven to 400°F (200°C).

Place the turkey breast fillets on a baking sheet lined with parchment paper.

In a bowl, combine the diced sweet potatoes, minced garlic, and olive oil. Toss to coat the sweet potatoes evenly.

Spread the sweet potato mixture around the turkey fillets on the baking sheet.

Roast in the preheated oven for 15 minutes.

After 15 minutes, add the Brussel Sprouts to the baking sheet and toss them with the sweet potatoes and turkey.

Continue roasting for an additional 5 minutes, or until the turkey is cooked through and the sweet potatoes are tender.

Remove from the oven and let it rest for a few minutes before serving.

Serve the roasted turkey breast with garlic sweet potatoes and Brussel Sprouts.

Enjoy!

Roasted Pork Strips and Garlic Sweet Potatoes with Carrots

🕒 20 min 🍽️ 2 servings

Per serving: 523 Kcal 51g Protein 15g Fat 45g Carbs

Ingredients

- **Olive oil**, 1 tbsp (13 g)
- **Garlic**, 4 clove (12 g)
- **Sweet potatoes**, 3 cup, cubes (399 g)
- **Pork Tenderloin, sliced**, 1 lb (453.6 g)
- **Carrots**, 1 medium (61 g)



Instructions

Preheat the oven to 400°F (200°C).

In a large baking dish, combine the pork strips, sweet potatoes, carrots, minced garlic, and olive oil. Toss well to coat everything evenly.

Spread the mixture in a single layer in the baking dish.

Roast in the preheated oven for 15-20 minutes, or until the pork is cooked through and the sweet potatoes are tender.

Remove from the oven and let it rest for a few minutes before serving.

Serve hot and enjoy!

Cauliflower Noatmeal with Banana (Unsweetened)

🕒 15 min 🍽️ 2 servings

Per serving: 197 Kcal 4g Protein 13g Fat 22g Carbs

Ingredients

- **Cauliflower**, 1 small head (265 g)
- **Coconut milk**, 1/2 cup (113 g)
- **Water**, 1/2 cup (125 g)
- **Banana, sliced**, 1 medium (7" to 7-7/8" long) (118 g)



Instructions

1. Cut the cauliflower into florets and pulse in a food processor until it resembles rice-like texture.
2. In a saucepan, combine the cauliflower rice, and coconut milk.
3. Cook over medium heat for about 10 minutes, or until the cauliflower is tender and the mixture thickens slightly.
4. Remove from heat and let it cool for a few minutes.
5. Add sliced banana.
6. Serve warm and enjoy!

Shopping List

Spices and Herbs

- Onion powder, 3 g
- Sage, 0 g
- Thyme, 4.2 g
- Salt, 20 g
- Oregano, 3 g
- Sea salt, 15 g
- Rosemary, 0.2 g
- Garlic powder, 3 g
- Turmeric powder, 2.3 g
- Apple cider vinegar, 15.1 g
- Cinnamon, 6 g

Vegetables and Vegetable Products

- Cauliflower, 397.9 g
- Butternut squash, 374.8 g
- Parsley, 21.5 g
- Onion, 163.5 g
- Garlic, 66 g
- Sweet potatoes, 4563.5 g
- Baby spinach, 150.1 g
- Cilantro, 6.1 g
- Spinach leaves, 127.6 g
- Brussels sprouts, 682 g
- Parsley, 3 g
- Kale, 95.9 g
- Green Beans, Fresh, 112.1 g
- Mushrooms, 24 g
- Thyme leaves, 1.8 g
- Ginger, 5 g
- Cauliflower rice, 159.9 g
- Carrots, 61.1 g
- Green onions, 24 g
- Cucumber, 201 g
- Lettuce, 288 g

Fats and Oils

- Coconut oil, 176.6 g
- Olive oil, 114.4 g

Pork Products

- lean ground pork, 681.6 g
- Pork Tenderloin, sliced, 454.3 g

Nut and Seed Products

- Coconut milk, 169.8 g

Beverages

- Water, 125.2 g

Fruits and Fruit Juices

- Banana, sliced, 118.2 g
- Strawberries, 304 g
- Honeydew Melon, 328 g
- Juice of lemon, 40.1 g
- Avocado, 67.5 g
- Blackberries, 1 cup (138 g)
- Black olives, 280 g
- Pear, 356 g

Poultry Products

- Ground turkey, 567.4 g
- Turkey breast, 300.7 g

Meals, Entrees, and Side Dishes

- Chicken breasts, 1408.4 g
- Chicken, 69.9 g

Other

- Coconut flour, 7 g
- Coconut aminos, 15 g

Finfish and Shellfish Products

- Salmon, Fresh, 90.2 g
- Salmon, 340 g

Soups, Sauces, and Gravies

- vegetable broth, 97.1 g
- Chicken broth, 234.8 g

