

Autoimmune Protocol Diet

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

DAY 1

Breakfast	Breakfast Chicken and Sweet Potato Skillet	2 serving (576 g)
Lunch	Roasted Pork Strips and Garlic Sweet Potatoes with Green Beans	2 serving (918 g)
Dinner	Berries and Agar Jelly Cups (Unsweetened)	2 serving (394 g)
Snack	Apple	2 medium (3" dia) (364 g)

DAY 2

Breakfast	Pear	2 medium (356 g)
Lunch	Baked Chicken with Squash and Broccoli	2 serving (710 g)
Dinner	Chicken and Kale Soup with Sweet Potato	2 serving (724 g)
Snack	Raisins	2 handful (80 g)

DAY 3

Breakfast	Breakfast Beef and Sweet Potato Skillet	2 serving (568 g)
Lunch	Creamy White Fish and Shrimp Chowder with Cauliflower	2 serving (942 g)
Dinner	Lemon Garlic Chicken and Sweet Potatoes	2 serving (608 g)
Snack	Plum	4 fruit (2-1/8" dia) (264 g)

DAY 4

Breakfast	Cauliflower Nootmeal with Banana (Unsweetened)	1 serving (311 g)
Lunch	Roasted Pork Strips and Garlic Sweet Potatoes with Lettuce	2 serving (618 g)
Dinner	Air Fried Chicken with Sweet Potato and Brussels Sprouts	2 serving (822 g)
Snack	Apple, dried	20 piece, apple (70 g)

DAY 5

Breakfast	Ground Turkey, Spinach, and Mushroom Breakfast Bowl	2 serving (412 g)
Lunch	Roasted Turkey Breast and Garlic Sweet Potatoes with Brussel Sprouts	2 serving (680 g)
Dinner	Turkey and Cabbage Skillet	2 serving (732 g)
Snack	Raisins	2 handful (80 g)

DAY 6

Breakfast	Cauliflower Breakfast Bowl with Ground Beef and Butternut Squash	2 serving (754 g)
Lunch	Chicken, Carrots, and Lettuce Salad	2 serving (424 g)
Dinner	Skillet Turkey Meatballs with Sweet Potato Wedges and Spinach	2 serving (578 g)
Snack	Raisins	2 handful (80 g)

DAY 7

Breakfast	Peach	1 medium (2-2/3" dia) (150 g)
Lunch	Roasted Pork Strips and Garlic Sweet Potatoes with Green Beans	2 serving (918 g)
Dinner	Pork Chops with Apples and Carrots over Cauliflower Rice	2 serving (926 g)
Snack	Blackberries	2 cup (276 g)

	BREAKFAST	LUNCH	DINNER	SNACK
D A Y 1	Breakfast Chicken and Sweet Potato Skillet	Roasted Pork Strips and Garlic Sweet Potatoes with Green Beans	Berries and Agar Jelly Cups (Unsweetened)	Apple
D A Y 2	Pear	Baked Chicken with Squash and Broccoli	Chicken and Kale Soup with Sweet Potato	Raisins
D A Y 3	Breakfast Beef and Sweet Potato Skillet	Creamy White Fish and Shrimp Chowder with Cauliflower	Lemon Garlic Chicken and Sweet Potatoes	Plum
D A Y 4	Cauliflower Nootmeal with Banana (Unsweetened)	Roasted Pork Strips and Garlic Sweet Potatoes with Lettuce	Air Fried Chicken with Sweet Potato and Brussels Sprouts	Apple, dried
D A Y 5	Ground Turkey, Spinach, and Mushroom Breakfast Bowl	Roasted Turkey Breast and Garlic Sweet Potatoes with Brussel Sprouts	Turkey and Cabbage Skillet	Raisins
D A Y 6	Cauliflower Breakfast Bowl with Ground Beef and Butternut Squash	Chicken, Carrots, and Lettuce Salad	Skillet Turkey Meatballs with Sweet Potato Wedges and Spinach	Raisins
D A Y 7	Peach	Roasted Pork Strips and Garlic Sweet Potatoes with Green Beans	Pork Chops with Apples and Carrots over Cauliflower Rice	Blackberries

Macronutrient summary

	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	13851.4	1978.8
Protein [g]	1064	152
Fat [g]	502	71.7
Carbs [g]	1349.9	192.8
Fiber [g]	246.2	35.2
Net Carbs [g]	1103.7	157.7



Protein Fat Carbs

Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Breakfast	416.8	32.1	17	37.3	7.9	29.4
Lunch	729.6	64.9	27.8	56.6	10.6	46.1
Dinner	639.1	53	26.4	49.7	10.7	39
Snack	193.3	2.1	0.6	49.2	6	43.2



Breakfast Lunch
Dinner Snack

Macronutrient summary per day

	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
	[KCAL]	[G]	[G]	[G]	[G]	[G]
Day 1	1915.8	128.8	59.7	224.3	38.8	185.5
Day 2	1969.4	152.6	71.2	196.6	30.1	166.5
Day 3	2029.6	141.6	78.7	198.2	31	167.2
Day 4	2049.3	167.8	76.6	174.5	33.3	141.2
Day 5	1961.1	163.8	76.1	178.3	38.7	139.5
Day 6	1908.7	149.3	67.9	190.2	30.6	159.6
Day 7	2017.6	160.1	71.8	187.8	43.5	144.3

Micronutrient summary

NUTRIENT	AVG/DAY	DRI	TUL	DRI %
Vitamin A, RAE [ug]	3718.2			
Vitamin C [mg]	220.5			
Vitamin D [ug]	1.8			
Vitamin E [mg]	9.8			
Vitamin K [ug]	570.3			
Thiamin [mg]	2.4			
Riboflavin [mg]	1.8			
Niacin [mg]	54			
Vitamin B6 [mg]	6			
Vitamin B12 [ug]	4.3			
Calcium, Ca [mg]	483.3			
Iron, Fe [mg]	16.1			
Magnesium, Mg [mg]	435.8			
Phosphorus, P [mg]	1868.1			
Zinc, Zn [mg]	14.8			
Potassium, K [mg]	5940.1			
Sodium, Na [mg]	2499.7			

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.

Baked Chicken with Squash and Broccoli

🕒 30 min 🍽️ 4 servings

Per serving: 371 Kcal 50g Protein 13g Fat 13g Carbs

Ingredients

- **Onion powder**, 1 teaspoon (2 g)
- **Oregano**, 1 teaspoon (2 g)
- **Salt**, 1 teaspoon (5 g)
- **Parsley**, 1 tablespoon (4 g)
- **Olive oil**, 2 tablespoons (27 g)
- **Chicken breasts**, 4 small breast (900 g)
- **Squash**, 2 cup (296 g)
- **Broccoli florets**, 2 cups (182 g)
- **Garlic powder**, 1 teaspoon (3 g)



Instructions

Preheat the oven to 400°F (200°C).

In a large baking dish, arrange the chicken breasts, squash slices, and broccoli florets.

Drizzle olive oil over the chicken, squash, and broccoli.

Sprinkle garlic powder, onion powder, dried oregano, and salt evenly over the ingredients.

Using your hands, gently toss the ingredients in the baking dish to ensure they are coated with the oil and seasonings.

Place the baking dish in the preheated oven and bake for 25-30 minutes, or until the chicken is cooked through and the vegetables are tender.

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

Garnish with fresh parsley and serve hot.

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 Chicken and Sweet Potato Skillet

🕒 30 min 🍽️ 4 servings

Per serving: 343 Kcal 24g Protein 16g 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)
- **Ground Chicken**, 1 pound (473 g)



Instructions

Heat coconut oil in a large skillet over medium heat.

Add ground chicken 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 Beef and Sweet Potato Skillet

🕒 30 min 🍽️ 4 servings

Per serving: 311 Kcal 28g Protein 10g 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)
- **ground beef**, 1 pound (454 g)



Instructions

Heat coconut oil in a large skillet over medium heat.

Add ground beef 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!

Ground Turkey, Spinach, and Mushroom Breakfast Bowl

🕒 30 min 🍽️ 4 servings

Per serving: 277 Kcal 29g Protein 16g Fat 7g Carbs

Ingredients

- **Avocados**, 1 avocado, ns as to florida or california (201 g)
- **Onion powder**, 1 tsp (2.4 g)
- **Ground turkey**, 1 pound (453.6 g)
- **Mushrooms**, 1 cup, pieces or slices (70 g)
- **Coconut oil**, 2 tbsp (25.4 g)
- **Spinach**, 2 cups (60 g)
- **Garlic powder**, 1 tsp (3.1 g)
- **Sea salt**, 1/2 tsp (3 g)
- **parsley**, 1/4 cup (6 g)



Instructions

Heat coconut oil in a skillet over medium heat.

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

Add the sliced mushrooms and cook for another 5 minutes until softened.

Season with garlic powder, onion powder, and sea salt. Stir well to combine.

Add the leafy greens to the skillet and cook until wilted, about 2-3 minutes.

Meanwhile, cut the avocados in half, remove the pit, and scoop out the flesh into a bowl.

Mash the avocado with a fork until creamy and smooth.

Divide the ground meat and mushroom mixture into serving bowls.

Top each bowl with a generous scoop of mashed avocado.

Garnish with chopped fresh herbs and serve hot.

Cauliflower Breakfast Bowl with Ground Beef and Butternut Squash

🕒 30 min 🍽️ 4 servings

Per serving: 300 Kcal 28g Protein 10g 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 beef**, 1 pound (454 g)



Instructions

Heat coconut oil in a large skillet over medium heat.

Add ground beef to the skillet and cook until browned.

Remove the cooked beef 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 beef back to the skillet.

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

Remove from heat and garnish with fresh parsley.

Serve the cauliflower breakfast bowl hot and enjoy!

Turkey and Cabbage Skillet

🕒 20 min 🍽️ 4 servings

Per serving: 269 Kcal 24g Protein 13g Fat 16g Carbs

Ingredients

- **Apple cider vinegar**, 1 tablespoon (15.1 g)
- **Oregano**, 1 teaspoons (2 g)
- **Thyme**, 1 tsp, leaves (1 g)
- **Carrots**, 2 medium (121.4 g)
- **Onion**, 1 small (74 g)
- **Garlic**, 2 portion (6 g)
- **Cabbage**, 1 small head (714.1 g)
- **Coconut oil**, 1 tablespoons (13.1 g)
- **Water**, 1/4 cup (61.7 g)
- **Sea salt**, 1/2 tsp (3 g)
- **ground turkey**, 1 pound (454 g)



Instructions

In a large skillet, heat coconut oil over medium heat.

Add diced onion and minced garlic to the skillet and sauté until fragrant.

Add ground turkey to the skillet and cook until browned, breaking it up into smaller pieces with a spatula.

Add shredded cabbage and carrots to the skillet, stirring well to combine with the turkey.

Pour apple cider vinegar over the mixture and sprinkle with dried thyme, dried oregano, and sea salt.

Pour water into the skillet, cover, and let simmer for 10-15 minutes or until the cabbage is tender.

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

Serve hot and enjoy!

Pork Chops with Apples and Carrots over Cauliflower Rice

🕒 40 min 🍽️ 4 servings

Per serving: 440 Kcal 37g Protein 22g Fat 23g Carbs

Ingredients

- Apples, 2 medium (3" dia) (364 g)
- Apple cider vinegar, 1 tablespoon (15.1 g)
- Pork chops, 4 portion (678 g)
- Thyme, 1 tsp, leaves (1 g)
- Carrots, 2 small (101 g)
- Onion, 1 medium (2-1/2" dia) (110 g)
- Coconut oil, 2 tablespoon (26.1 g)
- Cauliflower rice, 2 cups (320 g)
- Vegetable Stock, 1 cup (235 g)
- Table salt, 1/2 teaspoon (2.5 g)



Instructions

Preheat the oven to 375°F (190°C).

Season the pork chops with salt and pepper on both sides.

Heat coconut oil in a large oven-safe skillet over medium-high heat.

Sear the pork chops for 3-4 minutes on each side until browned.

Remove the pork chops from the skillet and set aside.

In the same skillet, add sliced apples, and carrots. Sauté until slightly softened.

Add cauliflower rice, vegetable stock, apple cider vinegar, dried thyme, salt, and pepper to the skillet.

Stir well to combine all the ingredients.

Place the seared pork chops on top of the vegetable mixture in the skillet.

Transfer the skillet to the preheated oven and bake for 15-20 minutes or until the pork chops are cooked through.

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

Serve the pork chops with the vegetable mixture over a bed of rice.

Enjoy!

Chicken and Kale Soup with Sweet Potato

🕒 30 min 🍽️ 4 servings

Per serving: 393 Kcal 24g Protein 22g 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)
- **Ground Chicken**, 1 pound (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 chicken 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, Carrots, and Lettuce Salad

🕒 10 min 🍽️ 2 servings

Per serving: 190 Kcal 15g Protein 11g Fat 9g Carbs

Ingredients

- **Lemon juice**, 2 tablespoons (30 g)
- **Carrots**, 1 cup chopped (128 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Lettuce**, 2 cup shredded (144 g)
- **Chicken**, 2 cups (108.5 g)



Instructions

In a large bowl, combine the shredded chicken, lettuce, and carrots.

In a small bowl, whisk together the olive oil and lemon juice to make the dressing.

Pour the dressing over the chicken and vegetables, and toss well to coat.

Serve immediately and enjoy!

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 Green Beans

🕒 20 min 🍽️ 2 servings

Per serving: 480 Kcal 40g Protein 13g Fat 51g Carbs

Ingredients

- Olive oil, 1 tbsp (13 g)
- Garlic, 4 clove (12 g)
- Sweet potatoes, 2 medium (452 g)
- Pork Tenderloin, sliced, 3/4 lb (340.2 g)
- Green Beans, 2 portion(s) (100 g)



Instructions

Preheat the oven to 400°F (200°C).

In a large baking dish, combine the pork strips, sweet potatoes, green beans, 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!

Roasted Pork Strips and Garlic Sweet Potatoes with Lettuce

🕒 20 min 🍽️ 2 servings

Per serving: 399 Kcal 28g Protein 19g Fat 29g Carbs

Ingredients

- **Olive oil**, 2 servings (28 g)
- **Garlic**, 4 clove (12 g)
- **Sweet potatoes**, 2 portion(s) (250 g)
- **Pork loin**, 1/2 pounds (227 g)
- **Romaine Lettuce**, 2 cup (100 g)



Instructions

Preheat the oven to 425°F (220°C).

In a large bowl, combine the pork strips, minced garlic, and olive oil. Toss until the pork is well coated.

Spread the pork strips evenly on a baking sheet lined with parchment paper.

In the same bowl, add the sweet potato cubes, minced garlic, and olive oil. Toss until the sweet potatoes are well coated.

Spread the sweet potatoes evenly on a separate baking sheet lined with parchment paper.

Place both baking sheets in the preheated oven and roast for 15-20 minutes, or until the pork is cooked through and the sweet potatoes are tender.

Once done, remove from the oven and let cool for a few minutes.

Top the roasted pork strips and garlic sweet potatoes with lettuce and enjoy!

Berries and Agar Jelly Cups (Unsweetened)

🕒 15 min 🍽️ 4 servings

Per serving: 40 Kcal 0g Protein 1g Fat 10g Carbs

Ingredients

- **Lemon juice**, 1 tsp (5.1 g)
- **Berries**, 2 cups (310 g)
- **Agar powder**, 2 teaspoon (0.2 g)
- **Water**, 2 cups (472.8 g)



Instructions

Wash and chop the mixed berries into small pieces.

In a saucepan, combine water and agar powder. Let it sit for 5 minutes to allow the agar to soften.

Place the saucepan over medium heat and bring the mixture to a boil, stirring occasionally.

Reduce the heat to low and simmer for 5 minutes, stirring continuously until the agar powder is completely dissolved.

Remove the saucepan from heat and stir in the lemon juice.

Allow the mixture to cool for a few minutes.

Divide the chopped berries evenly into serving glasses or molds.

Pour the agar mixture over the berries, distributing it evenly.

Let the desserts cool to room temperature, then refrigerate for at least 2 hours or until set.

Serve chilled 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!

Creamy White Fish and Shrimp Chowder with Cauliflower

🕒 15 min 🍽️ 4 servings

Per serving: 316 Kcal 26g Protein 20g Fat 10g Carbs

Ingredients

- **Vegetable broth**, 4 cups (783.3 g)
- **Thyme**, 1 tsp, leaves (1 g)
- **Cauliflower**, 1 small head (265 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Onion**, 1 medium (2-1/2" dia) (110 g)
- **Garlic**, 2 portion (6 g)
- **Shrimp**, 1/2 lb (226.8 g)
- **Coconut milk**, 1 cup (226 g)
- **Fish fillets**, 1/2 lb (226.8 g)
- **salt**, 2 teaspoon (10 g)



Instructions

In a large pot, heat olive oil over medium heat.

Add diced onion and minced garlic. Sauté until onion becomes translucent.

Add cauliflower florets and cook for 2-3 minutes, stirring occasionally.

Pour in vegetable broth and bring to a boil. Reduce heat and simmer for 5 minutes or until cauliflower is tender.

Using an immersion blender or regular blender, puree the soup until smooth and creamy.

Return the pot to medium heat and add coconut milk, dried thyme, and salt. Stir well to combine.

Add white fish chunks and shrimp to the pot. Cook for 3-4 minutes or until fish is cooked through and shrimp turns pink.

Serve hot and garnish with fresh herbs if desired.

Shopping List

Spices and Herbs

- Oregano, 4.5 g
- Thyme, 4.5 g
- Sea salt, 7.5 g
- Onion powder, 4.7 g
- Garlic powder, 5.3 g
- Sage, 0 g
- Table salt, 17.5 g
- Turmeric, 1.1 g
- Rosemary, 0.1 g
- Apple cider vinegar, 15 g

Vegetables and Vegetable Products

- Onion, 293 g
- Garlic, 73.4 g
- Sweet potatoes, 2807.3 g
- Baby spinach, 120.1 g
- Cauliflower, 397.8 g
- Mushrooms, 35 g
- Spinach leaves, 90.1 g
- parsley, 3 g
- Butternut squash, 374.8 g
- Parsley, 15.5 g
- Green Beans, 200.2 g
- Parsley, 4 g
- Squash, 147.9 g
- Broccoli florets, 90.9 g
- Romaine Lettuce, 100.2 g
- Brussels sprouts, 454.6 g
- Carrots, 239.1 g
- Lettuce, 144 g
- Agar powder, 0.1 g
- Kale, 95.9 g
- Cabbage, 356.7 g
- Cilantro, 2.1 g
- Cauliflower rice, 159.9 g

Fats and Oils

- Coconut oil, 97.7 g
- Olive oil, 141.9 g

Poultry Products

- Ground Chicken, 463.6 g
- Ground turkey, 453.8 g
- Turkey breast, 200.4 g
- ground turkey, 226.8 g

Fruits and Fruit Juices

- Pear, 356 g
- Banana, sliced, 59.1 g
- Avocados, 100.4 g
- Peach, 1 medium (2-2/3" dia) (150 g)
- Juice of lemon, 48.6 g
- Berries, 155 g
- Apple, 545.9 g
- Raisins, 240 g
- Plum, 264 g
- Apple, dried, 70 g
- Blackberries, 276 g

Beef Products

- lean ground beef, 454.3 g

Nut and Seed Products

- Coconut milk, 226.3 g

Beverages

- Water, 62.6 g
- Water, 267.2 g

Pork Products

- Pork Tenderloin, sliced, 681 g
- Pork loin, 227.4 g
- Pork chops, 338.9 g

Meals, Entrees, and Side Dishes

- Chicken breasts, 1013 g
- Chicken, 108.5 g

Soups, Sauces, and Gravies

- vegetable broth, 489.2 g
- Vegetable Stock, 117.5 g

Finfish and Shellfish Products

- Shrimp, 113.5 g
- Fish fillets, 113.5 g

Other

- Coconut flour, 7 g