

## **BREAKFAST**

AIP Ramen Breakfast Bowl  
AIP Kiwi Green Smoothie  
AIP Mango Cream Smoothie  
AIP Sweet Potato Hashbrowns  
AIP Roasted Brussels Sprouts  
with Bacon & Dates  
AIP Lemon Tart Smoothie  
AIP Turkey Taco Breakfast Bowl  
AIP Gingerbread Smoothie  
AIP Peach Cobbler Smoothie

## **SNACKS AND TREATS**

AIP Mango Guac on Sweet  
Potato Chips  
AIP Coconut Carob Pudding  
AIP Pumpkin Hummus  
AIP Tigernut Butter  
Protein Cinnamon Applesauce  
Bowl  
AIP Avocado, Cucumber & Nori  
Snack Box  
AIP Apple Bacon Bites  
Ginger Pear Boost Bowl

## **ENTREES**

AIP Sausage & Plantain  
AIP Chicken Francese  
AIP Beef & Broccoli  
AIP Tigernut Crusted Salmon  
with Asparagus  
AIP Citrus Beet Salad  
AIP Turkey Burgers  
AIP Asparagus Salad

## **ENTREES, cont.**

AIP Salmon with Greens  
AIP Green Goddess Tuna Salad  
AIP Turmeric Beef Stew  
AIP Popcorn Chicken  
AIP Cobb Salmon Salad Jar  
AIP Crispy Coconut Shrimp  
AIP Cuban Picadillo Skillet  
AIP Apple Tuna Salad

## **SIDES**

AIP Chopped Veggie Salad  
AIP Mashed Rutabaga  
Cauliflower Rice  
Sweet Potato Noodles  
Roasted Acorn Squash Salad  
with Lime Dressing  
AIP Sauteed Collard Greens

## **DRINKS**

AIP Chicken Bone Broth  
Immunity Boosting Bone Broth  
Dandelion Latte  
Fresh Minty Tea  
Turmeric Lemonade  
Hibiscus Tea  
Classic Virgin Mojito  
Lemon Ginger Tea