

# EASY AIP DINNERS MEAL PLAN

Although the AIP diet requires a fair amount of planning ahead to do successfully, the relief from symptoms makes it worth the effort. And think of all the foods you CAN eat: a large array of fruit and vegetables, all kinds of meat and fish, some root-based flour alternatives, and even a few sweeteners for special occasions.

There are many easy, nourishing AIP diet friendly meals that make cooking and mealtime fun. Here are five easy meals for a week's worth of dinners. And if you're too busy to maintain a regular meal plan that serves up healthy, AIP-compliant food, [let us do the work for you](#).

## AIP Meal Plan

<b>Monday</b>	Hearty Irish lamb stew
<b>Tuesday</b>	Tourtiere-inspired shepherd's pie
<b>Wednesday</b>	Paleo chicken pad thai
<b>Thursday</b>	Hawaiian salmon with cauliflower rice
<b>Friday</b>	Rib-eye steak with celeriac and horseradish puree

## Weekly Timeline

<b>Monday</b>	Morning Evening	Defrost lamb, if frozen Prepare Irish lamb stew
<b>Tuesday</b>	Morning Evening	Defrost ground meat, if frozen Prepare tourtiere-inspired shepherd's pie
<b>Wednesday</b>	Morning Evening	Defrost chicken meat, if frozen Prepare chicken pad thai
<b>Thursday</b>	Morning Evening	Defrost salmon, if frozen Prepare Hawaiian salmon and cauliflower rice
<b>Friday</b>	Morning Evening	Defrost rib-eye steaks, if frozen Prepare rib-eye steaks and celeriac and horseradish puree

*Want a reminder to pull your ground meat out of deep freeze?*

*Set it up through the Real Plans app.*



# Shopping List

Using the Real Plans app, you can override portions on individual recipes, check off ingredients that you already have, and add other kitchen staples not in your meal plan like dish soap or parchment paper.

A note about quality and sourcing: We highly recommend that all meat and dairy comes from healthy, pasture raised animals. Choose organic whenever possible. For canned items, see if you can find a glass alternative or shop for BPA-free. For more about the brands and products we recommend, [go to the resources page on the Real Plans website](#).

## Canned/Jarred Goods

- coconut aminos – 2 tablespoons
- horseradish – 4 tablespoons

## Produce

- broccoli slaw – 24 ounces
- carrots – 8
- cauliflower – 6
- celeriac – 4
- celery – 12 stalks
- chives – 2 tablespoons
- cilantro – 10 tablespoons
- flat-leaf parsley – 1/2 cup
- fresh rosemary – 2 sprigs
- fresh thyme – 11 sprigs
- garlic – 2 heads
- ginger – 10 slices

- green onions – 2 bunches
- limes – 4
- mushrooms – 8 ounces
- red onions – 4
- turnips – 6 pounds
- yellow onions – 2

## Meat/Seafood

- bacon – 10 slices
- beef – 8
- bone broth – 3 pints
- chicken meat – 3 pounds
- duck fat – 12 ounces
- ground beef – 2 pounds
- ground chicken – 2 pounds
- lamb shoulder – 2 pounds
- salmon – 2 pounds





- tallow – 6 tablespoons

### **Sweeteners & Baking Supplies**

- arrowroot – 1/2 cup

### **Vinegar and Oils**

- avocado oil
- coconut oil
- coconut vinegar

### **Spices**

- bay leaf
- cloves
- coarse sea salt
- garlic powder
- whole clove

### **Frozen Foods**

- frozen pineapple chunks – 2 cups

### **Asian**

- fish sauce – 6 tablespoons





# Hearty Irish Lamb Stew

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## Ingredients

- 2-lb lamb shoulder, cut into 1 1/2-inch pieces
- 1 tablespoon coconut oil or other solid fat
- 2 medium red onions, each one cut through the base into 8 wedges
- 4 large cloves garlic, sliced into 1/4-inch pieces
- 3 large stalks celery, cut into 1/2-inch chunks
- 2 large carrots, cut into 1-inch chunks
- 4 long sprigs thyme
- 3 cups rich bone broth
- 3 small/medium (1 lb) turnips, cut into 1 1/2-inch pieces
- 1 medium celeriac, riced thickly to yield 2 cups
- 1/4 packed cup flat leaf parsley, chopped
- 1/2 teaspoon Maldon sea salt or to taste

## How To Prepare

1. Preheat the oven to 325 degrees F.
2. Because lamb is a fatty meat it requires no fat for browning. See here for a browning how to.
3. Heat a large heavy based lidded casserole (Dutch oven). Add the lamb in small batches and brown the pieces all over, putting aside in a medium sized bowl as you go.
4. Once the meat is browned and removed, add the tablespoon of fat to the casserole, together with the onion wedges, garlic, celery and carrots and cook, stirring from time to time, on a medium heat for 3-4 minutes until slightly singed. If at any point your pan is looking overly brown and parched, a tablespoon of water will help release the sediment, scrape it up and incorporate into the vegetables before the moisture has evaporated. This adds extra flavour!
5. Now pour in the broth, throw in the thyme, cover with a lid and place in the oven for 1 hour.
6. Remove the casserole from the oven and add the turnips. Replace the lid and cook for a further 30 minutes. Take the stew out of the oven again and add the riced celeriac. Put it back into the oven (again, with the lid on) and cook for a final 16-18 minutes or until the celeriac is slightly softened, with just a little bite.
7. Discard the now leafless thyme stalks, ladle the stew into large bowls and scatter parsley over the top.
8. Serve with collard greens, sautéed in coconut oil (or other solid fat) and extra slices of garlic if you like.



# Tourtière-Inspired Shepherd's Pie

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## Ingredients

For base:

- 4 lbs ground meat (try half poultry and half red meat)
- 2 medium yellow onions, finely chopped
- 5-6 stalks of celery, finely chopped
- 1 generous sprig of fresh rosemary (think 2-3 Tbsp)
- 4 bay leaves
- 8 oz mushrooms, finely chopped
- 1/3 cup arrowroot powder
- 1 tsp salt, to taste

For topping:

- 1 1/2 heads of cauliflower
- 2 Tbsp of grass-fed butter or tallow (you could use coconut oil too)
- 1 tsp garlic powder • 1/2 tsp salt, to taste

## How To Prepare

1. Brown the meat with onions, celery, rosemary and bay leaves in a large pot over medium-high heat. Don't drain the fat off the meat (But, if using a combination of conventional and grass-fed meat, you could brown the conventional meat first, drain the fat, then add the grass-fed meat).
2. Add the mushrooms and continue to cook until mushrooms and celery are nice and soft, stirring occasionally, probably an extra 10-15 minutes after the meat is fully cooked.
3. Add the salt to taste. Add the arrowroot powder, stir in well, cook for 3-4 minutes then remove from heat.
4. Remove the bay leaves and stem from the rosemary, Pour all of the meat mixture into a 9"x13" deep casserole dish or lasagna pan. Pat down well with the back of a spoon or metal spatula.
5. Steam cauliflower in a large pot with about an inch of salted water in the bottom. Cook until very soft, about 20 minutes.
6. Drain cauliflower completely. Return to pot and blend with an immersion blender or mash very well with a potato masher.
7. Add cooking fat, garlic powder and salt and stir to combine.
8. To assemble, Preheat oven to 375F.
9. Spread cauliflower mix evenly over the meat layer in the casserole dish.
10. Bake for 35-40 minutes, until cauliflower is starting to brown and bubble around the sides.
11. Let rest for 10 minutes before eating.



# Paleo Chicken Pad Thai

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## Ingredients

- 1 1/2 lb chicken meat, cut into small 1" chunks
- 4-5 Tbsp extra virgin coconut oil  
(more if you use breast meat, less if you use thigh meat)
- 5 cloves garlic, finely chopped
- 3 Tbsp Fish Sauce
- 1 Tbsp Coconut Aminos  
(or use 1 more Tbsp fish sauce)
- 4 Tbsp fresh lime juice  
(or use a good quality bottled lime juice)
- 1/2 Tbsp Coconut Vinegar (apple cider vinegar would work too)
- 5 Tbsp chopped fresh cilantro
- 4-5 green onions, finely chopped
- 1 12oz package of broccoli slaw
- 2 medium carrots, cut into thin julienne strips
- Optional: add 2 Tbsp chopped cashews

## How To Prepare

1. Heat a wok over medium-high heat. Add oil and garlic, cook about 1 minute.
2. Add chicken and cook 2-3 minutes, stirring frequently, until lightly browned.
3. Add fish sauce, coconut aminos, lime juice and vinegar. Cook at a rapid simmer until chicken is cooked through, about 5-8 minutes.
4. Add broccoli slaw and julienned carrot. Cook, stirring frequently, until soft but still firm, about 3-4 minutes.
5. Toss or garnish with green onion and cilantro. Enjoy!





# Hawaiian Salmon

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## Ingredients

- 1 lb fresh salmon (if you prefer, you can cut into 4, 1/4-lb steaks)
- 1 tsp smoked sea salt (I used birch smoked)
- 5 slices bacon, fried and crumbled
- 1 cup frozen pineapple chunks, thawed
- 1 bunch green onions, chopped

## How To Prepare

1. Preheat oven to 400 degrees F. Line baking sheet with parchment paper. Lay salmon on baking sheet, sprinkle with sea salt.
2. Top with crumbled bacon, pineapple, and green onion.
3. Bake for 20 minutes and then place under broiler for 3-5 minutes to brown pineapple edges.



# Ginger-Garlic Cauliflower Rice

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## Ingredients

- 1 small head of cauliflower (4-5 cups riced)
- 3 Tbsp tallow (or substitute lard, coconut oil or unsalted butter)
- 4-5 slices of fresh ginger (1" diameter and 1/8" thick)
- 3 cloves fresh garlic, crushed
- 1 Tbsp coconut vinegar
- 1 Tbsp chives, chopped (or use a good quality dried chives)
- 1/8 tsp salt, to taste

## How To Prepare

1. Trim cauliflower and place florets in a food processor (you may have to do this in batches). Pulse until chopped to rice grain size. Set aside.
2. Heat tallow and ginger slices in a large frying pan or wok over medium-high heat until fragrant and ginger has browned.
3. Remove ginger slices. Add cauliflower and garlic to the oil and cook, stirring frequently until cauliflower is cooked al dente (about 7-8 minutes).
4. Stir in vinegar, chives and salt. Enjoy!





# Rib-Eye Steak With Celeriac and Horseradish Puree

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## Ingredients

For the thyme 'butter':

- 4 oz duck fat
- 1 large clove garlic, minced
- 1 tablespoon thyme leaves, chopped
- Generous pinch sea salt, lightly crushed

For the mash:

- 1 medium (12 oz) celeriac, peeled and cut into 1-inch cubes
- 1 small (1 1/2 lb) cauliflower, cut into large florets
- 2 tablespoons freshly grated horseradish
- 2 tablespoons duck fat
- Generous pinch sea salt

For the steaks:

- 1 tablespoon avocado oil
- Pinch sea salt, lightly crushed
- 4 rib-eye steaks, at room temperature

## How To Prepare

1. First, make the 'butter'. Put all ingredients into a medium bowl and mix together well. Spoon onto a small sheet of parchment paper, roll into a log and chill until firm. This can be frozen ahead of time and thawed when needed.

2. For the purée, put the celeriac into a pan, half cover with water and then lay the cauliflower florets over the top. Place a lid on the pan and cook for 10-12 minutes or until tender. Drain the water from the pan and let it sit for a couple of minutes, with the lid on, to evaporate any excess liquid. Alternatively cook in a steamer. Now transfer to a food processor, add the horseradish, duck fat and sea salt, then blend until smooth. Mind your eyes when you open up the lid of your processor, if they are sensitive to newly chopped onions you may feel the same here too. Set the mash aside whilst you cook the steak

3. Heat a heavy frying pan until hot. Put the avocado oil onto a large plate, place the steaks over the top and turn to thinly coat on both sides. Sprinkle a little salt over the flesh and place into the hot frying pan. Turn the heat down to medium and leave for 3 minutes without moving or the meat will stick. Turn the steaks over and continue to cook for a further 2-3 minutes. This should give you a medium rare cooked piece. Remove the steaks from the pan and allow to rest for 4-5 minutes on a large warmed plate.

4. Put a couple of large spoonfuls of the purée onto each plate, top with the steak and a thick round of the thyme 'butter'.

