



MENU BUILDER FORM

Client Name: AIP (AutoImmune Paleo)

Date of Prep:

Package:

Special Requests:

BEEF

Slow Cooker Beef Bourguignon (WTPP) Cubed sirloin, bacon, beef stock, carrot, dill, garlic & Herbes de Provence. Serve with baked sweet potatoes or garden salad

Meatloaf (AIW) Grass fed/finished ground beef mixed with riced cauliflower, zucchini, carrot, green onion, garlic, parsley & thyme, then baked with bacon strips on top. Serve with your choice of green vegetable, side salad or baked sweet potatoes.

CHICKEN/TURKEY

Sweet Potato Chicken Poppers (UBW) Ground chicken mixed with sweet potato, green onion, onion powder, garlic powder, sea salt then formed into 1" patties and oven baked. Serve with a side of ranch dressing for dipping and a garden salad or steamed broccoli.

Sheet Pan Maple Citrus Chicken with Sweet Potatoes & Brussels Sprouts (FC) Cubed chicken, sweet potatoes, brussels sprouts, maple syrup, lemon juice, onion & garlic

PORK

Herb Roasted Pork Tenderloin (HAI) Pork tenderloin rubbed with AIP compliant herb paste(organic garlic, fresh basil, fresh parsley, nutritional yeast, olive oil, lemon juice & salt) then oven roasted on sheet pan. Serve with roasted vegetables, a garden salad or baked sweet potatoes.

Slow Cooker Pork Carnitas (HAI) Pork shoulder roast, olive oil, dried oregano, green onions(greens only), lime juice, turmeric, garlic, chicken stock, orange juice

SEAFOOD

Maple Glazed Peach Shrimp (ACP) Wild caught shrimp marinated with a mixture of chicken broth, maple syrup, honey, olive oil, garlic powder, ginger, sea salt & fresh peaches then broiled on a sheet pan. Can be served with spinach salad or vegetable side of your choice.

Shrimp & Spinach Stir Fry (ACP) Wild caught shrimp, fresh, organic baby spinach, lemon juice, olive oil, garlic, & sea salt. Serve over a bed of riced cauliflower or with a side salad.