

Autoimmune high protein/fat

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Pork Belly Cauliflower Fried Rice	Pork Belly Cauliflower Fried Rice	Turkey, Greens & Avocado Wraps	Turkey, Greens & Avocado Wraps	Salmon Stuffed Avocado Boats	Salmon Stuffed Avocado Boats	Salmon Stuffed Avocado Boats
			Olive Medley	Olive Medley			
Lunch	Sardine & Avocado Salad	Green Chicken Sliders	Roasted Garlic Chicken Thighs	Lemon Dill Baked Salmon	Roasted Chicken with Zucchini & Olives	Roasted Chicken with Zucchini & Olives	Broiled Mackerel
		Roasted Cauliflower	Steamed Asparagus	Avocado			Roasted Broccoli
Snack 1	Turkey, Greens & Avocado Wraps	Turkey, Greens & Avocado Wraps	Sardine & Avocado Salad	Sardine & Avocado Salad	Avocado	Avocado	Sardine & Avocado Salad
					Olive Medley	Olive Medley	
Dinner	Green Chicken Sliders	Roasted Garlic Chicken Thighs	Lemon Dill Baked Salmon	Roasted Chicken with Zucchini & Olives	Broiled Mackerel	Chicken, Asparagus & Mashed Cauliflower	Chicken, Asparagus & Mashed Cauliflower
	Roasted Cauliflower	Steamed Asparagus	Avocado		Roasted Broccoli		

Autoimmune high protein/fat

35 items

Fruits

- ☐ 18 Avocado
- ☐ 6 1/2 Lemon

Seeds, Nuts & Spices

- ☐ 3 tbsps Dried Chives
- ☐ 1/2 tsp Garlic Powder
- ☐ 1 tsp Oregano
- ☐ 1 1/2 tbsps Sea Salt

Vegetables

- ☐ 7 cups Asparagus
- ☐ 16 cups Baby Spinach
- ☐ 1 head Boston Lettuce
- ☐ 8 cups Broccoli
- ☐ 3 heads Cauliflower
- ☐ 1 stalk Celery
- ☐ 2 tbsps Fresh Dill
- ☐ 6 Garlic
- ☐ 2 cups Kale Leaves
- ☐ 2 cups Microgreens
- ☐ 4 cups Mixed Greens
- ☐ 1/4 cup Parsley
- ☐ 1 cup Radishes
- ☐ 4 Zucchini

Boxed & Canned

- ☐ 1 1/2 lbs Canned Wild Salmon
- ☐ 14 1/8 ozs Sardines

Bread, Fish, Meat & Cheese

- ☐ 1 1/3 lbs Chicken Leg, Boneless With Skin
- ☐ 1 lb Chicken Thighs With Skin
- ☐ 1 lb Extra Lean Ground Chicken
- ☐ 1 lb Mackerel Fillet
- ☐ 1 lb Pork Belly
- ☐ 1 1/4 lbs Salmon Fillet
- ☐ 1 3/4 lbs Sliced Turkey Breast
- ☐ 1 lb Whole Rotisserie Chicken

Condiments & Oils

- ☐ 8 cups Assorted Olives
- ☐ 3 1/2 tbsps Avocado Oil
- ☐ 1 1/16 cups Extra Virgin Olive Oil
- ☐ 2 cups Green Olives

Cold

- ☐ 1 tbsps Ghee

Pork Belly Cauliflower Fried Rice

5 ingredients · 20 minutes · 4 servings



Directions

1. Bring a pot of water to a boil. Blanch the pork belly in the boiling water skin side down for 10 minutes, flipping halfway.
2. Set the pork belly on a plate. Using a fork, pierce the pork belly skin and pat dry. Season with half the salt.
3. Heat a pan or skillet over medium heat and cook the pork belly strips for 5 minutes on each side, or until cooked through and browned. Transfer to a cutting board and chop into pieces.
4. Using the same pan or skillet, cook the cauliflower and celery over medium-high heat for 3 to 5 minutes or until warmed through. Add the chopped pork belly and season with the remaining salt and chives.
5. Divide into bowls. Enjoy!

Notes

No Cauliflower

Use white rice, brown rice, couscous, quinoa, barley or rice noodles instead.

No Pork Belly

Use bacon or ground pork instead.

Make It Vegan

Use tempeh, tofu, vegan bacon or vegan sausage instead of pork belly.

Leftovers

Refrigerate in an airtight container up to 3 days.

Save Time

Many grocery stores carry pre-riced cauliflower in the bag. Look for it in the fresh, pre-sliced vegetable section or frozen vegetable section.

Ingredients

- 1 lb Pork Belly (strips)
- 1 tsp Sea Salt (divided)
- 1 head Cauliflower (finely chopped or grated)
- 1 stalk Celery (sliced)
- 3 tbsps Dried Chives

Turkey, Greens & Avocado Wraps

3 ingredients · 5 minutes · 2 servings



Directions

1. Layer the sliced avocado on top of the sliced turkey breast and top with microgreens. Roll into a wrap and serve!

Notes

No Turkey

Use chicken or another deli meat instead

More Flavour

Add a condiment such as mustard or mayonnaise. Add spices of your choice.

Leftovers

Best enjoyed immediately but can be stored in the fridge for up to two days. Sprinkle the avocado with lemon juice to prevent browning.

Ingredients

- 1 Avocado (sliced thin)
- 7 1/16 ozs Sliced Turkey Breast
- 1/2 cup Microgreens

Olive Medley

1 ingredient · 2 minutes · 2 servings



Directions

1. Divide into bowls and enjoy!

Ingredients

2 cups Assorted Olives

Salmon Stuffed Avocado Boats

3 ingredients · 10 minutes · 2 servings



Directions

1. Slice the avocado in half and remove the pit. Use a spoon to scoop out enough avocado to create a bigger hole that the salmon will fit into. Transfer scooped out avocado to a small bowl.
2. Drain the salmon and add it to the bowl with the scooped out avocado. Add lemon juice and mash until well mixed.
3. Fill the hollowed out avocado halves with the mashed salmon mixture. Enjoy!

Notes

Likes it Spicy

Add hot sauce.

No Canned Salmon

Use smoked salmon, cooked salmon fillet or tuna instead.

Ingredients

2 Avocado

8 ozs Canned Wild Salmon

1/2 Lemon (juiced)

Sardine & Avocado Salad

8 ingredients · 20 minutes · 2 servings



Directions

1. Place the sardines on a plate and drizzle with half the lemon juice and parsley. Set aside and let marinate for 15 minutes.
2. Divide the spinach into bowls along with the radishes and sardines. Drizzle with extra virgin olive oil and the rest of the lemon juice. Top with avocado, season with sea salt and enjoy!

Notes

No Sardines

Use tuna instead.

Ingredients

- 3 1/2 ozs** Sardines (packed in oil, drained)
- 1/2** Lemon (juiced and divided)
- 1 tbsp** Parsley (finely chopped)
- 4 cups** Baby Spinach (packed)
- 1/4 cup** Radishes (thinly sliced)
- 1 tbsp** Extra Virgin Olive Oil
- 1** Avocado (sliced)
- 1/8 tsp** Sea Salt

Avocado

1 ingredient · 5 minutes · 4 servings



Directions

1. Cut avocado into slices or chunks. Enjoy!

Notes

Serve it With

Salads, soups, chilli, on toast, or in a wrap with leftovers.

Savoury Snack

Top with salt, pepper, lemon juice, paprika and/or red pepper flakes.

Sweet Snack

Top with maple syrup, honey, maple butter and/or cinnamon.

Ingredients

2 Avocado

Green Chicken Sliders

7 ingredients · 30 minutes · 4 servings



Directions

1. Combine all ingredients except the lettuce in a bowl and mix well. Form the mixture into even sliders, about 3 inches in diameter, and set aside.
2. Preheat grill to medium heat.
3. Cook the sliders for about 8 to 10 minutes per side, or until cooked through.
4. Serve patties in a lettuce wrap with your toppings of choice. Enjoy!

Notes

Serving Size

One serving is equal to two sliders.

More Carbs

Serve on a bun or on top of rice.

Topping Ideas

Mustard, cheese, pickles, tomato, lettuce, onion, avocado, sour cream or plain Greek yogurt.

Leftovers

These keep well in an airtight container in the fridge up to three days or freeze for up to three months.

Ingredients

1 lb Extra Lean Ground Chicken

1 tsp Oregano (dried)

3/4 tsp Sea Salt

2 cups Kale Leaves (very finely chopped)

2 cups Broccoli (very finely chopped)

1 tbsp Extra Virgin Olive Oil

1 head Boston Lettuce

Roasted Cauliflower

3 ingredients · 35 minutes · 4 servings



Directions

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. Toss cauliflower florets with avocado oil, lay in a single layer on the baking sheet, and sprinkle with salt. Roast for 30 minutes or until golden brown, tossing at the halfway point.
3. Remove from oven and enjoy!

Notes

No Avocado Oil

Use coconut oil or olive oil instead.

Make it Cheesy

Toss in nutritional yeast after roasting.

Ingredients

1 head Cauliflower (chopped into florets)

2 tbsps Avocado Oil

1/4 tsp Sea Salt (or more to taste)

Roasted Garlic Chicken Thighs

4 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 375°F (191°C).
2. Gently separate the skin from the flesh of the chicken thighs to create a pocket. Stuff garlic slices under the skin of each chicken thigh. Coat with olive oil and sea salt.
3. Set chicken thighs skin side down on a rack over a baking sheet. Cook for 20 minutes. Flip over and cook for 10 more minutes.
4. Transfer to plates and enjoy!

Notes

Serve it With

Our Pesto Cauliflower Rice and Steamed Green Beans.

Leftovers

Keeps well in the fridge, up to 3 days. Or freeze for up to 6 months.

Ingredients

1 lb Chicken Thighs with Skin

4 Garlic (cloves, sliced)

2 tbsps Extra Virgin Olive Oil

1/4 tsp Sea Salt

Steamed Asparagus

1 ingredient · 10 minutes · 4 servings



Directions

1. Set the asparagus in a steaming basket over boiling water and cover. Steam for 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to 5 days.

Serving Size

One serving is equal to approximately one cup of cooked asparagus.

Ingredients

4 cups Asparagus (woody ends trimmed, chopped in half)

Lemon Dill Baked Salmon

7 ingredients · 25 minutes · 4 servings



Directions

1. Preheat the oven to 375°F (191°C).
2. Line a baking sheet with aluminum foil and place the salmon in the middle.
3. In a small jar, mix together the melted ghee, garlic, dill, lemon juice, lemon zest and sea salt. Pour it over the salmon. Fold up the edges of the foil so that the fish is sealed in a pouch. Bake for 15 to 20 minutes or until fish flakes with a fork.
4. Remove the salmon from the oven and serve with mixed greens. Enjoy!

Notes

No Foil

Use parchment paper instead.

Likes it Crispy

Broil for 1 to 2 minutes after baking to make it crispy.

Leftovers

Keep well in the fridge for 2 to 3 days.

No Ghee

Use butter, avocado oil or coconut oil instead.

Ingredients

- 1 1/4 lbs Salmon Fillet
- 1 tbsp Ghee (melted)
- 2 Garlic (cloves, minced)
- 2 tbsps Fresh Dill (chopped)
- 1 Lemon (zested and juiced)
- 1/4 tsp Sea Salt (or more to taste)
- 4 cups Mixed Greens

Roasted Chicken with Zucchini & Olives

6 ingredients · 1 hour 20 minutes · 6 servings



Directions

1. Preheat oven to 375F° (191°C).
2. Lay chicken in a large cast iron skillet, or baking sheet, and season with sea salt. Place the sliced zucchini around the chicken and top with olives, lemon juice, and olive oil.
3. Bake for 45 minutes, then broil on low for 10-15 more minutes until the top is browned. Baste with juices throughout cooking.
4. Remove from oven and let stand 15 minutes before serving. Enjoy!

Notes

Leftovers

Keeps well in the fridge for 2 to 3 days.

More Carbs

Serve with rice, quinoa, or roasted potatoes.

Vegetarian/Vegan

Instead of chicken, use 3 cups of chickpeas. Reduce cooking time to 30 minutes and do not broil.

Ingredients

1 1/3 lbs Chicken Leg, Boneless with Skin

1/2 tsp Sea Salt

4 Zucchini (medium, sliced)

2 cups Green Olives (sliced)

2 Lemon (juiced)

1/3 cup Extra Virgin Olive Oil

Broiled Mackerel

3 ingredients · 15 minutes · 4 servings



Directions

1. Set your oven to broil and move the rack to the top rung.
2. Place mackerel fillets on a baking sheet and coat in oil. Season with salt and broil for 6 to 7 minutes. Cooking times may vary due to thickness. If more time is needed, lower the heat to 350°F (177°C) and cook until the flesh is opaque in the centre.
3. Place on a serving dish and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for 2 to 3 days.

Serve It With

Another side dish or add to any salad for extra protein.

Ingredients

1 lb Mackerel Fillet (patted dry)

1 tbsp Extra Virgin Olive Oil

1/2 tsp Sea Salt

Roasted Broccoli

4 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Arrange the broccoli florets on the baking sheet and season with avocado oil, garlic powder and sea salt. Toss well. Roast in the oven for 25 to 30 minutes or until broccoli is tender. Toss at the halfway point.
3. Remove from the oven and divide between plates. Enjoy!

Notes

Storage

Refrigerate in an airtight container for up to 3 days.

No Avocado Oil

Use olive oil or melted coconut oil instead.

No Garlic Powder

Use freshly ground black pepper, cumin, smoked paprika or onion powder instead.

Ingredients

6 cups Broccoli (cut into florets)

1 1/2 tbsps Avocado Oil

1/2 tsp Garlic Powder

1/4 tsp Sea Salt

Chicken, Asparagus & Mashed Cauliflower

5 ingredients · 20 minutes · 4 servings



Directions

1. Preheat your oven to 425°F (218°C) and line a baking sheet with parchment paper. Toss the asparagus with half the olive oil and lay on the baking sheet. Sprinkle with sea salt and roast in the oven for about 12 minutes, flipping halfway through cooking time.
2. While the asparagus is roasting, bring a large pot of water to a boil under a steamer. Steam the cauliflower for 10 to 12 minutes, or until soft. Remove from heat and mash with the remaining olive oil. Season with salt to taste and divide between containers.
3. Add the asparagus to the containers along with the roasted chicken meat. Enjoy!

Notes

Storage

Keeps well in the fridge for 3 to 4 days.

More Carbs

Replace the cauliflower with potatoes, sweet potatoes, quinoa or rice.

Ingredients

3 cups Asparagus (ends trimmed)

3 tbsps Extra Virgin Olive Oil (divided)

1/4 tsp Sea Salt

1 head Cauliflower (chopped into florets)

1 lb Whole Rotisserie Chicken (cooked, meat only, bones removed)