

# BALSAMIC CHICKEN WITH ROOT VEG

2-3 servings

50 minutes



## INGREDIENTS

### For the Chicken:

- 4 boneless, skinless chicken thighs (or breasts if preferred)
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar (AIP-compliant)
- 1 teaspoon dried thyme
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon garlic powder
- Sea salt to taste

### For the Vegetables:

- 1 medium sweet potato, cubed
- 1 cup carrots, sliced
- 1 small red onion, sliced
- 1 parsnip or turnip, cubed
- 2 tablespoons olive oil
- 1/2 teaspoon dried oregano
- Sea salt to taste

## DIRECTIONS

1. Preheat the Oven:  
2. Set your oven to 400°F (200°C).
3. Prepare the Chicken:  
4. In a bowl, mix 2 tablespoons olive oil, balsamic vinegar, thyme, rosemary, garlic powder, and sea salt.
5. Coat the chicken pieces in this marinade and set aside while prepping the veggies.
6. Prepare the Vegetables:  
7. Toss sweet potato, carrots, onion, and parsnip with olive oil, oregano, and salt.
8. Spread the vegetables evenly on a large baking sheet.
9. Assemble and Roast:  
10. Nestle the marinated chicken thighs on top of the vegetables.
11. Roast everything together for 30–35 minutes, or until the chicken is cooked through (internal temp 165°F / 74°C) and veggies are tender and caramelized. Flip the chicken once halfway through cooking for even browning.
12. Serve:  
13. Spoon everything onto a plate or bowl and garnish with fresh herbs if desired. Serve warm and enjoy!

# CHICKEN & SWEET POTATO STEW

 2 servings

 35 minutes



## INGREDIENTS

- 1 teaspoon olive oil
- 1 onion, chopped
- 4 cloves garlic, minced
- 450g sweet potato, peeled and cubed
- 1 red bell pepper, seeded and cubed
- 450g cooked chicken breast, cubed
- 1 tin diced tomatoes
- 2 cups water
- 1 teaspoon salt
- 2 tablespoons chilli powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon cocoa powder
- A ¼ teaspoon ground cinnamon
- ¼ teaspoon red pepper flakes
- 1 ½ teaspoons arrowroot flour
- 2 tablespoons water
- 1 cup frozen corn
- 1 tin kidney beans, rinsed and drained
- ½ cup chopped fresh parsley

## DIRECTIONS

1. Heat olive oil in large pot over medium heat before adding onion and garlic. Cook until onion has softened and turned translucent, about 5 minutes.
2. Add sweet potato, bell pepper, chicken, tomatoes and 2 cups of water.
3. Season with salt, chili powder, cumin, oregano, cocoa powder, cinnamon and red pepper flakes. Bring to a boil by increasing to a medium high heat.
4. Dissolve arrowroot flour in 2 tablespoons water and stir in to boiling stew. Reduce heat to medium-low, cover and simmer until potatoes are tender but not mushy – 10 to 20 minutes. Occasionally stir stew occasionally to keep from sticking.
5. Once the potatoes are done, stir in corn and kidney beans. Cook a few minutes until hot, then stir in parsley before serving.

# PUMPKIN SOUP

 3 servings

 45 minutes



## INGREDIENTS

- 2 cups cubed pumpkin
- 1 medium onion quartered
- 2 garlic cloves
- 1 tablespoon coconut oil
- salt to sprinkle
- $\frac{1}{4}$  teaspoon cayenne pepper
- $1\frac{1}{4}$  cup vegetable or chicken stock
- Freshly ground black pepper to taste
- Pumpkin seeds
- Coconut cream

## DIRECTIONS

1. Preheat oven to 400° F. Line a large baking sheet with parchment paper.
2. Place cubes of pumpkin and onion on baking tray.
3. Drizzle with coconut oil and sprinkle with salt.
4. Bake for 20 minutes, add garlic, toss pumpkin cubes and bake for additional 20 minutes or until soft.
5. Add baked ingredients, cayenne pepper and vegetable or chicken stock to a blender. Blend on high until smooth (approx. 2 minutes).
6. For thinner soup consistency, add more stock and blend again.
7. Garnish with pumpkin seeds, drizzle with coconut cream and serve in bowls with your favorite whole wheat or gluten-free bread.

# AVOCADO BROWNIES

 10 servings

 45 minutes



## INGREDIENTS

- 1 large avocado
- 1 large mashed banana
- $\frac{1}{2}$  cup maple syrup
- 1 teaspoon vanilla extract
- 3 large eggs
- $\frac{1}{2}$  cup coconut flour
- $\frac{1}{2}$  cup unsweetened cocoa powder
- $\frac{1}{4}$  teaspoon sea salt
- 1 teaspoon baking soda
- $\frac{1}{2}$  cup dark chocolate chips
- $\frac{1}{2}$  cup hazelnuts (or preferred amount, optional)

## DIRECTIONS

1. Preheat oven to 350 degrees F
2. In a blender or food processor combine avocado, applesauce, maple syrup and vanilla extract
3. Add these ingredients to a large bowl and whisk in eggs
4. Add sifted coconut flour, sifted cocoa powder, sea salt and baking soda to mixture and stir until well-combined
5. Stir in chocolate chips and hazelnuts (if preferred)
6. Grease an 8 x 8-inch baking dish with coconut oil and add batter
7. Bake for approx. 25 minutes (cook for slightly less if a soft center is preferred, or longer if a more cake like consistency is preferred)

# BEET AND CITRUS SALAD

 2-3 servings

 45 minutes



## INGREDIENTS

### **Salad:**

- 1/2 cup baby spinach
- 1/2 cup baby arugula
- 1 medium beet, roasted, cooled and sliced
- 1 clementine, peeled and sectioned
- 1 orange, peeled and sectioned
- 1 avocado, peeled, cored and sliced
- 1/3 cup chopped almonds
- 1 tablespoon feta cheese

### **Dressing:**

- 1/4 cup avocado oil
- 3 tablespoons fresh lemon juice
- 1/2 teaspoon dried basil
- A pinch of sea salt

## DIRECTIONS

1. **Salad:** Add ingredients to a large serving bowl and toss.
2. **Dressing:** Add salad dressing ingredients to a small blender and blend until completely combined.
3. Drizzle dressing over salad ingredients, tossing until all ingredients are coated. If desired, sprinkle with additional feta cheese.

# HUMMUS DIP WITH VEGGIES

2-3 servings

20 minutes



## INGREDIENTS

- 1 tin chickpeas, drained and rinsed
- 2 cloves garlic, minced
- 1/4 cup tahini
- 2 tablespoons fresh lemon juice
- 2 tablespoons extra virgin olive oil
- 1/2 teaspoon ground cumin
- Salt and pepper to taste
- Water (as needed for desired consistency)
- Vegetables of choice - carrots, celery, bell pepper, cherry tomatoes, radish cut into batons
- Olives

## DIRECTIONS

1. In a food processor, combine the chickpeas, minced garlic, tahini, fresh lemon juice, extra virgin olive oil, ground cumin, salt, and pepper.
2. Process until smooth, scraping down the sides of the bowl as needed. If the hummus is too thick, you can add water, 1 tablespoon at a time, until you reach your desired consistency.
3. Taste and adjust the seasoning if needed, adding more lemon juice, salt, or cumin according to your preference.
4. Transfer the hummus to a serving bowl and set aside.
5. Arrange the carrot sticks, cucumber slices, bell pepper strips, cherry tomatoes, celery sticks, radish slices, and olives on a platter around the bowl of hummus.
6. Drizzle the vegetables with a little extra virgin olive oil and sprinkle with salt and pepper.
7. Garnish the hummus with a drizzle of olive oil and a sprinkle of fresh parsley or basil.
8. Serve alongside fresh lemon wedges.

# GARLIC & HERB MASHED SWEET POTATOES

2-3 servings

20 minutes



## INGREDIENTS

- 3 large sweet potatoes, peeled and cubed
- 2 tbsp coconut oil or olive oil
- 1/4 cup coconut milk (unsweetened)
- 1 clove garlic, minced (optional for AIP reintroduction or leave out for strict AIP)
- 1 tbsp fresh rosemary, finely chopped
- 1 tbsp fresh parsley, finely chopped (plus extra for garnish)
- Sea salt to taste

## DIRECTIONS

1. Cook the sweet potatoes: Place the cubed sweet potatoes in a large pot and cover with water. Add a pinch of sea salt and bring to a boil. Reduce heat and simmer for 12-15 minutes, or until the potatoes are fork-tender.
2. Drain and mash: Drain the sweet potatoes and return them to the pot. Add the coconut oil, coconut milk, and minced garlic (if using). Mash with a potato masher or blend with an immersion blender for an ultra-smooth texture.
3. Season with herbs: Stir in the rosemary, parsley, and sea salt to taste. Adjust seasoning as needed.
4. Serve: Transfer the mashed sweet potatoes to a serving bowl, garnish with a sprinkle of parsley, and serve warm.