

ADDITIONAL PROGRAM RECIPES

There are so many great recipes available online for people who want to love what they eat, even when avoiding certain ingredients or aiming to shift their eating patterns toward a healthier lifestyle. We've compiled a few additional recipes here that we think you will really enjoy! Even better, many of the sites containing these recipes have additional videos, recipes, and other resources that can help you when building out new meals that fit within your dietary goals. Take some time to look around!

The recipes are broken down by breakfast recipes, then lunch/dinner recipes. Keep in mind that there are no rules about eating "breakfast" foods for dinner or "dinner" foods for breakfast, even though we have opted to organize them this way. The recipes are then organized by the ones that apply to the least number of dietary transitions to the ones that can be used throughout your program. We've also shown how they apply to different dietary transitions, including an autoimmune paleo diet or ketogenic diet. If we have not told you specifically about AIP or keto strategies, then follow the standard transitions.

Happy Cooking and Eating!

BREAKFASTS			
Recipe	Standard	AIP	Keto
Sausage & Zucchini Breakfast Casserole	1 & 2	1	1, 2, & 3
Avocado Breakfast Bake	1, 2, & 3	1 & 2	1, 2, & 3
Breakfast Bake with Sausage and Eggs	1, 2, & 3	N/A	1, 2, & 3
Paleo Breakfast Casserole	1, 2, & 3	1 & 2	1 & 2
Shrimp Breakfast Bowl	1, 2, & 3	ALL	1, 2, & 3
Bacon Wrapped Sausage with Apples (serve with your favorite side salad)	1, 2, 3, & 4	1 & 2	1 & 2
Caramelized Pork Hash (just omit the optional tomatoes)	1, 2, 3, & 4	1 & 2	1 & 2
Ham & Butternut Squash Hash (Can sub ham for any type of properly-fed animal protein)	1, 2, 3, & 4	N/A	1 & 2
Sage Chicken Breakfast Patties	1, 2, 3, & 4	N/A	1 & 2
Sweet Potato Tots	ALL	ALL	1 & 2
Breakfast Hash	ALL	ALL	ALL

LUNCHES / DINNERS			
Recipe	Standard	AIP	Keto
Homemade Pho	1, 2, & 3	N/A	ALL
Indian Butter Chicken	1, 2, & 3	1 & 2	1, 2, & 3
Instant Pot Thai Chicken Stew	1, 2, & 3	N/A	1 & 2
Paleo Shepherd's Pie (Sub white potatoes for white sweet potatoes, like Hannah potatoes)	1, 2, & 3	1	1, 2, & 3
Pepperoni Pizza Pasta	1, 2, & 3	ALL	1 & 2
Avocado Tuna Salad (For Standard: leave out the apple during the detox)	ALL	1 & 2	1 & 2
Shaved Brussels Sprout Salad	1,2,3,4	1 & 2	1 & 2
Cheesy Potato and Bacon Sheet Pan Meal (For AIP and Standard: Leave out bacon during the detox)	ALL	ALL	1 & 2
One Pan Chicken Pesto with Veggies	ALL	ALL	1 & 2
Breakfast Hash	ALL	ALL	ALL
Egg Roll in a Bowl (Sub pork for turkey during detox)	ALL	ALL	ALL
Roasted Salmon and Garlic Broccoli	ALL	ALL	ALL
Spinach Avocado Chicken Burgers	ALL	ALL	ALL
Taco Bowl	ALL	ALL	ALL
Winter Healing Bowl	ALL	ALL	ALL
Spiralized Zucchini Pesto Pasta (For Standard and Keto: Swap pancetta for ground turkey during the detox)	ALL	1 & 2	ALL
Instant Pot Chicken Soup	ALL	ALL	ALL
Moo Shoo Chicken	ALL	1 & 2	ALL
Vegan Alfredo (Use zucchini noodles or spaghetti squash noodles)	ALL	1 & 2	ALL
Taco Scramble (sub turkey for beef during the detox)	ALL	N/A	ALL