

7-Day AIP Dinner Meal Plan

Day 1 - Lemon-Rosemary Chicken Thighs

Marinate 4 chicken thighs in juice of 1 lemon, 2 tbsp olive oil, 1 tsp sea salt, and 1 tbsp chopped fresh rosemary. Bake at 375°F for 35-40 minutes or until cooked through.

Roast carrots with olive oil and sea salt at 400°F for 25 minutes. Sauté kale in olive oil with a pinch of garlic powder until wilted.

Day 2 - Grass-Fed Beef Meatballs

Mix 1 lb ground beef, 1 tsp sea salt, 1 tsp onion powder, 1/2 tsp garlic powder, and 1 tbsp chopped parsley. Form into balls, bake at 400°F for 20 minutes.

Boil and mash 2 peeled sweet potatoes with coconut oil and salt. Toss broccoli florets with olive oil and garlic powder; roast at 400°F for 20 minutes.

Day 3 - AIP "Taco" Bowls

Brown 1 lb ground beef with 1 tsp each garlic powder, onion powder, oregano, and sea salt. Roast cubed sweet potatoes at 400°F for 25 minutes.

Sauté shredded green cabbage in avocado oil until tender. Top with a dollop of coconut yogurt.

Day 4 - Herbed Salmon Filet

Season salmon with sea salt, dill, and lemon juice. Bake at 375°F for 15-18 minutes.

Steam sliced zucchini until tender. Sauté riced cauliflower in coconut oil with a dash of salt for 5-7 minutes.

Day 5 - Slow-Cooked Shredded Chicken

Place 2 lbs chicken breasts in slow cooker with 1 cup bone broth, 1 tsp sea salt, 1 tsp garlic powder, and 1/2 tsp turmeric. Cook on low for 6 hours, shred with forks.

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Roast a mix of parsnips, carrots, and sweet potatoes at 400°F for 30-35 minutes. Make a quick AIP gravy by simmering 1/2 cup bone broth with 1 tbsp arrowroot powder until thickened.

Day 6 - Bison & Spinach Hash

Brown 1 lb ground bison with 1/2 chopped onion, 1 tsp garlic powder, and 2 cups chopped spinach. Cook until spinach is wilted.

Slice plantains and pan-fry in coconut oil until golden. Sauté Swiss chard in olive oil with a pinch of sea salt.

Day 7 - Turkey & Mushroom Soup

In a pot, cook 1/2 diced onion in olive oil, then add 1/2 lb ground turkey and brown. Add 1 cup chopped mushrooms, 2 cups bone broth, 1 tsp thyme, and simmer for 20 minutes.

Roast asparagus with olive oil and sea salt at 400°F for 15 minutes.

Bonus Tips

- Batch it up: Double any recipe and save leftovers for lunch. - Keep it easy: Pair with pre-cooked proteins or Paleo On The Go ready-made meals. - Snack smart: Keep bone broth, coconut yogurt, and compliant bars handy.

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