



SAMPLE MENU

FOR AIP DIET PERSONAL CHEF CLIENTS



305-388-3536



CUSTOMERSERVICE@THEPICKLEDBEET.COM



THEPICKLEDBEET.COM

Every weekly menu is 100% customized for each client.

You receive a new, personalized menu to review and approve every week. These are some **sample AIP Diet dishes** we've prepared recently.



SAMPLE AIP MENU

This is a sample menu, with some of the AIP Diet dishes we have recently crafted for a client.

MONDAY BREAKFAST

SWEET POTATO AVOCADO TOAST

Sweet potato sliced and roasted, topped with freshly mashed avocado and fresh herbs.

ORGANIC BERRY MEDLEY

A mixture of fresh, organic berries.

MONDAY LUNCH

KALE CHOPPED POWER SALAD

Organic kales forms the base of this dish featuring artichoke hearts, mushrooms, and roasted squash.

HEARTY INDIAN VEGETABLE STEW

A savory stew with braised organic chicken thighs, carrots, sweet potatoes, and spinach.

GRILLED NAAN BREAD

Our freshly baked, house-made naan bread is gluten-free and dairy-free - the perfect accompaniment.

MONDAY DINNER

SNAPPER MEUNIERE

It's a classic French preparation. We pan-roast fresh snapper fillets and serve them with a dusting of herbs and lemon plus a few capers for a pop of bright flavor.

TURMERIC CAULIFLOWER "RICE"

We sauté riced cauliflower with anti-inflammatory spices for a savory side.

CRISPY ROASTED BRUSSELS SPROUTS

Roasting at a high temp makes these delicious brussels sprouts crispy on the outside and soft in the center.



SAMPLE AIP MENU

TUESDAY BREAKFAST

CAULIFLOWER AND RAISIN OVERNIGHT "OATMEAL"

We sub oats with riced cauliflower and layer the flavors with coconut milk, raisins, and toasted coconut.

GRASS FED BEEF BREAKFAST SAUSAGE

Our house-made patty features ground beef, diced onions, & spices for a high-protein start to your day.

TUESDAY LUNCH

MIDDLE EASTERN GRILLED CHICKEN

Organic chicken breasts marinated in coconut milk and warming spices and grilled.

CAULIFLOWER SAFFRON "RICE"

We add saffron threads and fresh herbs to riced cauliflower for a tasty side.

ROASTED SWEET POTATO WEDGES

Sweet potato wedges baked until tender and flavorful.

TUESDAY DINNER

ROASTED CAULIFLOWER STEAKS WITH CHIMICHURRI SAUCE

Organic cauliflower head cut into "steaks" and roasted. Served with our herbaceous chimichurri sauce.

SAFFRON PARSNIP PUREE

Roasted parsnips are pureed with coconut milk and saffron until creamy.

ARUGULA SALAD WITH APPLES AND BALSAMIC VINAIGRETTE

Organic arugula topped with diced celery, apples, and cucumbers. Served with house made vinaigrette.



WEDNESDAY BREAKFAST

TURKEY APPLE BREAKFAST HASH

Organic ground turkey is sauteed with onions, sweet potatoes, and diced apple for a hearty, flavorful dish.

GREEN JUICE

A delicious and nutrient-dense blend of organic kale, celery, cucumber, lemon and fresh ginger root.

WEDNESDAY LUNCH

MOJO MARINATED SKIRT STEAK

Grass fed skirt steak is marinated in our house made mojo sauce and grilled.

TURMERIC ROASTED YUCA FRIES

We boil yuca, cut it into fries, toss it with anti inflammatory turmeric and roast it until crispy.

CREAMED SPINACH

We sub heavy cream with coconut milk for our AIP version of the steak house classic.

WEDNESDAY DINNER

TUSCAN PORK TENDERLOIN

Berkshire pork tenderloin is wrapped with a mixture of herbs & prosciutto before roasting for a succulent meal.

BUTTERNUT SQUASH PUREE

Fresh, organic butternut squash, cooked and blended for a creamy, satisfying side.

GARLICKY BROCCOLI

Organic broccoli florets sautéed and tossed with minced garlic.

CONTACT US TO GET STARTED

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