

# SAMPLE MENU

## AIP & FOOD ALLERGIES AND SENSITIVITIES

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**Every weekly menu is 100% customized for each client.**

You receive a new, personalized menu to review and approve every week. These are sample dishes prepared for a client eating an **AIP diet, with several food allergies and sensitivities.**





## AIP & FOOD ALLERGIES

The majority of our clients have a medical malady or food allergies and sensitivities. We designed this client's menu to reduce inflammation and put symptoms of autoimmune conditions into remission.

Gluten-free, dairy-free, no soy, corn, beans, legumes, grains, nightshades, nuts, seeds, eggs, or any foods the client tested positive for in food sensitivity testing or on an elimination diet.

### MONDAY LUNCH

#### **GREEK STYLE CHICKEN KABOBS**

We marinate chicken breast pieces, grill it, and serve it with a special sauce.

#### **CRISPY ROASTED BRUSSEL SPROUTS**

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

### MONDAY DINNER

#### **AIP SHRIMP SCAMPI**

#### **AIP SPAGHETTI SQUASH WITH LEMON AND CAPERS**

Spaghetti squash with lemon, zucchini, fresh herbs, and capers.

### TUESDAY LUNCH

#### **AIP THAI BURGERS WITH GINGERED MUSHROOMS**

Turkey burgers with sautéed mushrooms.

#### **SEARED GREEN BEANS WITH SESAME OIL**

### TUESDAY DINNER

#### **ROASTED PORK TENDERLOIN WITH CARROT ROMESCO**

Romesco is to Spain what pesto is to Italy. Typically made with red peppers, this carrot version is a fun twist on a classic.

#### **STRAWBERRY SPINACH SALAD**

Organic spinach and strawberries with hemp hearts, a balsamic vinaigrette and toasted walnuts.

# WEDNESDAY

## LUNCH

### AIP CHICKEN FRIED "RICE"

White-meat chicken sautéed with carrots and bok choy and tossed with cauliflower rice.

### SAUTÉED SNOW PEAS

Crunchy and crispy, these veggies are delish.

## DINNER

### SNAPPER MEUNIERE ONE

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

### AIP FUFU (MASHED PLANTAINS)

Green plantains are braised with garlic and scallions and then mashed with lemon and olive oil.

# THURSDAY

## LUNCH

### AIP STUFFED CABBAGE

Cabbage leaves stuffed with a savory beef and cauliflower rice filling.

### CARROT PUREE

Fresh, organic carrots cooked and blended for a satisfying.

## DINNER

### ORANGE GINGER SALMON

Fresh salmon fillet with an Asian-inspired glaze, pan roasted and served with sautéed carrots and shitake mushrooms.

### CAULIFLOWER RICE WITH SAFFRON AND GREEN ONIONS

A low carb, grain free side dish.

# FRIDAY

## LUNCH

### TURKEY LARB

Ground turkey in a Thai-style sauce is served in lettuce cups.

### ROASTED SWEET POTATO FRIES

Sweet potato fries baked until tender and flavorful.

## DINNER

### AIP CHICKEN PICATTA

Tender Chicken Cutlets With Capers and Lemon.

### VEGAN CAESAR KALE SALAD

This vegan Caesar salad is a healthy twist on the original salad. It's much heartier than traditional recipe, but still tastes great!

# CONTACT US TO GET STARTED



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