

## **Building Blocks**

Easy Bone Broth  
AIP Baking Powder  
Cauliflower "Rice"  
Veggie Cubes  
"Nomato" Marinara Sauce  
Meltable "Cheese"  
Cassava Flour Tortillas  
Pita Bread  
Fluffy Biscuits  
Personal Pizza Crusts

## **Breakfast**

Healing Smoothie Packs  
Ginger Peach Green Smoothie  
Breakfast Sausage Patties  
Maple Basil Breakfast Sausage  
Breakfast Butternut Soup  
Sunrise Breakfast Hash  
Plantain Breakfast Hash  
Sweet Potato & Pork Breakfast Casserole  
Savory Breakfast Bowls  
Sausage and Yuca Breakfast Croquettes  
No-Egg Waffles  
Crispy Belgian Waffles  
Oven Baked Pancakes  
Taro Breakfast Porridge with Blueberries

## **Appetizers and Snacks**

Bolitas de Mofongo with Mojo Sauce  
Bacon Beef Liver Pate  
Curried Beef Pockets  
Granola Bites  
Guacamole and Bacon Chips  
Octopus & Cauliflower Salad with Parsley, Lemon & Thyme  
Pancetta Wrapped Radicchio  
Plantain Falafel  
Salmon Croquettes  
Salmon Dill Croquettes  
Savory Pesto Frozen Yogurt  
Salad Dressing  
Savory Prosciutto Date Cups  
Shredded Chicken Empanadas  
Tostones  
Victorious Offal Muffins  
Zucchini Fennel Fritters

## **Soups and Stews**

Autumn Butternut Squash Bisque  
Broccoli, Lemon & Carrot Soup  
Butternut Squash Soup with Pears & Orange  
Carrot Ginger Soup  
Cream of Mushroom Soup  
Fennel and Lemon Soup  
Fisherman's Chowder  
Ginger Lime Borscht  
"Magical" Chicken and Veggies Soup  
Nourishing Chicken Soup  
Rosemary Lamb Stew  
Stewed Beef in Mango Rosemary Sauce  
Thai Chicken & Lemongrass Soup  
Thai Chicken Curry with Vegetables  
Three Squash Beef Chili  
Zucchini Leek Soup

## **Casseroles and other One Dish Meals**

Beef Pot Pie  
Broccoli "Mac & Cheese" Casserole  
Brussels Sprouts & Tuna Casserole  
Chicken Bacon Alfredo Casserole  
Chicken and Herb Dumpling Hot Dish  
Chicken Fajitas  
Chicken Teriyaki with Pineapple & Broccoli  
Creamy Beef and Rice Casserole  
Deconstructed Cabbage Rolls  
Lamb with Olive-Butternut Rice  
Loaded Twice Baked Sweet Potato Casserole  
Moroccan Shepherd's Pie  
Orange Pork Meatballs & Cabbage  
Spaghetti Chicken Casserole  
Tuna-Cauli Casserole  
Zucchini Moussaka

## **Main Dishes**

Frikkadels (South African Meatballs)  
50/50 Spinach Meatballs  
Super Simple Meatballs  
Parsnip and Lamb Meatballs  
Cilantro Lime Chicken  
Slow Cooker Creamy Garlic Chicken with Pancetta  
Chicken Burgers 3 Ways  
BBQ Chicken Legs  
Filipino Adobo Chicken  
Chicken Strips  
Shallot Baked Chicken Thighs  
Savory Baked Salmon  
Hidden Liver Meatloaf  
Magic Meatloaf  
Country Pate Burgers  
Garlic Balsamic Beef  
Ginger Beef  
Steamed Pork Patty (AIP SPAM)  
Pig's Tongue Cabbage Rolls  
Persian Pomegranate Infused Lamb

## **Vegetable Side Dishes**

Bacon-Blanketed Vegetables  
Caramelized Fall Veggies  
Citrus Roasted Broccoli  
Easy Blanched Greens  
Farofa  
Roasted Broccoli  
Spiced Pumpkin with Bacon and Dates  
Teriyaki Vegetable Stir Fry  
Twice Baked Sweet Potatoes  
Veggie Fried "Rice"

## **Desserts**

"Be Merry" Tarts  
Berry Fruit Crisp  
Carob Collagen Protein Bites  
Chocolate Fudge Strawberry Banana Pops  
Fudgesicles  
Key Lime Cheesecake Pops  
Lemon Drop Freezer Truffles  
Lime Margarita Fudge  
Mixed Berry Crumb Bar  
No Bake Tigernut Collagen Cookies  
No Churn Cinnamon Ice Cream  
Peach Cobbler  
Raisin Cake  
Slice and Bake Icebox Cookies  
Sweet Potato Fudge  
Zesty Orange and Mango Sorbet