

Table of Contents

About this Book & the Contributors	8
A few words from the editor	17
Recipes featuring Poultry	18
Apple Cinnamon Chicken over Smashed Sweet Potatoes	19
Asparagus & Chicken Sheet Pan Meal	21
Bangers & Mash with Zoodles	22
Buddha Bowl with Avocado-Basil Dressing	24
Chicken, Broccoli, and Sweet Potato Sheet-Pan Dinner	26
Chicken Caesar Spaghetti Squash	27
Chicken Liver Kebabs	28
Chicken Liver Pâté & Mushroom Cauliflower Risotto	29
Chicken Souvlaki with Herby Tzatziki	31
Chicken Tikka Masala & Cauliflower Pilaf	32
Chicken with Leeks & Preserved Lemon	34
Chicken with Sweet Potato Rice	35
Chicken Vol-Au-Vent	36
Creamy Chicken & Vegetable Stew	38
Crispy Garlic Chicken with Warm Spinach Salad & Carrots	40
Crispy Duck Breast & Moroccan Cauli-Rice	42
Greek Kale Salad with Turkey Meatballs	44
Grilled Chicken and Cucumber Dill Salad	46
Duck Fried "Rice"	47
Lemon Dill Chicken with Sweet Potato & Asparagus	49
One Pan Chicken Alfredo	50
One Pan Greek Chicken & Vegetables	51
Orange Peel Chicken Over Cauliflower Steaks	52
Poached Chicken Salad with Citrus, Avocado & Endives	54
Rainbow Salad with Warm Chicken Tenders	55
Ramen Noodle Soup	56

Table of Contents

Roasted Garlic & Broccolini Salad with Chicken	58
Sheet Pan Lemon Roasted Chicken with Vegetables	60
Sheet Pan Roast Chicken, Cauliflower & Grapes	61
Shredded Chicken with Tarragon and Kale	63
Turkey Italiano	64
White Chicken “Chili”	66
Recipes featuring Beef, Bison, Lamb & other red meats	67
Asian-Inspired Lettuce Wraps	68
Braised Beef Onions and Spinach	69
Beef and Gravy with Mash	70
Beef and Sweet Potato Skillet	72
Beef Chow Mein	73
Beef Stuffed Sweet Potatoes	74
Ground Beef, Butternut Squash & Kale Skillet	75
Ground Bison Cabbage Tortilla	76
Bison Spinach Meatballs with Crispy White Sweet Potatoes & Bok Choy	77
Herbed Balsamic Beef and Kale	78
Herbed Bison with Mashed Sweet Potato & Tangy Kale	79
Lamb Chops with Herbs Sauce & Asparagus	80
Liver with Bacon, Onions and Collard Greens, Garlic Cauli Mash	81
Poor Man’s Steak and Fries	82
Pumpkin Hamburger Soup	83
Quick Lamb Saag	84
Quick Lamb Stew	85
Quick Shepherd’s Pie	86
Sancocho (Puerto Rican Stew)	88
Seared Steak with Bacon Alfredo	89

Table of Contents

Skirt Steak Fajita Bowls	91
Steak Lettuce Wraps with Asian Sauce	92
Stuffed Pumpkin Flowers	93
Veal Liver Pâté & Cassava Flatbreads	94
Veal Parmigiana	96
Veggie Buffalo Bowls with Grapefruit & Avocado Salad	98
Venison “Hamburger Helper”	99
Yuca Picadillo	101
Recipes featuring Pork	102
Apple-Sage Pork Skillet	103
Balsamic Glazed Pork Chops & Roasted Broccoli	104
Caramelized Onion Tart with Prosciutto & Asparagus	105
Cauliflower “Risotto” with Bacon & Mushrooms	106
Cauliflower Pork Fried “Rice”	108
Cream of Mushroom Pork Chops with Zoodles	109
Creamy Carrot Parsnip Soup with Bacon Bits	110
Meatballs & Garlic-Herb Sauce over Zoodles	111
Mofongo with Pork Chops	112
Pan Fried Pork Chops in a Mango Sauce with Mashed Sweet Potatoes	114
Pan-seared Boneless Pork Chops with Parboiled Asparagus	116
Pork & Broccoli Slaw Stir Fry	117
Pork & Brussels Sprout Hash	119
Pork Chops with Apples & Onions	120
Pork Chop & Roasted Vegetables Dinner	121
Pork Chops & Sweet Potatoes with Pineapple Cranberry Sauce	122
Pork Piccata over Zoodles	123
Quick-Clean One Pan Hash	125
Rosemary Roast Pork & Garlic Bok Choy	126

Table of Contents

Skillet-full of Pork, Beef, & Veggies	128
Spanish Meatball Tapas Platter	129
Recipes featuring Fish & Seafood	130
Citrus Scallops, Wilted Arugula & Roasted Carrots	131
Coconut Fish with Garlic Asparagus & Glazed Carrots	132
Coconut-Lime Fish Lettuce Tacos with Tropical Guac	134
Fast & Easy Sardine Skillet	135
Fennel & Mango Shrimp Salad	136
Fisherman's Pie Bowls	137
Ginger Salmon Burgers with Cucumber Radish Salad	139
Gremolata Topped Fish Fillets with Greek Salad	140
KISSSS - Keep it Simple Salmon Spinach Skillet	141
Lemon Garlic Shrimp with "Rice" and Sweet Plantain	142
Litchi & Prawn Curry	143
Mussels with Greens & Flatbread	144
Orange & Ginger Salmon with Asparagus & Kale	146
Prawn Masala Taco Salad	147
Pub Grub Squid Rings & Tzatziki Sauce	149
Roasted Shrimp with Brussels Sprout Cilantro Salad	150
Sablefish with Mashed Sweet Potatoes & Asparagus	151
Salmon Fish Cakes on Greens	153
Sardine Pâté with Plantain Flatbread	154
Sautéed Prawns & Jicama Salad	155
Savory Salmon, Tostones & Arugula	156
Scallops with Cauliflower Rice and Bacon	147
Seafood "Paella"	158
Seared Albacore Tuna with Butternut Squash Purée	159

Table of Contents

Seared Scallops with Saffron Sauce & Zoodles	160
Shittake Salmon with Wilted Spinach	161
Shrimp Alfredo over Sweet Potato “Noodles”	162
Shrimp & Veggie Stir-Fry	164
Shrimp Pad Thai	165
Shrimp Salad with Cilantro-Lime Ranch Dressing	166
Start-Loving Sardines Salad	167
Summer Veggies & Shrimp	168
Sushi Salad	169
Teriyaki Salmon with Bok Choy Mushrooms & Sweet Potato	170
Tropical Shrimp Salad with Creamy Avocado Dressing	172
Turmeric Shrimp with Cabbage-Mango Slaw	174
Wild-Caught Cod with Carrots & Fennel on Zoodles	175
Wild Salmon and Leek Pâté	177
Recommended Resources for AIP	178