



SAMPLE MENUS

AIP • FOOD ALLERGIES



305-388-3536



CHEFLIZ@THEPICKLEDBEET.COM



THEPICKLEDBEET.COM

**All menus are 100%
customized for each client.**

You receive a new menu to review and approve every week. These are some sample menus we've prepared recently.



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, put autoimmune conditions such as Hashimoto's Thyroiditis, Multiple Sclerosis, Diabetes, Rheumatoid Arthritis, Psoriasis, Lupus, IBD, etc. 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 and grill organic chicken 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

Wild-caught shrimp in a lemony garlic sauce.

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"

Organic 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 grass-fed beef and cauliflower rice filling.

CARROT PUREE

Fresh, organic carrots cooked and blended for a satisfying side.

DINNER

ORANGE GINGER SALMON

Faroe Island 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 organic 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 organic 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 healthier than the traditional recipe, but still tastes great!

CONTACT US TO GET STARTED



305-388-3536



CHEFLIZ@THEPICKLEDBEET.COM



THEPICKLEDBEET.COM