



WHAT I EAT IN A DAY

PROTEIN

RECIPES



SAMPLE WHAT I EAT IN A DAY

BREAKFAST

Breakfast sausage chicken poppers
with a side of avocado & berries

LUNCH

Ground chicken chipotle style
burrito bowls

DINNER

Orange beef with a side of broccoli
and white rice

SNACKS

Chocolate protein bars and/or oven beef
jerky (use the beef jerky instead if you're
nut free) plus fruit like berries!

DISCLAIMER

This sample meal plan is just for recipe inspiration. I am not a registered dietitian or doctor, and this is not personalized medical advice. You should always consult a doctor before making changes to your diet. Everyone has unique diet and nutrition needs, and this is based off of my personal preference and recipes!



BREAKFAST SAUSAGE CHICKEN POPPERS

INGREDIENTS

- 1 lb ground chicken (or turkey)
- 2 cups raw shredded carrots
- 3 slices bacon
- 2 tbsp coconut oil
- 2 tbsp coconut flour
- 2 tbsp dried parsley
- 2 tsp dried chives
- 1 tsp garlic powder
- 1 tsp dried dill
- 2 tsp onion powder
- 1 tsp sea salt
- 1/4 tsp black pepper (omit for AIP)

TO SERVE

- Berries & avocado on the side

INSTRUCTIONS

1. Preheat the oven to 400 F and line a baking sheet with parchment
2. Add the shredded carrots to a food processor along with the bacon and blend on high. You want both the carrots and the bacon to be very finely shredded. Remove the carrots and bacon from the food processor and add to a mixing bowl
3. Stir in the raw ground chicken (or turkey), seasoning, coconut oil, and flour and thoroughly combine
4. Roll the mixture into small poppers and slightly flatten them (you'll have 25-30 poppers)
5. Bake for 30-35 minutes, flipping them halfway through. Place them under the broiler for 5 minutes to a crisp before serving if desired,
6. Serve warm with compliant ranch dressing and enjoy!

NUTRITION

RECIPE MAKES 4 SERVINGS, NUTRITION IS FOR 1 SERVING

- CALORIES: 326
- FAT: 18.6G
- CARBOHYDRATES: 8.8G
- FIBER: 3.1G
- PROTEIN: 29.6G

nutrition does not include the side of berries or avocado. For me, I'd serve this with a cup of blueberries to add 4 g of fiber, and avocado for extra fat and fiber, for an additional 200 calories or so.

CHIPOTLE STYLE BOWLS

INGREDIENTS

For the rice

- 1 cup jasmine rice
- 1 1/4 cup water
- Juice of one lime
- 1 tsp avocado oil
- 1 bay leaf
- Salt and pepper
- 2 tbsp cilantro, chopped

For the chicken

- 1 tbsp avocado oil
- 1 lb ground chicken
- 1 tsp dried oregano
- 2 tsp garlic powder
- 1 tsp onion powder
- 1 tsp chili powder (optional, omit for nightshade free)
- Salt and pepper
- Juice of half a lime
- 1 tbsp cilantro, chopped

For the black beans

- 2 tsp avocado oil
- 1 can black beans, drained and rinsed
- Salt and pepper
- 1 tsp onion powder
- Juice of half a lime
- 1 tbsp cilantro, chopped

For the bowls

- 2 1/2 - 3 cups Shredded romaine
- Pickled red onion
- 1-2 avocados, sliced

INSTRUCTIONS

1. To cook the rice, rinse the rice and add to the base of a rice cooker. Cover with water, lime juice, salt and pepper, avocado oil and the bay leaf. Place the lid on the rice cooker and allow to cook. Alternatively, you can use other methods to cook the rice and scale the water as needed. Once the rice is cooked, remove the bay leaf and stir in the cilantro.

2. To cook the chicken, heat the avocado oil over medium heat. Add the chicken and season with dry seasonings. Crumble until cooked through and finish with lime juice and fresh cilantro. Set aside.



INSTRUCTIONS CONT.

3. To heat the beans, heat the avocado oil over medium heat. Add the beans and season with onion powder, salt and pepper. Heat for 3-5 minutes or until the beans are warm and slightly soft. Finish with lime juice and fresh cilantro. Set aside.

4. To assemble the bowls, evenly divided the rice, chicken, beans, and lettuce among 4 bowls. Top with sliced avocado and pickled onion to serve!

NUTRITION

RECIPE MAKES 4, NUTRITION IS FOR 1 SERVING

CALORIES: 539 | FAT: 25.7G | CARBOHYDRATES: 53.5G | FIBER: 13.8G | PROTEIN: 30G

ORANGE BEEF STIR FRY



INGREDIENTS

- 1 lb flank steak
- 1 tsp sea salt
- 1/4 tsp black pepper (omit for AIP)
- 2 tbsp arrowroot starch
- 2 tbsp avocado oil
- 3 cloves garlic, minced
- 1 thumb ginger, grated and minced
- 3 tbsp coconut aminos
- 2 tsp apple cider vinegar
- 1/4 cup fresh orange juice
- 1 tbsp coconut sugar
- 2 tsp orange zest
- 1 tbsp green onion, sliced

TO SERVE

- Cooked broccoli
- cooked white rice (sub cauliflower rice or sweet potato noodles for grain free)

INSTRUCTIONS

1. Remove the flank steak from the fridge and allow to sit on the counter for 20 minutes. Season the flank steak well with salt and pepper and slice thin slices against the grain.
2. Add to a bowl and thoroughly coat with arrowroot starch.
3. Heat avocado oil in a pan over medium-high heat. Once the oil is shimmering, add the flank steak to a pan in a single layer, working in batches if needed. Cook the steak for 2-3 minutes on each side or until crisp. Set aside.
4. Reduce the heat to medium-low and add the garlic and ginger to the pan. Sauté until fragrant.
5. Add coconut aminos, apple cider vinegar, orange juice, coconut sugar, and orange zest to the pan and stir well to combine. Scrape the bottom of the pan to remove any browned bits. Allow the sauce to thicken for 2-3 minutes.
6. Add the steak back to the pan and stir to coat in the sauce for 1-2 minutes.
7. Serve topped with sliced green onion and additional orange zest.

NUTRITION

RECIPE MAKES 4 SERVINGS, NUTRITION IS FOR 1 SERVING

CALORIES: 349 | FAT: 17G | CARBOHYDRATES: 13.2G | FIBER: 0.5G | PROTEIN: 34.1G

nutrition does not include the side of white rice, as the side itself is flexible to your dietary needs. For me, I'd serve with this 1 cup of white rice, which is around 240 calories and 4 G of protein.



PROTEIN BARS

INGREDIENTS

- 3/4 cup coconut flour
- 1/4 cup almond flour
- 1 cup vanilla protein powder
- 1/4 cup almond butter
- 1/3 cup almond milk
- 3 tbsp maple syrup
- 1/4 cup dairy-free chocolate chips
- Optional chocolate drizzle
 - 1/3 cup dairy-free chocolate chips
 - 1 tsp coconut oil

INSTRUCTIONS

1. Using a large bowl, combine the coconut flour, almond flour, and protein powder. Whisk well to combine.
2. Add almond butter, almond milk, maple syrup, and chocolate chips and fold to combine. The mixture will get harder to work with as you stir.
3. Spoon the mixture into a candy bar mold for uniform bars. Press down to even. You can also press it into a small, parchment-lined baking pan. Transfer to the fridge for 1-2 hours to allow to set.
4. To make the chocolate drizzle, melt the chocolate and coconut oil together with a method of your choice (I prefer a [double boiler method](#)). Melt until fully liquid.
5. Remove the bars from the mold and place them on a parchment-lined baking sheet or large plate. Drizzle with melted chocolate and return to the fridge to set.
6. Serve the bars chilled, or transfer to the freezer for up to a month.

NUTRITION

RECIPE MAKES 7 BARS, 1 PER SERVING

CALORIES: 243 | FAT: 7G | CARBOHYDRATES: 14.1G | FIBER: 4.2G | PROTEIN: 29.4G

BEEF JERKY

INGREDIENTS

- 1 lb grass-fed ground beef
 - 1 tsp sea salt
 - ½ tsp black pepper (omit for AIP)
 - 1 tsp coconut aminos
- optional - 1/2 cup fresh blueberries



INSTRUCTIONS

1. Preheat the oven to 170 F and line 2 baking sheets with parchment paper.
2. Add 1 lb of ground beef to a bowl and season with 1 tsp of sea salt, ½ tsp of black pepper, and 1 tsp coconut aminos. Mix well.
3. Split the ground beef in half, and separate between the two baking sheets. Flatten the ground beef on the sheets as thin as you can get it, and spread around the sheet. You can use your hands (be sure to wash vigorously afterwards) or a rolling pin between an extra sheet of parchment paper.
4. If using blueberries, once the beef is flattened, begin adding the ½ cup of fresh blueberries one by one, pushing them into the ground beef and evenly distributing them.
5. Either cut the ground beef into slices while uncooked, or wait until it's fully cooked (personal preference, but uncooked is easier). Keep in the oven for 10-12 hours, removing halfway through (give or take a few hours) to flip.
6. Remove from the oven once thoroughly cooked to ensure that the jerky is properly dehydrated by ensuring it's cooked through and no longer pink.
7. Store in the fridge and enjoy as a quick snack!