



# 14-Day *Autoimmune-Friendly* Comfort Food Meal Plan

FROM THE  
WellTheory Care Team

# Apple Cinnamon and N'Oatmeal

AIP

## PREP TIME

5 Minutes

## COOK TIME

1 Hour

## SERVES

Serves 7–8

## INGREDIENTS

2 acorn squashes

3 apples

3 1/2 cups coconut milk

2 teaspoons ground cinnamon

1 teaspoon vanilla extract

1 teaspoon salt

1/2 cup tigernut flour\*

3 ounces raisins

Coconut sugar, to taste (*optional*)

## NOTE

You can substitute coconut flour for tigernut flour if none is available.



## INSTRUCTIONS

Preheat the oven to 400° F

Cut the squashes in half lengthwise and scoop out the seeds. Place the squashes cut-side down in two baking dishes and cover the bottom of each dish with water.

Bake for 20–30 minutes or until the squashes are fork tender. Remove from the oven and set aside to cool.

Cut the apples into large pieces, removing the cores, and use a food processor or box grater to shred the apples.

Once cool enough to handle, scoop out the flesh of the squashes and place in a large pot on the stove along with the apples, coconut milk, cinnamon, vanilla and salt.

Bring the mixture to medium heat and start to break apart the squashes with a spoon or spatula.

Cover and cook for about 10 minutes or until it is bubbling, stirring occasionally. Reduce the heat to low and stir in the tigernut flour and raisins.

Continue to cook the mixture for a few more minutes or until well combined. At this point you can mix in coconut sugar to sweeten it to your liking.

Serve warm with fresh apples on top.

# Turkey Apple Breakfast Sausage

AIP

## PREP TIME

15 Minutes

## COOK TIME

30 Minutes

## MAKES

About 30 patties

## INGREDIENTS

2 apples

2 pounds ground turkey

3 teaspoons salt

2 1/2 teaspoons sage

1 teaspoon onion powder

1/2 tablespoon coconut oil



## INSTRUCTIONS

Remove the core from each apple and cut in half. Grate the apples either by hand using a box grater or using the “shred” blade attachment of your food processor.

Add the grated apple to a large mixing bowl along with the ground turkey, salt, sage, and onion powder.

Gently mix the ingredients together using your hands. *NOTE:* It’s important not to overwork ground meat; otherwise it will get a rubbery, tough texture.

To form the patties, wet your hands and roll about 2–3 tablespoons of the sausage mixture into a ball and then press into patty form. Repeat this process until all of the mixture has been formed into patties.

To fry the patties, heat 1/2 tablespoon of coconut oil in a skillet on medium heat. Once hot, carefully place each patty in the skillet and fry for about 5 minutes on each side, until they are golden brown and slightly crispy.

# Maple Glazed Bacon

AIP

## PREP TIME

15 Minutes

## COOK TIME

20–25 Minutes

## SERVES

Serves 7–8

## INGREDIENTS

1 pound uncured bacon

2 tablespoons pure maple syrup

1 teaspoon orange zest

## INSTRUCTIONS

Preheat the oven to 375° F. Place a cooling rack inside a rimmed baking sheet.

Lay the pieces of bacon side by side on the rack and bake for 15–18 minutes, or until the fat has rendered and the bacon is brown and crispy.

Meanwhile, mix together the orange zest and maple syrup in a small bowl.

Once the bacon has finished baking, remove from the oven and brush the maple syrup onto each strip of bacon. Place it back in the oven for about 3 more minutes.

Allow the bacon to cool for a few minutes on the rack before serving.



## NOTE

Uncured bacon is still cured, just using natural ingredients like cane sugar and celery powder. Very little, if any, sugar remains in the final product. Look for packages of bacon labeled “uncured.”

# Apple Cinnamon Waffles

AIP

## PREP TIME

20 Minutes

## COOK TIME

20 Minutes

## SERVES

Serves 2-4

## INGREDIENTS

### *For the Waffles*

- 2-3 medium yellow plantains
- 2-3 tablespoons coconut oil, melted  
*(plus more for the waffle iron)*
- 1 teaspoon vanilla extract
- 1 teaspoon raw apple cider vinegar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1 apple, diced

### *For the Fried Apples*

- 1 tablespoon coconut oil
- 3 apples, sliced
- 1/2 teaspoon ground cinnamon
- Pinch of salt



## INSTRUCTIONS

Peel the plantains and cut into large chunks. Add them to a food processor and process until smooth.

While the food processor is running on low, slowly pour in the coconut oil until the plantains reach a batter-like consistency.

Stop the food processor and add in the cinnamon, salt, and baking soda. Next, add the vanilla and the apple cider vinegar. *NOTE:* Make sure to pour the apple cider vinegar on top of the baking soda so it starts to fizz. This is the rising agent in the waffles!

Process the mixture one more time in the food processor until fully combined. Fold in the diced apple.

Plug in your waffle iron and heat it according to the manufacturer's directions. Once hot, brush coconut oil on the top and bottom of the iron and pour about 1 cup of the batter onto the center of the waffle iron. Close the lid and cook for about 2 1/2 to 3 minutes. Once done, carefully lift the waffle using two forks and transfer to a plate. Repeat this process until the batter is gone.

To make the fried apples, heat coconut oil in a small saucepan on medium heat. Once it has come to temperature, add the sliced apples, ground cinnamon, and salt and stir to coat.

Sautee the apples for about 15 minutes, stirring occasionally until they've fully softened and started to brown. Serve on top of the waffles!

# Slow Cooker Chicken Soup

AIP

## PREP TIME

30 Minutes

## COOK TIME

7 Hours

## SERVES

Serves 7–10

## INGREDIENTS

1 medium onion, chopped

3 tablespoons fresh garlic, minced

*(about 4–5 cloves)*

4 cups carrots, sliced into circles

*(about 8 medium carrots)*

2 cups celery, chopped

2 cups kale, chopped

3 teaspoons sea salt

1 teaspoon pepper *(optional)*

1 5lb whole chicken

2 tablespoons olive oil

7 1/2 cups filtered water or bone broth

Oregano, dill, and garlic powder

*(optional, add to your liking)*

Avocado and crushed plantains

*(use as a garnish, add to your liking)*



## INSTRUCTIONS

Prepare the onion, garlic, carrots, and celery and set aside in a large bowl. The kale will be added after the soup is cooked. Next, mix together the salt, pepper, oregano, dill, and onion powder in a small bowl and set aside. Layer half of the prepped vegetables in the bottom of a large slow cooker and mix with half of seasoning blend.

Remove the chicken from any packaging and remove the giblets inside, if there are any. Rub the chicken with olive oil and remaining seasonings, making sure to rub the inside cavity as well. Place the chicken on top of the vegetables and then add the remaining vegetables to the slow cooker. Pour in water or bone broth and cook on high for 7 hours.

Once the soup is done, turn the slow cooker off, carefully remove the chicken, and transfer it to a large bowl. Add the kale and stir until it begins to wilt. The chicken will be falling apart as you lift it, so be sure to remove all the bones from the soup. After the chicken cools, pull the meat off the bone and add back to the slow cooker. Serve as is or top with avocado and crushed plantain chips for extra healthy fat!

# Crispy Fried Chicken

AIP

## PREP TIME

40 Minutes

## COOK TIME

20 Minutes

## SERVES

Serves 4–6

## INGREDIENTS

- 1 cup coconut milk
- 2 tablespoons apple cider vinegar
- 2 pounds boneless, skinless chicken thighs
- 1/2 cup cassava flour
- 2 teaspoons salt, divided
- 1 teaspoon garlic powder
- 1/2 teaspoon black pepper (*optional*)
- 4–6 tablespoons avocado oil

## INSTRUCTIONS

Combine the coconut milk and apple cider vinegar in a bowl. Add in the chicken thighs, turn to fully coat, and place in the fridge to marinate for 30 minutes. The coconut milk mixture acts like buttermilk to make the chicken juicy and tender and helps the breading stick without eggs.

Combine the cassava flour, salt, garlic powder, and pepper (if using) in a large zip-top bag and shake to combine. Drain the marinade from the chicken and add the chicken to the Ziplock bag. Shake vigorously to fully coat the chicken in the breading, massaging the breading into the chicken through the bag.

Add the avocado oil to a deep skillet and turn to medium heat. Once the skillet is hot, carefully add the chicken, working in batches. Be careful not to overcrowd the pan, as this will bring the temperature of the oil down. Fry the chicken for 4–5 minutes on each side. Once cooked, transfer to a plate and sprinkle with salt.

### NOTE

Avocado oil has a high smoke point, making it great for frying. You can also use coconut oil or lard, but be prepared for a smoky kitchen!



# Sweet Potato Oven Fries

AIP

## PREP TIME

10 Minutes

## COOK TIME

25 Minutes

## SERVES

Serves 4-6

## INGREDIENTS

- 4 large sweet potatoes (*any kind*)
- 3 tablespoons avocado oil
- 2 teaspoons salt
- 1 teaspoon black pepper (*optional*)
- 2 teaspoons onion powder
- 2 teaspoons garlic powder

## INSTRUCTIONS

Preheat the oven to 400° F and line two rimmed baking pans with silicone mats or parchment paper. Peel the sweet potatoes and cut into long fry shapes. To do this, cut the sweet potato in half lengthwise, and then continue slicing each half lengthwise in about 1/4 inch thickness. Place each slice flat on the cutting board and cut into thin, fry shape strips.

Place the fries in a mixing bowl, coat with avocado oil, and season with the salt, pepper (if using), onion powder, and garlic salt. Toss to fully coat. Spread the fries out onto the two baking pans in two flat even layers.

Bake for 20-25 minutes until browned and crispy.

Serve with burgers, pulled pork BBQ, fried chicken, or steak!





# Mashed Potatoes

AIP

## PREP TIME

10 Minutes

## COOK TIME

15 Minutes

## SERVES

Serves 4

## INGREDIENTS

2–3 white sweet potato  
2 tablespoons coconut oil  
3 tablespoons nutritional yeast  
1–2 teaspoons salt  
1–2 teaspoons garlic powder  
1 1/2 cups warm coconut milk  
Chives to garnish

## INSTRUCTIONS

Peel the sweet potatoes and cut into medium sized chunks. Add to a large pot, cover with water and bring to a boil. Boil for about 5–10 minutes, or until the potatoes are fork tender.

Drain the water and add the coconut oil, nutritional yeast, salt, garlic powder, and coconut milk. Mash using a potato masher or immersion blender.

Top with chives and serve warm!



## NOTE

If you don't have white sweet potatoes available, you can substitute with orange sweet potatoes.

# Shrimp Scampi

AIP

## PREP TIME

10 Minutes

## COOK TIME

15 Minutes

## SERVES

Serves 4

## INGREDIENTS

2 pounds shrimp, peeled and deveined

2 tablespoons olive oil

1 1/2 teaspoons salt

Pinch of black pepper (*optional*)

4 cloves of garlic, minced

Juice of half a lemon

Cassava pasta or roasted spaghetti squash

## INSTRUCTIONS

If using cassava flour pasta, cook the pasta according to package directions. If using spaghetti squash, cut the squash in half, remove the seeds, drizzle with salt and olive oil and roast at 400° F for 20–30 minutes.

If using frozen shrimp, make sure they are completely thawed. Pat your shrimp completely dry.

Heat the olive oil in a large skillet on medium heat.

Season the shrimp with salt and pepper (if using), then add to the hot oil. Saute the shrimp for about 3–4 minutes, then add in the garlic and lemon juice. Continue sauteing for another 5 minutes or until the shrimp are pink.

Serve the shrimp on grain or gluten-free pasta or roasted spaghetti squash.



## NOTE

This is a very easy recipe to make family-friendly swaps. Quickly make a pot of regular pasta or rice for non-AIP family members.

# Blueberry Muffins

AIP

## PREP TIME

15 Minutes

## COOK TIME

30 Minutes

## MAKES

10–12 Muffins

## INGREDIENTS

1/2 cup tigernut flour  
1/4 cup coconut sugar  
1/4 cup arrowroot powder  
1/2 cup coconut flour  
1 teaspoon baking soda  
1/4 teaspoon sea salt  
2 tablespoons melted coconut oil  
1 cup water  
1/3 cup unsweetened applesauce  
1 tablespoon powdered gelatin  
1 teaspoon vanilla extract  
1 cup fresh blueberries

## INSTRUCTIONS

Preheat the oven to 350° F.

In a large bowl combine your tigernut flour, coconut sugar, arrowroot powder, coconut flour, baking soda, and sea salt. Stir to combine.

Next add in your coconut oil, water, and apple sauce and stir.

While stirring sprinkle in your gelatin.

Finally, add in your vanilla extract and blueberries.

Line a muffin tin with paper liners and fill each muffin cup <sup>3</sup>/<sub>4</sub> of the way full.

Bake for about 30 minutes or until a toothpick comes out clean.

Cool completely before eating. These are best enjoyed cold from the fridge.



# Cold-Brew Herbal Coffee

AIP

## PREP TIME

5 Minutes

## STEEP TIME

6–12 Hours

## SERVES

1

## INGREDIENTS

1 tablespoon roasted dandelion root

1 tablespoon roasted chicory root

1 tablespoon carob powder

1/2 tsp vanilla powder (*optional*)

3 cups water

1 tablespoon coconut sugar

coconut milk (*optional*)

collagen powder (*optional*)

## INSTRUCTIONS

Combine your dandelion root, chicory root, carob powder, vanilla (if using), coconut sugar, and water in a large mason jar or covered container and let it sit at room temperature for 6–12 hours.

Then strain your “coffee” into a separate container using a fine mesh strainer or a coffee filter.

To drink, add ice, collagen powder (if using), and coconut milk (if using). Store the remaining “coffee” in the fridge for later use.



## NOTE

To make a big batch, multiple each ingredient measurement by 6.

# How To Use The Meal Plans

These meal plans are designed for a family of four, with the exception of breakfast and lunch. These two meals are meant to be enjoyed by one person following an autoimmune friendly diet like the autoimmune protocol, while dinners can accommodate the whole family.

I have included notes on how to adapt dinner recipes for varying tastes and eating habits without having to make 2 or 3 different meals every single night, because you're busy and need some ease!

Some examples of these adaptations include making one extra add-on to dinner, like a pot of rice, for the rest of the family to enjoy while everyone eats the main meal component. Other examples include taco night, where everyone enjoys the same protein with different toppings and tortillas.

I also made these meal plans with busy lives in mind. The bulk of your weekly cooking will happen on prep day (usually a Saturday or Sunday). The rest of the week, you will only have to cook 3 things per day at most.

You will have some days with no extra cooking, and some days of only making dinner. The idea is to set you up for success each week so you can confidently go into Monday with a plan that works for your life and schedule.

Plus, I chose each of these recipes because they are quick, easy, and family friendly. They also taste like the food you love while still being fully autoimmune protocol compliant.

Happy Cooking!

*Jesse St. Jean*

# Meal Plans

# Week 1

|                  | <i>Breakfast</i>   | <i>Lunch</i>                         | <i>Dinner</i>   | <i>Also Prep</i>  |
|------------------|--|--------------------------------------|---|---|
| <i>Prep Day</i>  | Apple Cinnamon N'Oatmeal ( <i>page 2</i> )<br><br>Turkey Apple Breakfast Sausage Patties ( <i>page 3</i> ) | <u>Curried Chicken Salad</u>         | <u>Mini Meatloaf Muffins</u>  | <i>Optional</i><br>Cold-Brew Herbal Coffee ( <i>page 12</i> )<br><br>Blueberry Muffins ( <i>page 11</i> ) |
| <i>Monday</i>    | Apple Cinnamon N'Oatmeal Meal<br><br>Turkey Apple Breakfast Sausage Patties                                | <u>Curried Chicken Salad</u>         | <u>Mini Meatloaf Muffins</u><br><br>Mashed Potatoes ( <i>page 9</i> )                   |   |
| <i>Tuesday</i>   | Apple Cinnamon N'Oatmeal Meal<br><br>Turkey Apple Breakfast Sausage Patties                                | <u>Curried Chicken Salad</u>         | <u>Mini Meatloaf Muffins</u>  | <u>Sheet Pan Beef &amp; Broccoli</u>  |
| <i>Wednesday</i> | Apple Cinnamon N'Oatmeal Meal<br><br>Turkey Apple Breakfast Sausage Patties                                | <u>Curried Chicken Salad</u>         | <u>Mini Meatloaf Muffins</u><br><br>Mashed Potatoes                                     |   |
| <i>Thursday</i>  | Apple Cinnamon N'Oatmeal Meal<br><br>Turkey Apple Breakfast Sausage Patties                                | <u>Curried Chicken Salad</u>         | Shrimp Scampi ( <i>page 10</i> )  |   |
| <i>Friday</i>    | Apple Cinnamon N'Oatmeal Meal<br><br>Turkey Apple Breakfast Sausage Patties                                | <u>Sheet Pan Beef &amp; Broccoli</u> | <u>Instant Pot Chicken Curry</u><br><u>Roasted Cauliflower Rice</u>                     |   |
| <i>Saturday</i>  | Apple Cinnamon N'Oatmeal Meal<br><br>Turkey Apple Breakfast Sausage Patties                                | <u>Sheet Pan Beef &amp; Broccoli</u> | <u>Perfectly Pan Seared Salmon</u><br><br><u>Crispy Roasted Broccoli</u>                |   |
| <i>Sunday</i>    | Apple Cinnamon Waffles ( <i>page 5</i> )   | <u>Sheet Pan Beef &amp; Broccoli</u> | <u>Honey Garlic Slow Cooker Pulled Pork</u><br><br>Sweet Potato Fries ( <i>page 8</i> ) |   |

### Week 1 Notes

**Shrimp Scampi** if needed — swap cassava pasta out with roasted spaghetti squash for yourself and make an extra pot of regular noodles for the rest of the family.

**Roasted Cauliflower Rice** — make a small pot of white rice for the rest of the family or picky-eaters.

# Meal Plans

# Week 2

|                  | <i>Breakfast</i>   | <i>Lunch</i>                         | <i>Dinner</i>   | <i>Also Prep</i>  |
|------------------|--|--------------------------------------|---|---|
| <i>Prep Day</i>  | <u>Turkey Sweet Potato Breakfast Hash</u>                | Slow Cooker Chicken Soup<br>(page 6) | <u>Veggie Packed Shepherd's Pie</u>                                   | <i>Optional</i><br>Cold-Brew Herbal Coffee (page 12)<br><u>Banana Muffins</u> |
| <i>Monday</i>    | <u>Turkey Sweet Potato Breakfast Hash</u>                | Slow Cooker Chicken Soup             | <u>Honey Garlic Slow Cooker Pulled Pork</u><br><br>Sweet Potato Fries |   |
| <i>Tuesday</i>   | <u>Turkey Sweet Potato Breakfast Hash</u>                | Slow Cooker Chicken Soup             | <u>Veggie Packed Shepherd's Pie</u>                                   |   |
| <i>Wednesday</i> | <u>Turkey Sweet Potato Breakfast Hash</u>                | Slow Cooker Chicken Soup             | <u>Veggie Packed Shepherd's Pie</u>                                   |   |
| <i>Thursday</i>  | <u>Turkey Sweet Potato Breakfast Hash</u>                | Slow Cooker Chicken Soup             | Easy Weeknight Tacos  | <u>Tuna Salad</u>   |
| <i>Friday</i>    | <u>Turkey Sweet Potato Breakfast Hash</u>                | <u>Tuna Salad</u>                    | <u>*Roasted Salmon and Veggie Bowls</u>                               |   |
| <i>Saturday</i>  | <u>Turkey Sweet Potato Breakfast Hash</u>                | <u>Tuna Salad</u>                    | <u>*Roasted Salmon and Veggie Bowls</u>                               |   |
| <i>Sunday</i>    | <u>Banana Pancakes</u><br>Maple Glazed Bacon<br>(page 4) | <u>Tuna Salad</u>                    | Crispy Fried Chicken<br>(page 7)<br><br><u>Creamy Cucumber Salad</u>  |   |

### Week 2 Notes

Turkey & Sweet Potato Breakfast Skillet — swap out the shredded turkey breast for shredded chicken, cooked ground turkey ,or ground pork.

Easy Weeknight Tacos — make these taco bowls with extra lettuce and plantain chips. Make it family-friendly with corn tortillas and non-AIP fixings (tomatoes, salsa, cheese, sour cream).

Roasted Salmon & Veggie Bowls —for picky eaters, making a pot of rice to use as a base instead of the veggies.

## Week 1 Store List

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### *Meat/ Seafood*

3lbs ground turkey  
1lb beef steak (*flank or flat iron*)  
2lbs chicken breast, beef stew  
meat, or lamb leg  
2-4 chicken breast  
2lbs shrimp (*fresh or frozen*)  
Two to four 6oz salmon filets  
1lb pork tenderloin

### *Pantry Items*

7 cans coconut milk  
Coconut aminos  
1 box of cassava flour pasta  
Baking soda  
Olive oil  
Coconut oil  
Apple cider vinegar  
Balsamic vinegar  
Honey  
Tapioca or arrowroot starch  
Tigernut flour or coconut flour  
Pack of raisins

### *Seasonings*

Garlic powder  
Onion powder  
Ground turmeric  
Ground cinnamon  
Ground ginger  
Dried dill  
Dried cilantro  
Dried thyme  
Dried sage  
Salt  
Vanilla extract

### *Produce*

2 garlic bulbs  
fresh ginger root  
1 lemon  
1 bunch of green onions  
2 yellow onions  
1 bag of red grapes  
1 bunch of celery  
1lb carrots  
1 bunch of kale or spinach  
1 bag of apples  
2 acorn squash  
9 sweet potatoes (*white or orange*)  
1 spaghetti squash (*optional*)  
1 head of cauliflower  
(*can substitute frozen cauliflower rice*)  
1 bunch fresh cilantro  
1 box of mushrooms  
5 broccoli crowns  
2-3 yellow plantains

### *Optional Items Not Already Listed*

Extra noodles for scampi for non-AIP family members  
Rice for non-AIP family members  
For Muffins  
Coconut sugar  
1 pint fresh blueberries  
Gelatin powder  
For Herbal Coffee  
Roasted dandelion root  
Roasted chicory root  
Carob powder  
Vanilla powder



## Week 2 Store List

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### *Meat/ Seafood*

1lb shredded chicken or turkey  
*(can substitute ground meat)*  
Five 5lb whole chickens  
2lb ground beef  
2 cans wild-caught tuna  
4 6oz salmon filets  
1lb uncured bacon  
2lb boneless skinless chicken thighs

### *Pantry Items*

Coconut oil  
Avocado oil  
Apple cider vinegar  
4 cans of coconut milk  
Cassava flour  
Tigernut flour  
Tapioca starch  
Baking soda  
Vanilla extract  
Maple syrup

### *Seasonings*

Salt  
Onion powder  
Garlic powder  
Ground turmeric  
Ground ginger  
Ground cinnamon  
Dried oregano  
Dried dill  
Dried thyme

### *Produce*

1 sweet potato  
1 large parsnip  
1 large beet  
1 apple  
1 large ripe banana  
Bunch of spinach  
2 yellow onions  
2 red onion  
1 bulb of garlic  
2lb carrots  
3-4 cucumbers  
1 bunch of celery  
1 bunch of kale  
1 - 2 rutabagas  
1 box of mushrooms  
5 avocados  
7 limes  
1 orange  
1 bunch fresh cilantro  
1 bunch fresh basil  
Lettuce for tacos and tuna salad  
1 zucchini

### *Optional Items Not Already Listed*

Extra taco toppings & tortillas for Non-AIP family members  
Rice for non-AIP family members  
For Muffins  
Coconut flour  
Unsweetened applesauce  
Gelatin powder  
1 bunch of bananas  
For Herbal Coffee  
Roasted dandelion root  
Roasted chicory root  
Carob powder  
Vanilla powder