

Table of Contents

Introduction

5

- Meet the Contributors
- What is AIP?
- A Note on Reintroductions

Seasonings and Condiments

16

- BBQ Sauce
- Greek Seasoning
- Curry Powder
- Taco Seasoning
- Italian Seasoning
- Pickled Onions
- Guacamole

American Takeout

19

- New England Clam Chowder
- Weeknight Pizza
- Pulled Pork Carnitas
- Chicken Veggie Nuggets
- Monster AIP Burger Bowl
- Rutabaga Fries
- Fried Onion Rings
- Gut Loving Gelatin Gummies
- Raw Cookie Dough
- AIP Frosty
- Sonic Strawberry Limeade

Chinese

36

- Chilled Beet Soup
- Potstickers
- AIP Chicken Stir Fry
- Takeout Style Beef with Broccoli
- Orange Chicken
- AIP Hot Pot
- Garlic Bok Choy
- AIP Baobing
- Grass Jelly Drink (Cincau)

Eastern European

48

- AIP Latkes
- Chebureki (ground beef turnovers)
- Pierogies
- Katleti (Russian Meatballs)
- Beet Celeriac Risotto with horseradish sour cream
- Russian Beet Salad
- Lime and Blackberry Kissel
- Kompot

French and Belgian

63

- Soupe à l'oignon (Onion Soup)
- Citrus Tuna Tartare
- Belgian Chicons au Gratin (endives with ham)
- Poule au Pot
- Belgian Chicken Waterzooi
- Stoemp (sweet potatoes with carrots)
- Steamed Mussels
- Sautéed Scallops
- Chervil Root Pureé
- Apple Galette
- Mashed Banana
- Peppermint Hot Chocolate

Indian

79

- Green Plantain Fritters
- Fish Cutlets
- Shahi Cauliflower Pilaf
- Fish and Butternut Curry
- Chicken Chettinad Curry
- AIP Chapati
- Spicy Alu Makha
- Kale and Shrimp with Coconut
- Pinni Energy Balls
- Squash Coconut Pudding
- Green Mango Drink

Italian

94

- Zucchini Buds with Mint & Redcurrant
- Rainbow Endive Boats
- AIP Lasagna
- Tagliata with Vegetables
- Spaghetti & Meatballs
- Prosciutto & Breadsticks
- Chicken Minestrone Soup
- Kaboocha Squash with Hassleback Potatoes
- Sweet Ravioli
- Pastafrolla
- Healing Caffelatté

Japanese

109

- Jicama Wrapped Fresh Spring Rolls
- Shrimp Stuffed Shiitaki Mushrooms
- Curried Albacore Tuna Tartare
- Grain Free Sushi
- Salmon Teriyaki
- Sashimi with Spicy Sauce
- Namasu Two Ways
- Burdock Root with Toasted Coconut Sauce
- Spinach & Mushrooms with Citrus Dressing
- Fried Banana with Green Tea
- Upgraded Matcha Latte

Mediterranean

125

(Greek, Moroccan, Middle Eastern)

- Tzatziki Frozen Yogurt
- “Chickpea” Hummus
- Moroccan Tagine Meatballs
- Sticky Tamarind-Blackcurrant Glazed Lamb Kebabs
- Moroccan Chicken Tagine
- Gyros
- AIP Baba Ganoush
- Healing Greek Salad
- Three Herb Tabbouleh
- Moroccan Mint Tea

Mexican and Latin American

140

- Cuban Yuca Con Mojo
- AIP Queso Dip
- Caldo de Bolas de Verde
- Carne Picada
- Sancocho Dominicano
- Yuca Fries
- Mangu
- Mexican Hot Chocolate
- Batida de Lechosa (papaya milkshake)
- Iced Yerba Mate

Thai and Vietnamese

155

- Thai Fishcakes
- AIP Chicken Pho
- Banh Mi Bowls
- Spicy Lemongrass Chicken
- Pineapple Fried Rice
- Thai Style Steak Salad
- Vietnamese Pickled Vegetables
- Green Mango Salad
- Vietnamese Tapioca Pudding
- Lemongrass, Lime & Ginger Ice Cream
- Chè Ba Mầu
- Thai Iced Tea

UK and Irish

173

- Prawns on Toast with Mayonnaise
- Seaside Fish and Chips
- Fish Pie
- Irish Stew
- Parsnip & Kale Colcannon
- Sweet Potato Cakes
- Sweet Potato Colcannon
- Trifle
- Earl Grey Coconut Ice Cream
- Cherry Raspberry Cordial

Final Notes

187

- Ingredient Index
- Recommended Resources