

NATALIE ZISES

AIP Book

Created by Natalie Zises



Zucchini Noodle Bolognese

4 ingredients · 20 minutes · 4 servings



Directions

1. Heat the olive oil in a non-stick skillet. Add the ground chicken, stirring to break it up as it cooks. After about 5 minutes, add the tomato sauce. Cover and let the sauce simmer for 10 minutes.
2. While the sauce is simmering, spiralize the zucchinis and divide between plates or containers.
3. Top the zucchini noodles with the bolognese and enjoy!

Ingredients

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|-------------------|---------------------------|
| 1 tbsp | Extra Virgin Olive Oil |
| 1 lb | Extra Lean Ground Chicken |
| 2 1/2 cups | Tomato Sauce |
| 4 | Zucchini (large) |

One Pan Lemon Shrimp & Asparagus

5 ingredients · 30 minutes · 2 servings



Directions

1. Preheat oven to 400F.
2. Lay the asparagus and shrimp on a baking sheet. Drizzle with olive oil and toss gently to coat. Sprinkle with sea salt and top with lemon slices.
3. Bake for 15 to 18 minutes, or until shrimp are fully cooked and have turned pink. Remove from oven and divide between plates. Enjoy!

Ingredients

3 cups	Asparagus (woody ends trimmed)
3/4 lb	Shrimp (uncooked, shells on)
2 tbsps	Extra Virgin Olive Oil
1/8 tsp	Sea Salt (or more, to taste)
1	Lemon (sliced)

Smoked Salmon Wrapped Avocado

2 ingredients · 5 minutes · 2 servings



Directions

1. Slice the avocado and wrap each slice with the smoked salmon. Transfer to a plate and enjoy!

Ingredients

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|-----------|------------------------|
| 1 | Avocado |
| 100 grams | Smoked Salmon (sliced) |

Turmeric Turkey, Zucchini & Sweet Potato

8 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 425 degrees F. Line a baking sheet with parchment paper.
2. Toss the sweet potato rounds in half of the olive oil. Toss the zucchini sticks in the other half. Spread the sweet potato rounds across the baking sheet and bake for 15 minutes.
3. At the 15 minute mark, remove the sweet potato from the oven, flip, and move to one side of the sheet. Put the zucchini sticks on the other side of the baking sheet and bake for an additional 15 minutes, or until sweet potato is crispy and zucchini is tender.
4. Meanwhile, heat the coconut oil in a skillet over medium heat. Add the ground turkey, breaking it up as it cooks. Once it is cooked through, add the sea salt, turmeric and water and mix well. Turn off the heat.
5. Remove the sweet potato and zucchini from the oven. Season with any spices you'd like to taste. Divide between plates or containers along with the turmeric turkey. Enjoy!

Ingredients

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|-----------|---|
| 2 | Sweet Potato (medium, sliced into rounds) |
| 1 tbsp | Extra Virgin Olive Oil (divided) |
| 2 | Zucchini (medium, sliced into sticks) |
| 1 1/2 tps | Coconut Oil |
| 1 lb | Extra Lean Ground Turkey |
| 1/2 tsp | Sea Salt |
| 2 tps | Turmeric |
| 1/4 cup | Water |

Coconut Banana Ice Cream

2 ingredients · 1 hour 30 minutes · 6 servings



Directions

1. Add all ingredients into a blender and blend until smooth. Occasionally turn the blender off and scrape down the sides if needed.
2. Scoop into bowls and enjoy immediately as soft serve or for firmer ice cream, transfer to a baking pan and freeze for at least 1.5 hours before scooping.

Ingredients

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|-------------------|---|
| 1 1/2 cups | Organic Coconut Milk (full-fat, canned) |
| 5 | Banana (sliced and frozen) |