



Flare Free Meal Plan

QUICK FAMILY
FRIENDLY SUPPERS

FLARE FREE

Dinner Menu

PICK THREE TO FOUR OF THE FOLLOWING DINNER OPTIONS FOR EACH WEEK.



GREEK RICE
BOWLS

BEEF
STROGANOFF

ZUCCHINI
BOATS

CHICKEN
TORTILLA
SOUP



TUSCAN
CHICKEN
PASTA

GROUND
BEEF +
GREEN BEAN
STIR FRY

FISH STICKS,
CARROT
FRIES +
SALAD

WHITE
CHICKEN
CHILI

VEGAN

Substitution Suggestions



OMIT
GROUND
MEAT +
DOUBLE
CHICKPEAS

OMIT BEEF +
DOUBLE
MUSHROOMS

SUBSTITUTE
WHITE BEANS
FOR GROUND
MEAT

SUBSTITUTE
COOKED
QUINOA FOR
GROUND
MEAT



SUBSTITUTE
ZUCCHINI,
EGGPLANT OR
MUSHROOMS
FOR CHICKEN

SUBSTITUTE
CARROTS +
YELLOW
SQUASH FOR
BEEF

SUBSTITUTE
ZUCCHINI OR
EGGPLANT
FOR FISH

SUBSTITUTE
COOKED
MILLET +
LENTILS FOR
CHICKEN

Greek Rice Bowls

QUICK SUPPERS

Ingredients

- 1 1/2 c organic white rice
- 3 c filtered water
- Extra virgin olive or cold pressed avocado oil
- 1 lb. grass-fed ground meat
- 1 can of organic chickpeas
- 8 oz. plain soy-free vegan yogurt
- 1-2 cloves of peeled garlic, smashed
- 1/2 t lemon zest
- 1 cucumber, ends removed, cut in half lengthwise + sliced thin
- 1/2 pint organic rainbow cherry tomatoes, halved
- 1/4 small red onion, sliced thin
- 1/2 block Vegan Feta, crumbled
- Sea salt and black pepper to taste



www.cheflaurarodriguez.com

Instructions

1. Rinse rice with cold water then add to a small pot. Top with water and add a pinch of salt. Bring to a gentle boil then turn down to low and cover with a vented lid. Cook for about 20 minutes until tender then fluff with a fork.
2. Heat a cast iron or stainless steel skillet until hot. Coat with oil and add meat. Season with salt and pepper then cook, breaking up with a wooden spoon until browned on all sides then taste and adjust seasoning.
3. Place chickpeas and their liquid in a small pot and season with salt and pepper then cook until warm.
4. Place the ends of the cucumber, the yogurt, garlic and lemon zest in a blender and pulse until cucumbers are finely chopped. Season with salt and pepper.
5. Place chopped cucumber, tomatoes and onion in a small bowl and season with salt and pepper.
6. Divide rice amongst 4 bowls and top with meat, chickpeas, cucumber salad, tzatziki and crumbled feta then serve.

Beef Stroganoff

QUICK SUPPERS

Ingredients

- 1 pkg. organic Jovial brown rice tagliatelle
- 1-2 T organic grass-fed ghee
- 1 small onion, sliced thin
- 8 oz. pre-sliced cremini mushrooms
- 6 lg cloves of peeled garlic, minced
- 2 organic grass-fed ribeye steaks, gristly fat removed and sliced thin
- Container of Silk Dairy-Free Heavy Whipping Cream
- ~1/4 c finely minced kale or parsley (optional)
- Sea salt and black pepper

Instructions

1. Cook according to package instructions until al dente (slightly undercooked).
2. Warm a large stainless steel or enameled cast iron skillet over medium-high heat until hot. Coat the pan with ghee then add the onions and mushrooms with a generous pinch of salt and pepper.
3. Sauté for a few minutes until tender then add the beef and garlic. Cook for 1-2 minutes then add the dairy-free cream and mix well to combine.
4. Turn heat down to medium then add the noodles and kale or parsley. Stir to coat in the sauce and cook until flavors combine.
5. Taste and adjust seasoning then serve.



Zucchini Boats

QUICK SUPPERS

Ingredients

- 1/2 c organic quinoa
- 1 c filtered water
- 4 lg. yellow and green zucchini, cut in half lengthwise and centers scooped out
- Spray avocado or olive oil
- 1 lb. Italian turkey sausage (pastured is even better if you can find/afford it)
- 1 jar of no sugar added organic tomato basil marinara
- Optional: pinch of crushed red peppers
- Soy-free vegan shredded mozzarella cheese
- Shelled hemp seeds, shredded Violife vegan parmesan cheese, minced parsley, or freshly chopped basil for garnish (optional)

Instructions

1. Place quinoa and water in a small pot and season with salt and pepper then cook according to package instructions until tender then fluff with a fork. (You could also cook this in organic no sugar added bone broth for added nutrients and protein!)
2. Preheat the oven to 450°F/232°C and line a baking sheet with unbleached parchment paper.
3. Arrange zucchini side by side cut-side-up on the sheet tray and spray with oil. Season with salt and pepper then roast for 10 minutes. Flip and roast for another 5-10 minutes until pliable but still holding their shape.
4. Heat a seasoned cast iron skillet, stainless steel skillet, or enameled cast iron skillet over medium-high heat until hot. Add sausage and cook, breaking up with a wooden spoon until browned on all sides.
5. Place sausage and quinoa in a bowl. Add about 1/2 cup of marinara and mix to combine. Season to taste with salt, pepper and crushed red pepper.
6. Stuff into zucchini then top with more sauce. Sprinkle with cheese then spray cheese with oil and bake until cheese melts.
7. Sprinkle with desired garnishes if using then serve.



www.cheflaurarodriguez.com

Chicken Tortilla Soup

QUICK SUPPERS

Ingredients

- Cold pressed avocado oil
- 1 cont. pre-diced onion/carrot/celery
- 6-12 peeled cloves of garlic, minced
- 1 T organic chili powder
- 2 t cumin
- 1 t dried oregano
- 2 lb. organic boneless/skinless chicken thighs
- 28 oz. can of organic crushed tomatoes
- 4-6 c organic no sugar added chicken broth
- Can of organic black beans, rinsed
- Crumbled Siete grain-free tortilla chips for garnish (you can also bake your own tortilla strips in the oven using Siete grain-free tortillas!)
- Cilantro, red onion, avocado, radishes, lime wedges, etc. for garnish (optional)
- Sea salt to taste



www.cheflaurarodriguez.com

Instructions

1. Warm a large stockpot over medium-high heat until hot.
2. Coat the bottom of the pot with avocado oil and sauté onions, carrots, and celery with a pinch of salt for 3-5 minutes until softened.
3. Add garlic, spices and chicken and season with salt and pepper. Stir to coat then sauté for a couple more minutes then add the tomatoes and chicken broth.
4. Bring to a gentle simmer then turn down to low and cook until chicken is tender and flavors combine.
5. Shred chicken then return back to the pot.
6. Taste and adjust seasoning then serve with garnishes on top.

NOTE: Make this soup in half the time by substituting shredded rotisserie chicken! (Whole Foods and Sprout's in the US sells organic rotisserie chickens.)

Tuscan Chicken Pasta

QUICK SUPPERS

Ingredients

- 1 lb. organic Jovial brown rice pasta
- Pad of organic grass-fed ghee
- Cont. pre-diced onion
- 8-12 cloves of peeled garlic, minced
- 1 ½ lbs. organic boneless skinless chicken breasts, sliced thin
- 8 lg. organic sun dried tomatoes, boiled in filtered water until tender then sliced thin
- 1 cont. Silk Dairy-Free Heavy Whipping Cream
- ~2-3 T nutritional yeast (use a non-fortified variety if you have MTHFR)
- 2 t dried oregano
- 1 t organic crushed red chili flakes
- Handful of organic baby spinach
- Chopped basil and grated Violife vegan parmesan for garnish (optional)
- Sea salt and black pepper to taste

Instructions

1. Cook pasta according to package instructions then reserve some of the pasta cooking liquid for later if needed.
2. Heat a large cast iron, enameled cast iron or stainless steel skillet until hot. Coat with ghee then add the onions and saute until tender.
3. Add garlic and saute until aromatic.
4. Add the chicken and sundried tomatoes and cook for a few minutes until the chicken gets some color on it.
5. Stir in the dairy-free heavy cream then season to taste with nutritional yeast, dried oregano, and crushed red chili flakes.
6. Sauté, stirring often, until the chicken is cooked through then taste and adjust.
7. Stir in the pasta and the baby spinach then mix.
8. Add a splash of the reserved pasta water if needed then taste and adjust seasoning by adding more of anything you'd like to taste more of.
9. Garnish with basil and vegan parm if using then serve.



www.cheflaurarodriguez.com

Ground Beef + Green Bean Stir Fry

QUICK SUPPERS

Ingredients

- 2 c organic brown rice
- 4 c filtered water
- Toasted sesame oil
- 1 lb. organic grass-fed ground beef
- Bag of washed and trimmed green beans
- 1 small red onion, sliced thin
- 1/2 organic red bell pepper, sliced thin
- 1/2 organic yellow pepper, sliced thin
- 6 large cloves of peeled garlic, minced
- ~1 t ginger powder
- Coconut aminos or organic gluten-free soy sauce to taste
- 4 scallions, sliced thin for garnish
- Sesame seeds for garnish
- Sea salt and black pepper to taste

Instructions

1. Wash brown rice under cold water then place in a medium saucepan. Add water, a splash of sesame oil and a big pinch of salt then bring to a gentle boil. Turn down to low then cover and cook for about 45 minutes until tender then fluff with a fork.
2. Heat an extra large seasoned cast iron or stainless steel pan over medium-high heat until hot. Coat with sesame oil then add the ground beef. Season with salt and pepper and cook, breaking up with a spoon, until browned on all sides.
3. Add the green beans, onions and peppers with another pinch of salt and pepper and cook until tender crisp.
4. Add the garlic and sauté for about 30-60 seconds until aromatic. Add the ginger powder and coconut aminos or gluten-free soy sauce and toss to coat.
5. Taste and adjust seasoning by adding more of anything you'd like to taste more of then serve over rice with sesame seeds and scallions on top.



www.cheflaurarodriguez.com

Fish Sticks, Carrot Fries + Salad

QUICK SUPPERS

Ingredients

- 1 1/2 lbs. wild cod, sliced into 1" strips
- 2 organic pastured eggs
- 4C gluten-free panko breadcrumbs
- Spray avocado oil
- 8 lg. carrots, cut in half and then quartered into fries
- 4 c of your favorite salad greens
- Favorite no seed oil/no sugar added salad dressing (like Primal Kitchen brands)
- Lemon wedges for garnish
- Primal Kitchen Honey Sweetened Ketchup
- Sea salt and black pepper to taste

Instructions

1. Preheat the oven to 450°F/232°C and line two baking sheets with unbleached parchment paper.
2. Arrange carrot fries on one of the parchment paper lined baking sheets and spray with oil. Season with salt and pepper then bake while you dredge your fish (about 10 minutes).
3. Crack eggs into a shallow baking dish then season with salt and pepper and beat with a fork.
4. Place breadcrumbs in another shallow baking dish and season with salt and pepper.
5. Dip cod in beaten eggs then coat in breadcrumbs. Arrange side-by-side on one parchment paper lined baking sheet and sprinkle with salt and pepper. Spray with oil then bake for about 10-12 minutes until crust is lightly browned and fish is cooked through (internal temperature should reach 145°F/63°C).
6. Toss your favorite salad greens in your favorite salad dressing and season with salt and pepper.
7. Check carrots for doneness then serve alongside fish sticks and salad.

NOTE: You can make this same exact dish with chicken if you'd prefer! Cook chicken tenders to an internal temp of 165°F/73°C)



White Chicken Chili

QUICK SUPPERS

Ingredients

- Cold pressed avocado oil
- Container of pre-diced onion, bell peppers, and celery
- 1 poblano pepper, seeded and diced
- Organic chili powder to taste (~2 T)
- Dried cumin to taste (~2 t)
- Garlic powder to taste (~2 t)
- 1 1/2 lbs. organic boneless skinless chicken breasts, thighs, or ground chicken
- 1 can of organic white beans, rinsed
- 1 small zucchini, diced small
- ~2 qt. organic no sugar added chicken broth
- Sliced scallions, plain unsweetened soy-free vegan yogurt (like Cocojune), avocado, diced red onion, shredded soy-free vegan cheddar cheese, etc. for garnish (optional)

Instructions

1. Heat a medium stock pot over medium-high heat until hot. Coat the bottom of the pot with oil then add the onions, bell peppers, celery, and poblano with a big pinch of salt and pepper and sauté for about 5 minutes until tender.
2. Add the dried spices and cook for about 30 seconds until aromatic.
3. Add the chicken, beans and zucchini and cover with broth. Bring to a gentle boil then turn down to a simmer and cook until chicken is fall apart tender.
4. Remove chicken from the pot and shred then return to the pot.
5. Taste and adjust seasoning by adding more of anything you'd like to taste more of then garnish with your favorite toppings.

NOTE: Crumble some of my "No Corn Cornbread" on top for added comfort! (Included in the Thanksgiving Sides Bonus Holiday Recipe Packet inside the Autoimmune Edible Rx.)



www.cheflaurarodriguez.com



Flare Free

GROCERY LISTS

WEEK 1 GROCERIES

KEY: Greek Bowls

Stroganoff

Zucchini Boats

TORTILLA SOUP

PRODUCE

1-2 cloves of peeled garlic
1/2 t lemon zest
1 cucumber, ends removed
1/2 pint organic rainbow cherry tomatoes

1/4 small red onion

1 small onion

8 oz. pre-sliced cremini mushrooms

6 lg cloves of peeled garlic

~1/4 c finely minced kale or parsley

4 lg. yellow and green zucchini

Basil or parsley for garnish (optional)

CONT. PRE-DICED ONION/CELERY/PEPPERS

1 POBLANO PEPPER

6 CLOVES OF PEELED GARLIC, MINCED

CILANTRO, RED ONION, AVOCADO,

RADISHES FOR GARNISH (OPTIONAL)

MEAT/SEAFOOD

1 lb. grass-fed ground meat

2 organic grass-fed ribeye steaks

1 lb. Italian turkey sausage (pastured if possible)

2 LBS. ORGANIC BONELESS SKINLESS

CHICKEN THIGHS

EGGS/ALTERNATIVE DAIRY

8 oz. plain soy-free vegan yogurt

1/2 block soy-free Vegan Feta

1 cont. Silk Dairy-Free Heavy Whipping Cream

Soy-free vegan shredded mozzarella cheese

PANTRY

1 1/2 c organic white rice

1 can of organic chickpeas

Organic grass-fed ghee

1 pkg. organic Jovial brown rice tagliatelle

1/2 c quinoa

Shelled hemp seeds for garnish (optional)

Spray avocado or olive oil

1 jar of no sugar added organic tomato basil

marinara

Crushed red pepper

28 OZ. CANNED ORGANIC DICED

TOMATOES

4-6 C ORGANIC NO SUGAR ADDED

CHICKEN BROTH

CAN ORGANIC BLACK BEANS

CRUMBLLED GRAIN FREE TORTILLA CHIPS

FOR GARNISH

CUMIN, ORGANIC CHILI POWDER, DRIED

OREGANO

WEEK 2 GROCERIES

KEY: Tuscan Pasta

Stir Fry

Fish Sticks

CHILI

PRODUCE

Cont. pre-diced onion

8-12 cloves of peeled garlic

Handful of organic baby spinach

Fresh hand torn basil for garnish

Bag of washed and trimmed green beans

1 small red onion

1/2 organic red bell pepper

1/2 organic yellow pepper

6 large cloves of peeled garlic

4 scallions for garnish

8 lg. carrots

4 c of your favorite salad greens

Lemon wedges for garnish

1 CONT. DICED ONION/CELERY/BELL PEPPER

1 POBLANO PEPPER

1 SMALL ZUCCHINI

SLICED SCALLIONS, AVOCADO, DICED RED ONION, ETC. FOR GARNISH

MEAT/SEAFOOD

1 1/2 lbs. organic boneless skinless chicken breasts

1 lb. organic grass-fed ground beef

1 1/2 lbs. wild cod

1 1/2 ORGANIC BONELESS SKINLESS CHICKEN BREASTS/THIGHS OR GROUND CHICKEN

EGGS/ALTERNATIVE DAIRY

1 cont. Silk Dairy-Free Heavy Whipping Cream

Grated Violife vegan parmesan for garnish (optional)

2 organic pastured eggs

EGGS/ALTERNATIVE DAIRY (CONT.)

PLAIN UNSWEETENED SOY-FREE VEGAN YOGURT LIKE COCOJUNE (OPTIONAL)

SHREDDED SOY-FREE VEGAN CHEDDAR CHEESE FOR GARNISH (OPTIONAL)

PANTRY

1lb. brown rice penne or bowties

Organic grass-fed ghee

8 lg. organic sun dried tomatoes

~2-3 T nutritional yeast (use a non-fortified variety if you have MTHFR) 2 t dried oregano

1 t organic crushed red chili flakes

2 c organic brown rice

Toasted sesame oil

~1 t ginger powder

Coconut aminos or organic gluten-free tamari (soy sauce) to taste

Sesame seeds for garnish

4 C Glutenfree panko breadcrumbs

Spray avocado oil

Favorite no sugar/no seed oil salad dressing (like Primal Kitchen)

ORGANIC CHILI POWDER, CUMIN, GARLIC POWDER

1 CAN OF ORGANIC WHITE BEANS

~2 QT. ORGANIC CHICKEN BROTH

How to Meal Prep Week 1

- Start the Chicken Tortilla Soup.
- Boil the noodles for the Stroganoff.
- Make the rice for the Greek Bowls and the quinoa for the Zucchini Boats.
- Cook the meat for the Greek Bowls and the Zucchini Boats.
- Roast the zucchini.
- Stuff the zucchini and roast according to the recipe.
- Make the Beef Stroganoff according to the recipe.
- Make the Greek Bowls according to the recipe.
- Let everything cool then package.

How to Meal Prep Week 2

- Make the chili.
- Make the pasta for the Tuscan Pasta.
- Make the brown rice for the stir fry.
- Make the fish sticks and carrot fries according to the recipe.
- Finish the Tuscan chicken pasta according to the recipe.
- Finish the stir fry according to the package.
- Let everything cool then package.



Hungry for More?

Check out the
Autoimmune Edible Rx!

*There's over 26 seasonal
meal plans, 400+
recipes, monthly cooking
videos and live meal
prep sprints in there!*