



THE 7-DAY AIP MEAL PLAN



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What is AIP?

The AIP (autoimmune protocol) of the Paleo diet is a therapeutic gut healing diet. It's designed to bring a person into remission from their autoimmunity: diseases directed against the self caused by an overactive immune system. When the immune system gets stuck in the "on" position, it loses its ability to differentiate between harmful foreign invaders and the body's own healthy tissues. As a result, it mistakenly creates autoantibodies that attack healthy cells and organs. There are over 80 documented autoimmune diseases and although they occur in different parts of the body, they involve inflammation and often pain. The incidence of autoimmunity occurs to some degree in nearly everyone and examples are rheumatoid arthritis, multiple sclerosis, psoriasis, type 1 diabetes, celiac disease and ulcerative colitis. What causes the body to attack itself?

A growing body of evidence suggests that three factors must be present for the development of autoimmunity.

1. A genetic predisposition to autoimmunity, such as those who carry a variant of the HLA gene (variants of this a gene predisposes a person to developing various autoimmune diseases, including celiac disease).
2. A leaky gut (increased intestinal permeability).
3. Environmental triggers that cause a leaky gut such as gluten, grains, legumes, and bacterial overgrowth.

According to the theory, if just one factor is removed, autoimmune disease will go into remission. We can't remove our genetic predisposition to autoimmune disease, but we can heal a leaky gut and avoid environmental triggers that cause it!

What is a leaky gut?

A leaky gut is what it sounds like: your intestinal wall develops tiny holes that "leak" gut contents into the body. All kinds of particles end up in your circulation that shouldn't be there, such as partially digested food, toxins, pathogenic yeasts, fungi, parasites, bacteria and viruses. The constant influx of these invaders overstimulates the immune system, creating inflammation and tissue damage that manifests as the characteristic symptoms of autoimmune disease.

What causes leaky gut?

Many things cause leaky gut, but our modern lifestyle plays a huge role. The standard Western diet (nutrient-poor, high carbohydrate, high omega-6 fats, toxin rich), chronic stress, lack of sleep, alcohol, infections, pathogens, smoking, poor digestive function, imbalanced gut bacteria (gut dysbiosis), chemicals naturally found in plants such as gluten and other toxic lectins, phytates, saponins, and glycoalkaloids, digestive-enzyme inhibitors and pharmaceuticals such as antibiotics, and NSAIDs can all damage the intestinal lining and cause leaky gut.

How the AIP works

The goal of the AIP is to manage our autoimmune symptoms with dietary changes that support the health of our bodies. The AIP works by removing offending foods and replacing them with healing foods that correct nutrient deficiencies, heal gut dysbiosis and leaky gut, and reduce inflammation and an overactive immune system.

What does an AIP diet look like?

The AIP is a strict version of the Paleo diet. It requires the removal of foods that contribute to nutrient deficiencies, gut dysbiosis, and immune system overactivity, and emphasizes high quality, micronutrient-dense healing foods. Quality is important. When available and as long as your budget allows, choose produce that's organic, sustainably caught wild fish, and meat that's been ethically raised on pasture or caught in the wild.

The following are foods to avoid:

- Grains
- Gluten
- Dairy
- Pseudo-grains (amaranth, buckwheat, chia and quinoa)
- Legumes (beans, peanuts, peas, soy)
- Coffee
- Chocolate
- Processed vegetable oils

- Processed food and drinks
- Eggs
- All nuts and seeds
- Anything derived from a nut, seed, grain or legume (seed based spices, oils, nut flours, etc.)
- Nightshades or spices derived from nightshades
- Alcohol
- Added sugars
- Sugar alcohols
- Sugar substitutes
- NSAIDS (aspirin, ibuprofen, naproxen)
- Fermented foods (if you have a yeast sensitivity)
- FODMAPS (only those that cause you gastric distress)

Healing foods to include:

- Meat
- Poultry
- Fish/Seafood
- Wild game
- Offal (organs and any part of the animal that's not muscle meat)
- Bone Broth
- Vegetables (leafy greens, cruciferous, tubers, roots and flours and powders made from veggies)
- Sea vegetables (dulse, nori, etc.)
- Fruit
- Healthy fats (coconut, coconut milk, coconut oil, palm oil, avocado oil, olive oil, bacon fat, rendered animal fat)
- Fermented foods (kombucha, coconut milk kefir, raw kimchi and sauerkraut, etc.)
- Carob

- Tea
- Seasonings (herbs and spices from dried leaves, flowers, and roots (not seeds or nightshades))

Tips to help you stay on track and make the diet easier

- Adopt the view that the AIP is a powerful ally in your fight against disease. Develop an attitude of gratitude for the abundance of healing foods you can enjoy and thrive on, instead of what you've had to give up.
- Prep and batch cook! Taking the time to shop, and prepping your meals for the week(s) ahead saves you time in the kitchen, makes your cooking life easier and promotes a more satisfying food experience. Meal prepping might be as simple as washing and chopping veggies to store for later use, or it might be the complicated assemblage of a whole meal so all that's left to do is to heat and eat at the appropriate time. Batch cooking involves multiplying servings of meals or making multiple different meals for a week or for several weeks, all at one time. For AIP peeps struggling with increased time spent in the kitchen on a daily basis, food prepping and batch cooking can be especially rewarding.
- Avoid temptation by purging your pantry, fridge and freezer of non-AIP items. This aligns your outer environment with your inner goals.
- The AIP shouldn't break the bank. To stay on budget, purchase fresh fruits and veggies in season. Frozen produce is often a good option, and meats can be purchased in bulk and frozen until needed. It's always best to choose organic produce, pastured meats, game and wild fish. but it's ok to mix in conventional food if that's what your budget allows for.
- Make sure you set up a network of family and friends to support you in your efforts. If you think personalized counseling would be helpful, seek out a knowledgeable health care practitioner who can provide guidance.
- Remember that the AIP is not a permanent diet. When your symptoms have resolved, you can slowly reintroduce foods that you've eliminated.

Why this meal plan works

There is clinical evidence and many thousands of anecdotal reports that the AIP of the Paleo diet is effective for reversing symptoms of autoimmunity. By removing foods that cause increased intestinal permeability and by improving nutritional status with nutrient-dense, anti-inflammatory foods, an injured gut is able to repair itself and perform its role as a highly selective barrier to the body. In the absence of chronic intestinal leakage and subsequent immune system overactivity, the body has a chance to heal from inflammatory damage.

AIP Meal Plan Calendar

	Breakfast	Lunch	Snack	Dinner
Sunday	<p><u>Roasted Squash with Red Onion and Rosemary-AIP</u>; deli meats;</p> <p>(50 minutes) prep-see list</p>	<p><u>Asian Ground Beef and Veggie Lettuce Wraps</u>;</p> <p>(25 minutes)</p>	<p><u>Cranberry Coconut Smoothie</u>;</p> <p>(5 minutes)</p>	<p><u>Cod with Arugula Tapenade and Celeriac Fries-AIP</u>;</p> <p>Simple Salad Dressing-AIP; mixed greens;</p> <p>(35 minutes) prep-see list</p>
Monday	<p>salmon, smoked;</p> <p>veggies of choice;</p> <p>(5 minutes) prep-see list</p>	<p><u>Kale Salad with Ham-AIP</u>;</p> <p>(15 minutes)</p>	<p><u>Simple Bone Broth-AIP</u>;</p> <p>Leftover <u>Roasted Squash with Red Onion and Rosemary-AIP</u>;</p> <p>(24 hours)</p>	<p><u>Beef Pot Roast-AIP</u>;</p> <p><u>Roasted Green Beans</u>;</p> <p>(8 hours)</p>

<p>Tuesday</p>	<p><u>Ginger Turmeric Smoothie</u>; (5 minutes)</p>	<p>Leftover <u>Beef Pot Roast-AIP</u>; Leftover <u>Roasted Green Beans</u></p>	<p>Leftover <u>Simple Bone Broth-AIP</u></p>	<p><u>Chicken and Sweet Potatoes with Shallots-AIP</u>; <u>Cranberry Relish</u>; Leftover <u>Simple Salad Dressing-AIP</u>; arugula; (45 minutes) prep-see list</p>
<p>Wednesday</p>	<p>deli meats; veggies of choice; (5 minutes)</p>	<p>Leftover <u>Chicken and Sweet Potatoes with Shallots-AIP</u>; Leftover <u>Cranberry Relish</u>; Leftover <u>Simple Salad Dressing-AIP</u>; arugula</p>	<p><u>Simple Soup with Bone Broth-AIP</u>; (20 minutes)</p>	<p><u>Cilantro Turkey Burgers-AIP</u>; <u>Orange and Avocado Salad-AIP</u>; (20 minutes)</p>
<p>Thursday</p>	<p>Leftover <u>Simple Soup with Bone Broth-AIP</u></p>	<p>Leftover <u>Cilantro Turkey Burgers-AIP</u>; Leftover <u>Orange and Avocado Salad-AIP</u></p>	<p><u>Olive Tapenade-AIP</u>; veggies of choice; (20 minutes)</p>	<p><u>Rosemary Lamb Loin Chops with Roasted Carrots-AIP</u>; <u>Cauliflower Mashers-AIP</u>; (45 minutes)</p>

Friday	<u>Tex-Mex Breakfast-AIP</u> ; (20 minutes)	Leftover <u>Rosemary Lamb Loin Chops with Roasted Carrots-AIP</u> ; Leftover <u>Cauliflower Mashers-AIP</u>	<u>Bananas with Coconut-AIP</u> ; (5 minutes)	<u>Coconut Shrimp-AIP</u> ; Leftover <u>Simple Salad Dressing-AIP</u> ; mixed greens; (30 minutes)
Saturday	<u>Ham & Applesauce-AIP</u> ; avocado(s); (10 minutes)	Graze fridge for leftovers	Graze fridge for leftovers	<u>Steak of the Caveman-AIP</u> ; Creamy Chard; (35 minutes)

AIP Prep List

Sunday AM

If you want to incorporate organ meats into your Meal Plan and you don't already have ground liver on hand in the freezer, now is a great time to purée up to a pound of liver in the food processor. Divide it into 2-ounce portions, leaving one portion in the refrigerator for use in Meal 2 and the other portions in the freezer for future meals that use ground meat (including Meal 16).

Make [Simple Bone Broth](#). Twelve cups will be needed for the week, so be sure to add at least 18 cups of water to the stockpot to allow for some evaporation, and keep it covered. If you do not own a stockpot that large, just split the ingredients and cook it in two containers. Refrigerate for use in Meals 7, 11, 15 and 17.

Sunday PM

If you are rushed in the mornings or not able to cook during the day, prepare [Beef Pot Roast](#) thru step 5 of the instructions and place everything in the bowl of your crockpot (if you are using this method) and refrigerate until ready to cook on Monday for Meal 8. The bowl can go straight from the fridge to the cooker! (optional)

Monday AM

Prepare/cook [Beef Pot Roast](#) so it will be ready for Meal 8.

Tuesday PM



Similar to Sunday. If you are rushed in the mornings, make the [Simple Soup with Bone Broth](#) for Meal 15 and Meal 17 so all you have to do is warm it up (optional).



AIP
RECIPES FOR
MEAL PLAN



ROASTED SQUASH WITH RED ONION AND ROSEMARY-AIP

 **Approximate cooking time:** 50 minutes  **Number of servings:** 4

 **Values are per serving:** Calories 297 ♦ Fat 10g ♦ Carbohydrates 64g ♦ Protein 7g

Ingredients:



- 1 medium butternut squash, seeded and sliced
- 2 medium onions, red, peeled and sliced thin
- 4 T rosemary, fresh, chopped
- 3 T olive oil
- 1 t sea salt, to taste

How to Make It:

1. Preheat oven to 400°F.
2. Line a baking sheet with parchment paper.
3. Spread squash, onion and rosemary on parchment paper, and drizzle with olive oil. Toss lightly to coat all pieces with oil.
4. Place baking sheet in the oven and bake for 35-40 minutes, or until squash is tender.
5. Season with sea salt, if desired.



ASIAN GROUND BEEF AND VEGGIE LETTUCE WRAPS

 **Approximate cooking time:** 25 minutes  **Number of servings:** 2

 **Values are per serving:** Calories 371 ♦ Fat 13g ♦ Carbohydrates 15g ♦ Protein 52g

Ingredients:

- 1 pound beef, ground
- 1 small onion, chopped
- 2 medium garlic cloves, minced
- 1 T ginger, fresh, chopped
- 4 medium mushrooms, white button, sliced
- ¼ head cabbage, green, shredded
- 1 T apple cider vinegar
- 1 T coconut aminos
- 1 T fish sauce (use Red Boat Fish Sauce if you can find some)
- 1 head lettuce, iceberg or Bibb, large leaves intact
- ¼ head cabbage, green, shredded for garnish
- 1 medium carrot, shredded for garnish
- 2 medium onion, green, chopped for garnish

How to Make It:

1. Heat a skillet over medium heat and add the ground beef and onions. Cook until the beef is no longer pink in the center (about 7 minutes) and add the garlic and ginger. Stir well for about a minute.
2. Add the mushrooms and cabbage and cook until vegetables are soft. Stir in the vinegar, coconut aminos, and fish sauce and continue stirring until heated through.
3. To serve, spoon the ground beef mixture into the lettuce leaves, being careful not to overfill.
4. Top with additional cabbage, carrots, and green onions, if desired.



CRANBERRY COCONUT SMOOTHIE

 **Approximate cooking time:** 5 minutes

 **Number of servings:** 2

 **Values are per serving:** Calories 345 ♦ Fat 21.9g ♦ Carbohydrates 37.6 g ♦ Protein 3.4g

Ingredients:



- 2 medium bananas, ripe
- 1 cup cranberries, fresh, or frozen
- 1 t ginger, fresh, grated (optional)
- 1 cup coconut milk, full fat

How to Make It:

1. Put all of the ingredients in a blender and blend until smooth and creamy. Taste and adjust sweetness if necessary. Serve immediately.



COD WITH ARUGULA TAPENADE AND CELERIAC FRIES-AIP

 **Approximate cooking time:** 35 minutes  **Number of servings:** 2

 **Values are per serving:** Calories 418 ♦ Fat 20g ♦ Carbohydrates 22g ♦ Protein 39g

Ingredients:



- 1 large celeriac root
- 1 T olive oil
- ¼ t sea salt, (optional)
- 1 pound cod fillets
- 1 medium lemon
- 3 cups arugula
- ½ cup olives, green or black, pitted
- 2 T capers, rinsed
- 1 medium garlic clove, roughly chopped

How to Make It:

1. Preheat oven to 450°F.
2. Cut the celeriac into ¼-inch strips (like French fries) and place them in an ovenproof dish. Drizzle with olive oil and season with sea salt, if desired.
3. Bake the fries for approximately 10 minutes.
4. Meanwhile, place the fish in another ovenproof dish and season with sea salt and the lemon juice.
5. After the celeriac has baked for 10 minutes, decrease the temperature to 400oF and bake the fish together with the fries for another 8-10 minutes.
6. While the fish bakes, combine the arugula, olives, capers, and garlic in a food processor and chop until it resembles a tapenade.
7. Serve the tapenade on top of the cod, with the celeriac fries on the side.



SIMPLE SALAD DRESSING-AIP

 **Approximate cooking time:** 15 minutes  **Number of servings:** 16

 **Values are per serving:** Calories 254 ♦ Fat 28g ♦ Carbohydrates 4g ♦ Protein 0g

Ingredients:

- 2 cups olive oil, extra virgin
- ½ cup balsamic vinegar
- 2 medium garlic cloves, finely minced
- 2 T lemon juice
- 1 t sea salt
- 2 t herbs of choice for salad dressing (basil, thyme, chives, rosemary, oregano, tarragon)


How to Make It:

1. Whisk (or put in blender) balsamic vinegar, minced garlic and lemon juice until blended. Gradually add olive oil while whisking (or blending).
2. Mix in salt and dried herbs to taste.
3. Store in the refrigerator.



KALE SALAD WITH HAM-AIP

 **Approximate cooking time:** 15 minutes

 **Number of servings:** 2

 **Values are per serving:** Calories 537 ♦ Fat 33g ♦ Carbohydrates 25g ♦ Protein 39g

Ingredients:

- 1 bunch kale, lacinato
- 2 T olive oil, extra virgin
- 1 small lemon, juiced
- ½ t sea salt
- ¾ pound ham, diced
- 1 medium avocado, diced

How to Make It:

- 1.** Wash kale and remove leaves from woody stems. Slice leaves thinly.
- 2.** In a large bowl, combine kale, olive oil, lemon juice and sea salt. Toss to coat leaves completely.
- 3.** Divide kale into two bowls. Top each salad with ham and avocado to serve.



SIMPLE BONE BROTH-AIP

L **Approximate cooking time:** 7-24 hours **U** **Number of servings:** 8

U **Values are per serving:** Calories 245 ♦ Fat 8g ♦ Carbohydrates 7g ♦ Protein 33g

Ingredients:

- 2 pounds chicken bones, wings, necks, or feet, or beef knuckle or long bones
- 1 medium onion, yellow, peeled and roughly chopped
- 4 cups vegetables for bone broth, (use scraps from carrots, celery, kale, mushrooms, parsnips, fennel, parsley)
- 2 whole bay leaves
- 1 T oregano, dried
- 1 t thyme, dried
- 2 T sea salt
- 2 T apple cider vinegar
- 18 cups water

How to Make It:

1. Combine all ingredients in a large crockpot, and fill with water to the top. Cover and cook on low for 7-24 hours.
2. Strain to a clear broth and refrigerate leftovers.



BEEF POT ROAST-AIP

 **Approximate cooking time:** 3-8 hours

 **Number of servings:** 6

 **Values are per serving:** Calories 509 ♦ Fat 14g ♦ Carbohydrates 22g ♦ Protein 64g

Ingredients:



- 2 T beef tallow (coconut oil may be substituted, but must be used carefully to avoid smoking and burning)
- 5 pounds beef (pot roast, rump roast, or chuck shoulder)
- 2 medium onions, yellow, sliced
- 3 medium carrots, quartered
- 2 medium celery stalks
- 1 whole bay leaf
- 1 T thyme, dried
- ½ t oregano, dried
- 1 t sea salt, (optional)
- 3 cups water

How to Make It:

1. Mix thyme, oregano and sea salt (optional) together in a small bowl.
2. Rub mixture into meat on all sides of roast.
3. Heat a medium skillet (if cooking in a crock pot) or heavy-bottomed ovenproof pan (if cooking in the oven) over high heat. Add 2 tablespoons tallow when hot.
4. Immediately sear all sides of the roast and set aside.
5. Wash and prepare vegetables.
6. Put roast in crock pot, add vegetables, bay leaf and water, and cook on high until tender (6-7 hours). Or preheat oven to 325°F, add the vegetables, bay leaf and water to the heavy-bottomed ovenproof pan with the meat, cover and roast for 2-3 hours.



ROASTED GREEN BEANS

 **Approximate cooking time:** 30 minutes  **Number of servings:** 4

 **Values are per serving:** Calories 66 ♦ Fat 4g ♦ Carbohydrates 8g ♦ Protein 4g

Ingredients:

- 1 pound green beans, fresh
- 1 T olive oil
- 1 T thyme, dried


How to Make It:


1. Preheat oven to 350°F.
2. Wash and chop ends off beans.
3. Place in a roasting pan, drizzle with olive oil and sprinkle with thyme.
4. Toss until coated well and roast for 20 minutes.
5. Check occasionally and toss several times.



GINGER TURMERIC SMOOTHIE

 **Approximate cooking time:** 5 minutes

 **Number of servings:** 2

 **Values are per serving:** Calories 349 ♦ Fat 24.4g ♦ Carbohydrates 32.2g ♦ Protein 3.2g

Ingredients:



- 1 medium banana
- 1 cup pineapple, diced
- 1 t ginger, fresh, grated
- ½ t turmeric
- 1 medium lemon, juiced
- 1 t honey, raw
- 1 cup coconut milk, full fat
- 1 cup ice, omit if using frozen fruit

How to Make It:

1. Put all of the ingredients in a blender and blend until smooth. Drink immediately.



CHICKEN AND SWEET POTATOES WITH SHALLOTS-AIP

 **Approximate cooking time:** 45 minutes  **Number of servings:** 4

 **Values are per serving:** Calories 429 ♦ Fat 19g ♦ Carbohydrates 19g ♦ Protein 45g

Ingredients:



- 3 medium sweet potatoes, peeled and cut in 2-inch pieces
- 1 ½ t sea salt, to taste, divided
- 4 T coconut oil
- 4 pieces chicken breast, boneless skinless (4-6 oz)
- 4 medium shallots, sliced into thick rings
- 2 T rosemary, fresh, chopped

How to Make It:

1. Wash and chop sweet potatoes. Place in a large pot and cover with cold water.
2. Bring pot to a boil. Once boiling, add sea salt to taste and reduce heat to medium-low. Simmer until tender (about 14-16 minutes).
3. Reserve ¼ cup of cooking water. Drain remaining liquid and return sweet potatoes to pot. Mash with reserved cooking water.
4. Meanwhile, season chicken with salt.
5. Heat coconut oil in large skillet over medium-high heat.
6. When pan is hot, add sliced shallots and rosemary and cook for a minute.
7. Add chicken breasts to pan and pan-fry until golden brown and fully cooked (7-8 min per side).
8. Serve with mashed sweet potatoes on the side.



CRANBERRY RELISH

 **Approximate cooking time:** 10 minutes  **Number of servings:** 4

 **Values are per serving:** Calories 58 ♦ Fat 0g ♦ Carbohydrates 15g ♦ Protein 1g

Ingredients:



- 1 medium apple, sweet, cored and quartered
- 1 medium orange, quartered
- 1 cup cranberries, fresh

How to Make It:

1. Add all ingredients to a food processor. Chop until a relish is formed.



SIMPLE SOUP WITH BONE BROTH-AIP

 **Approximate cooking time:** 20 minutes  **Number of servings:** 4

 **Values are per serving:** Calories 247 ♦ Fat 21g ♦ Carbohydrates 12g ♦ Protein 37g

Ingredients:



- 8 cups Simple Bone Broth (recipe)
- 2 medium carrots, sliced
- 2 medium celery stalks, sliced
- 2 cups sugar snap peas
- 2 cups greens, mixed, kale, chard, or bok choy, chopped
- 20 slices bacon, about 1 pound

How to Make It:

- 1.** Combine broth, carrots, and celery in a large saucepan (covered) and bring to a boil over high heat.
- 2.** Reduce heat to simmer, add peas, greens, and meat, and simmer 5 minutes more.
- 3.** Serve warm.



CILANTRO TURKEY BURGERS-AIP

 **Approximate cooking time:** 20 minutes  **Number of servings:** 4

 **Values are per serving:** Calories 287 ♦ Fat 5g ♦ Carbohydrates 4g ♦ Protein 57g

Ingredients:



- 1 pound turkey, ground
- 1 cup cilantro, fresh, chopped
- ¼ medium onion, red, finely chopped
- 4 medium garlic cloves, minced
- 1 t sea salt

How to Make It:

1. Prepare the grill, or turn the broiler on low.
2. Combine all ingredients in a bowl and use a fork to mix well.
3. Divide into portions and shape into patties.
4. Grill or broil until cooked to desired temperature.
5. Serve with a side dish (such as guacamole).



ORANGE AND AVOCADO SALAD-AIP

 **Approximate cooking time:** 20 minutes  **Number of servings:** 4

 **Values are per serving:** Calories 300 ♦ Fat 22g ♦ Carbohydrates 38g ♦ Protein 5g

Ingredients:



- 4 large oranges, segmented
- 2 large avocados, diced
- 6 cups spinach, or arugula or watercress
- 2 T olive oil
- ½ t sea salt, to taste

How to Make It:

1. Prepare both oranges by cutting off the rind and outer membrane and slicing out the wedges of fruit between the segments. Do this over a bowl and set the remaining juice aside.
2. Divide the greens up between two plates, and top with oranges and avocados.
3. Add a drizzle of olive oil and any juice left over from the oranges. Season with sea salt to taste.



OLIVE TAPENADE-AIP

 **Approximate cooking time:** 20 minutes  **Number of servings:** 6

 **Values are per serving:** Calories 163 ♦ Fat 17g ♦ Carbohydrates 4g ♦ Protein 0g

Ingredients:



- ¼ cup parsley, fresh
- ¼ cup basil, fresh
- 2 medium garlic cloves
- 1 cup pitted Kalamata olives
- 1 cup olives, green, pitted
- 2 T capers
- ½ medium lemon, juiced
- 3 T olive oil, extra virgin

How to Make It:

1. Rough chop fresh herbs and garlic.
2. Add all ingredients to a food processor until rough chopped.



ROSEMARY LAMB LOIN CHOPS WITH ROASTED CARROTS-AIP

 **Approximate cooking time:** 30 minutes  **Number of servings:** 4

 **Values are per serving:** Calories 446 ♦ Fat 23.1g ♦ Carbohydrates 9.3g ♦ Protein 48.5g

Ingredients:

- 4 pieces lamb chops
- 3 T olive oil
- 2 T rosemary, fresh
- 1 pound carrots, baby
- ½ t sea salt, to taste

How to Make It:

1. Preheat oven to 400°F.
2. Season the lamb chops liberally with salt. Heat a large, ovenproof skillet over medium high heat and add the oil. Add the rosemary sprigs, and cook for 2-3 minutes to flavor the oil. Remove with tongs and set aside.
3. Add the lamb chops to the pan and sear until well browned on both sides. Nestle the carrots around the lamb and cook until lightly browned. Turn off heat and transfer the pan to the oven.
4. Cook until the lamb is medium rare, about 130oF on a meat thermometer, and the carrots are browned. Let rest for 10 minutes before serving. Sprinkle with the reserved rosemary.



CAULIFLOWER MASHERS-AIP

L Approximate cooking time: 45 minutes **U** Number of servings: 4

U Values are per serving: Calories 190 ♦ Fat 13g ♦ Carbohydrates 18g ♦ Protein 7g

Ingredients:



- 1 ½ heads cauliflower
- ¾ cup coconut milk, full fat
- 3 T coconut oil
- ⅔ cup chives, fresh
- 3 medium garlic cloves
- 2 t rosemary, dried
- 1 t sea salt, to taste

How to Make It:

1. Roughly chop the cauliflower, removing all leaves.
2. Place in steamer and cook until it's easy to stick a fork in it (about 20 minutes).
3. Mince the garlic and finely chop the chives. Sauté the garlic, chives and rosemary in coconut oil until the garlic is light golden brown.
4. Use a food processor or a masher to mash up the steamed cauliflower florets. Add the garlic, chives, rosemary, coconut oil mixture to the cauliflower.
5. Add the coconut milk.
6. Cook on medium low heat and mash with a masher while they're in the pot. Or if you have a submergible blender, use that to blend mixture while it's in the pot.
7. Add sea salt to taste.



TEX-MEX BREAKFAST-AIP

 **Approximate cooking time:** 20 minutes  **Number of servings:** 2

 **Values are per serving:** Calories 353 ♦ Fat 21g ♦ Carbohydrates 17g ♦ Protein 29g

Ingredients:

- ½ pound beef, ground
- ¼ medium onion, yellow, diced
- ½ t cumin
- ¼ t sea salt, (optional)
- 2 medium zucchinis, diced
- 1 medium avocado, diced
- ¼ cup cilantro, fresh, chopped,
for garnish

How to Make It:

- 1.** Heat large sauté pan over medium-high heat.
- 2.** Add ground beef, onion, cumin, and sea salt, and stir until meat is almost fully cooked (about 10-12 minutes).
- 3.** Add zucchini and cook until meat is done and zucchini is just slightly tender (about 5 minutes).
- 4.** Top with avocado and cilantro to serve.



BANANAS WITH COCONUT-AIP

 **Approximate cooking time:** 5 minutes

 **Number of servings:** 2

 **Values are per serving:** Calories 164 ♦ Fat 10g ♦ Carbohydrates 19g ♦ Protein 2g

Ingredients:



- 1 medium banana
- 2 T coconut milk, full fat
- ¼ cup coconut, unsweetened shredded, toasted (if desired)

How to Make It:

1. Slice banana and divide between two small bowls.
2. Top with coconut milk and shredded coconut.



COCONUT SHRIMP-AIP

 **Approximate cooking time:** 30 minutes  **Number of servings:** 2

 **Values are per serving:** Calories 371 ♦ Fat 18g ♦ Carbohydrates 10g ♦ Protein 43g

Ingredients:



- 1 pound shrimp, raw in shell
- 1 can coconut milk, full fat (403 mL)
- 2 medium garlic cloves, minced
- 1 t ginger, fresh, peeled and minced
- ¼ t sea salt

How to Make It:

1. Wash prawns or shrimp, but do not shell them.
2. Place prawns into a medium saucepan with coconut milk, garlic, ginger and salt.
3. Bring to a boil, stirring frequently.
4. Reduce heat and simmer uncovered 15 minutes. Stir frequently.
5. Remove from shells and serve warm.



HAM & APPLESAUCE-AIP

 **Approximate cooking time:** 10 minutes  **Number of servings:** 2

 **Values are per serving:** Calories 320 ♦ Fat 5g ♦ Carbohydrates 36g ♦ Protein 33g

Ingredients:

- ½ pound ham (nitrate/nitrite free, Boar's Head or Applegate Farms recommended)
- 2 cups applesauce, unsweetened

How to Make It:

1. Slice the ham and warm in a skillet on the stove. Serve alongside applesauce.



28 STEAK OF THE CAVEMAN-AIP

 **Approximate cooking time:** 20-35 minutes  **Number of servings:** 2

 **Values are per serving:** Calories 525 ♦ Fat 43g ♦ Carbohydrates 0g ♦ Protein 38g

Ingredients:



- 2 pieces beef (sirloin steaks (8-12 oz), or sirloin, strip or tenderloin)
- 1 t oregano, dried
- 1 medium garlic clove, minced
- ½ t sea salt (optional)
- 3 T coconut oil or tallow, melted

How to Make It:

1. Preheat broiler to high.
2. In a small bowl, combine oregano, garlic, sea salt (optional) and oil or tallow.
3. Place steaks on broiler pan and brush both sides with oil mixture.
4. Broil 2-3 inches from heat source (usually the very top of the oven) for 7 minutes for medium-rare (8 minutes for medium). Remove from oven and turn steaks. Return to oven and broil the other side an additional 5 minutes for medium-rare (6 minutes for medium).
5. When desired internal temperature is reached, remove steaks from oven, cover with foil and let rest 5 minutes. Serve with your favorite vegetable or side.



CREAMY CHARD

 **Approximate cooking time:** 15 minutes  **Number of servings:** 2

 **Values are per serving:** Calories 189 ♦ Fat 12g ♦ Carbohydrates 10g ♦ Protein 7g

Ingredients:

- 1 bunch chard
- ⅓ can coconut milk, full fat (403 mL), (preferably Native Forest - it has no BPA's in the can liner)
- 1 T coconut oil
- ½ medium lemon, juiced
- ¼ t sea salt, (optional) to taste

How to Make It:

1. Melt coconut oil in a large sauté pan over medium heat.
2. Meanwhile, rinse and roughly chop chard (stalk included for more fiber).
3. Place the chard in the pan with coconut oil and cover. Cook for about 3-5 minutes, stirring occasionally.
4. Add coconut milk, lemon and sea salt (if desired). Stir in completely.
5. Cook for a few more minutes and serve hot.

AIP Shopping List

FRUITS AND VEGETABLES	NEED	MEALS
6 servings - veggies of choice		5, 13, 19
1 medium - apple, sweet		12
7 cups - arugula		4, 12, 14
2 medium - avocados		6, 21
3 large - avocados		16, 25
4 medium - bananas		3, 9, 23
1 medium - butternut squash		1
½ head - cabbage, green		2
6 medium - carrots		2, 8, 15
1 pound - carrots, baby		20
1 ½ head - cauliflower		20
1 large - celeriac root		4
4 medium - celery stalks		8, 15
1 bunch - chard		28
2 cups - cranberries, fresh		3, 12
1 pound - green beans, fresh		8
6 cups - greens, mixed		4, 15, 24
1 bunch - kale, lacinato		6
2 tablespoons - lemon juice		4
1 medium - lemon		4

1 small - lemon, juiced		6
2 medium - lemons, juiced		9, 19, 28
1 head - lettuce, iceberg or Bibb		2
4 medium - mushrooms, white button		2
1 small - onion		2
2 medium - onions, green		2
2 ¼ medium - onions, red		1, 16
3 ¼ medium - onions, yellow		7, 8, 21
1 medium - oranges		12
4 large - oranges		16
1 cup - pineapple		9
4 medium - shallots		12
6 cups - spinach		16
2 cups - sugar snap peas		15
3 medium - sweet potatoes		12
4 cups - vegetables for bone broth		7
2 medium - zucchini		21

DRY GOODS	NEED	MEALS
3 cups - coconut milk, full fat		3, 9, 20, 23
1 ½ cans - coconut milk, full fat (403mL)		24, 28
¼ cup - coconut, unsweetened, shredded		23
1 cup - olives, green		19
1 cup - olives, Kalamata		19
½ cup - olives, green or black		4

OILS AND CONDIMENTS	NEED	MEALS
3 tablespoons - apple cider vinegar		2, 7
2 cups - applesauce, unsweetened		25
½ cup - balsamic vinegar		4
2 tablespoons - beef tallow		8
1 tablespoon - coconut aminos		2
11 tablespoons - coconut oil		12, 20, 28
1 tablespoon - fish sauce		2
1 teaspoon - honey, raw		9
10 tablespoons - olive oil		1, 4, 8, 16,20
2 ⅓ cups - olive oil, extra virgin		4, 6, 19

HERBS AND SPICES	NEED	MEALS
¼ cup - basil, fresh		19
3 whole - bay leaves		7, 8
4 tablespoons - capers		4, 19
⅔ cup - chives, fresh		20
1 ¼ cups - cilantro, fresh		16, 21
½ teaspoon - cumin		21
17 medium - garlic cloves		2, 4, 16, 19, 20, 24, 28
2 tablespoons - ginger, fresh		2, 3, 9, 24
2 teaspoons - herbs of choice for salad dressing		4
1 ½ tablespoons - oregano, dried		7, 8, 28
¼ cup - parsley, fresh		19
2 teaspoons - rosemary, dried		20
8 tablespoons - rosemary, fresh		1, 12, 20
⅓ cup - sea salt		1, 4, 6, 7, 8, 12, 16, 20, 21, 24, 28
2 ½ tablespoons - thyme, dried		7, 8
½ teaspoon - turmeric		9

MEATS AND EGGS	NEED	MEALS
½ pound - deli meats		1, 13
¼ pound - salmon, smoked		5
20 slices - bacon (approx 1 lb)		15
5 pounds - beef - pot roast		8
2 pieces - beef - sirloin steaks (8-12 oz)		28
1 ½ pound - beef, ground		2, 21
2 pounds - chicken bones, wings, necks, or feet		7
4 pieces - chicken breasts, boneless skinless (4-6 oz)		12
1 pound - cod fillets		4
1 ¼ pounds - ham		6, 25
4 pieces - lamb chops		20
1 pound - shrimp		24
1 pound - turkey, ground		16

OTHER	NEED	MEALS
8 cups - Simple Bone Broth (recipe)		15
1 cup - ice		9
21 cups - water		7, 8

