



Autoimmune Paleo (AIP) Diet

Created by Amanda Swan



Autoimmune Paleo (AIP) Diet

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Sausage & Sauerkraut Skillet	Sausage & Sauerkraut Skillet	Sausage & Sauerkraut Skillet	Sausage & Sauerkraut Skillet	Paleo Sweet Potato Porridge	Paleo Sweet Potato Porridge	Paleo Sweet Potato Porridge
Snack 1	Immunity Boosting Bone Broth	Golden Turmeric Latte	Immunity Boosting Bone Broth	Golden Turmeric Latte	Immunity Boosting Bone Broth	Golden Turmeric Latte	Immunity Boosting Bone Broth
Lunch	Cream of Broccoli, Kale & Spinach Soup	Cauliflower Shepherd's Pie	Beef, Sweet Potato & Rapini Skillet	One Pan Paleo Plate	Rosemary Lemon Chicken Skillet	One Pan Chicken, Golden Cauliflower & Carrot Fries	Cauliflower Shepherd's Pie
Snack 2	Carrots & Guacamole	Carrots & Guacamole	Plantain Chips	Plantain Chips	Plantain Chips	Carrots & Guacamole	Carrots & Guacamole
Dinner	Cauliflower Shepherd's Pie	Beef, Sweet Potato & Rapini Skillet	One Pan Paleo Plate	Rosemary Lemon Chicken Skillet	One Pan Chicken, Golden Cauliflower & Carrot Fries	Cauliflower Shepherd's Pie	Cream of Broccoli, Kale & Spinach Soup

Autoimmune Paleo (AIP) Diet

7 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Calories 1093	Calories 1366	Calories 1277	Calories 1564	Calories 1445	Calories 1496	Calories 1102
Fat 68g	Fat 83g	Fat 41g	Fat 68g	Fat 65g	Fat 100g	Fat 73g
Carbs 88g	Carbs 98g	Carbs 161g	Carbs 165g	Carbs 148g	Carbs 89g	Carbs 85g
Fiber 30g	Fiber 28g	Fiber 24g	Fiber 20g	Fiber 22g	Fiber 28g	Fiber 31g
Sugar 38g	Sugar 46g	Sugar 77g	Sugar 80g	Sugar 66g	Sugar 37g	Sugar 29g
Protein 48g	Protein 71g	Protein 84g	Protein 94g	Protein 83g	Protein 72g	Protein 39g
Cholesterol 169mg	Cholesterol 243mg	Cholesterol 276mg	Cholesterol 319mg	Cholesterol 234mg	Cholesterol 201mg	Cholesterol 84mg
Sodium 3023mg	Sodium 2482mg	Sodium 2513mg	Sodium 2152mg	Sodium 1554mg	Sodium 931mg	Sodium 1795mg
Vitamin A 37391IU	Vitamin A 42264IU	Vitamin A 33322IU	Vitamin A 27330IU	Vitamin A 38533IU	Vitamin A 45300IU	Vitamin A 44371IU
Vitamin C 235mg	Vitamin C 177mg	Vitamin C 226mg	Vitamin C 175mg	Vitamin C 188mg	Vitamin C 195mg	Vitamin C 224mg
Calcium 462mg	Calcium 472mg	Calcium 464mg	Calcium 294mg	Calcium 282mg	Calcium 289mg	Calcium 384mg
Iron 12mg	Iron 15mg	Iron 15mg	Iron 12mg	Iron 9mg	Iron 9mg	Iron 8mg

Autoimmune Paleo (AIP) Diet

42 items

Fruits

- ☐ 2 Apple
- ☐ 2 1/2 Avocado
- ☐ 1 1/4 Lemon
- ☐ 2 Lime
- ☐ 3 Plantain
- ☐ 1 1/2 cups Raspberries

Seeds, Nuts & Spices

- ☐ 2 1/4 tsp Cinnamon
- ☐ 1 tsp Dried Thyme
- ☐ 1 tbsp Italian Seasoning
- ☐ 2 1/2 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 1/2 tsp Turmeric

Vegetables

- ☐ 3 cups Baby Spinach
- ☐ 1 1/2 cups Broccoli
- ☐ 2 cups Brussels Sprouts
- ☐ 13 Carrot
- ☐ 1 1/2 heads Cauliflower
- ☐ 4 stalks Celery
- ☐ 10 1/2 Garlic
- ☐ 2 tbsps Ginger
- ☐ 1 cup Kale Leaves
- ☐ 3 cups Mushrooms
- ☐ 1 cup Parsley
- ☐ 1/2 bunch Rapini
- ☐ 1 tbsp Rosemary
- ☐ 4 1/2 Sweet Potato
- ☐ 4 cups Swiss Chard
- ☐ 3 3/4 Yellow Onion

Boxed & Canned

- ☐ 2 3/4 cups Organic Coconut Milk
- ☐ 1 cup Organic Vegetable Broth

Baking

- ☐ 1 1/2 tbsps Raw Honey
- ☐ 1 1/2 tbsps Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- ☐ 24 ozs Chicken Breast
- ☐ 1/2 lb Extra Lean Ground Beef
- ☐ 1 lb Extra Lean Ground Turkey
- ☐ 10 ozs Organic Chicken Sausage
- ☐ 1 Whole Chicken Carcass

Condiments & Oils

- ☐ 1 tbsp Apple Cider Vinegar
- ☐ 1/3 cup Coconut Oil
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 2 cups Sauerkraut

Other

- ☐ 8 1/4 cups Water

Sausage & Sauerkraut Skillet

7 ingredients · 40 minutes · 4 servings



Directions

1. Preheat oven to 350. Line a baking sheet with parchment paper. Add sausage and bake for 30 minutes or until cooked through. Remove from oven and cut into 1/4" pieces.
2. Heat coconut oil in a frying pan over medium heat. Add yellow onion and apple. Saute just until onion is translucent (about 5 minutes). Add garlic and saute for another minute.
3. Add swiss chard and continue to saute just until it is wilted. Reduce heat to low and add in chopped sausage and sauerkraut and saute for another minute or until heated through. Remove from heat and divide into bowls. Enjoy!

Notes

Vegan and Vegetarian

Skip the sausage and use cooked lentils instead.

No Swiss Chard

Use kale or spinach instead.

Ingredients

10 ozs Organic Chicken Sausage

1 tbsp Coconut Oil

1 Yellow Onion (diced)

2 Apple (peeled, cored and diced)

2 Garlic (cloves, minced)

4 cups Swiss Chard (washed, stems removed and chopped)

2 cups Sauerkraut (liquid drained off)

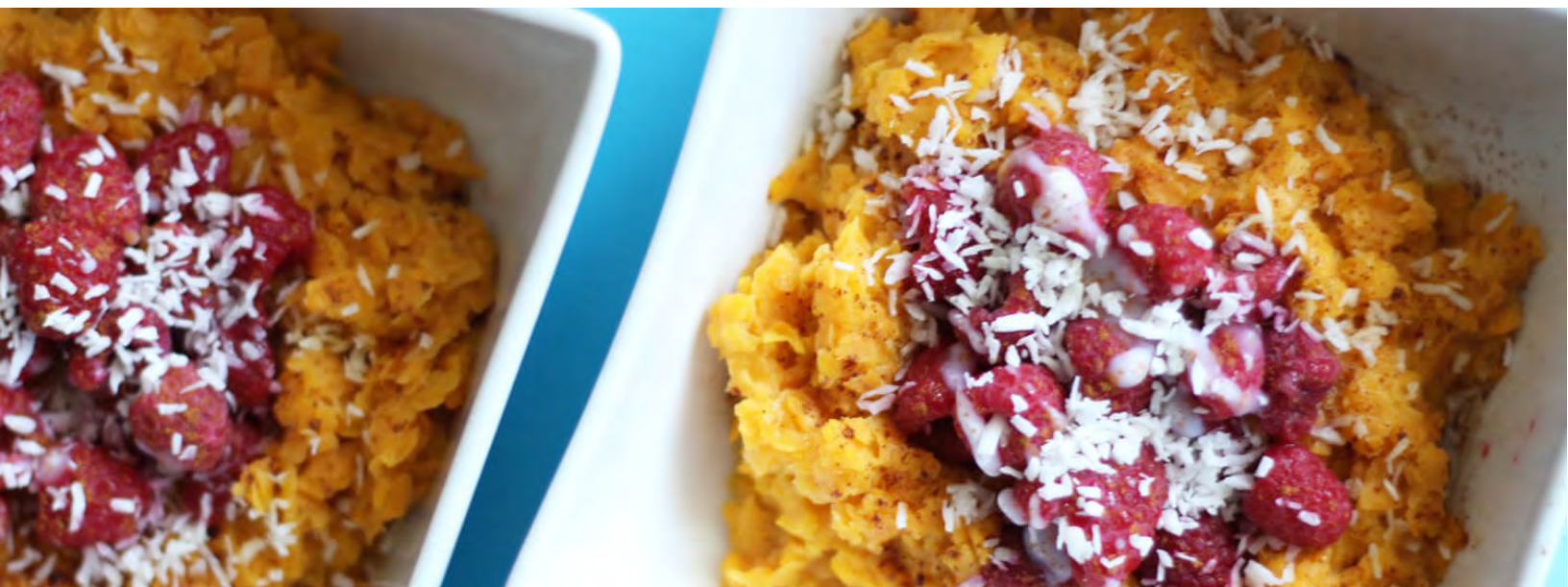
Nutrition

Amount per serving

Calories	264	Cholesterol	85mg
Fat	14g	Sodium	1282mg
Carbs	26g	Vitamin A	2264IU
Fiber	6g	Vitamin C	29mg
Sugar	15g	Calcium	128mg
Protein	12g	Iron	5mg

Paleo Sweet Potato Porridge

7 ingredients · 20 minutes · 3 servings



Directions

1. Peel and shred the sweet potato using a hand grater or the shredding attachment on your food processor.
2. Place shredded sweet potato in a medium sized saucepan, add the coconut milk and water.
3. Cover and cook the sweet potato in the liquid over medium-high heat for about 15 minutes, stirring every couple minutes to prevent the bottom from burning. It will seem dry at first, but as it steams, the sweet potato will soften and release liquid. After about 15 minutes, your sweet potato should be a very soft, porridge-like texture.
4. Divide the sweet potato porridge between bowls and top with berries, coconut oil, cinnamon, and shredded coconut. Enjoy!

Notes

Other Toppings

Dried fruit, nut butter, chia seeds, hemp seeds or fresh fruit.

Leftovers

Store in an airtight container in the fridge up to 3 to 4 days.

Ingredients

- 1 1/2 Sweet Potato
- 3/4 cup Organic Coconut Milk (canned)
- 3/4 cup Water
- 1 1/2 cups Raspberries
- 1 1/2 tbsps Coconut Oil
- 3/4 tsp Cinnamon
- 1 1/2 tbsps Unsweetened Coconut Flakes

Nutrition

Amount per serving

Calories	273	Cholesterol	0mg
Fat	19g	Sodium	54mg
Carbs	23g	Vitamin A	9244IU
Fiber	7g	Vitamin C	18mg
Sugar	6g	Calcium	50mg
Protein	3g	Iron	1mg

Immunity Boosting Bone Broth

9 ingredients · 12 hours · 4 servings



Directions

1. Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
2. After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

Notes

Low FODMAP

Omit garlic and onions.

Ingredients

- 1 Whole Chicken Carcass (about 2 lbs of bones)
- 1 Carrot (peeled and chopped)
- 1 Yellow Onion (diced)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, halved)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 1 cup Parsley (chopped)
- 6 cups Water

Nutrition

Amount per serving

Calories	30	Cholesterol	0mg
Fat	0g	Sodium	634mg
Carbs	7g	Vitamin A	3901IU
Fiber	2g	Vitamin C	25mg
Sugar	4g	Calcium	84mg
Protein	1g	Iron	1mg

Golden Turmeric Latte

7 ingredients · 10 minutes · 1 serving



Directions

1. Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
2. Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

Notes

Use Fresh Turmeric Root

Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.

Avoid a Mess

Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.

On-the-Go

Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.

Vegan

Use maple syrup to sweeten instead of honey.

Ingredients

- 1 1/2 **tsps** Ginger (grated)
- 1/2 **cup** Organic Coconut Milk (canned)
- 1/2 **cup** Water
- 1/2 **tsp** Turmeric (powder)
- 1 1/2 **tsps** Raw Honey
- 1/4 **tsp** Cinnamon
- 3/4 **tsp** Coconut Oil

Nutrition

Amount per serving

Calories	281	Cholesterol	0mg
Fat	25g	Sodium	33mg
Carbs	14g	Vitamin A	2IU
Fiber	1g	Vitamin C	0mg
Sugar	10g	Calcium	26mg
Protein	2g	Iron	1mg

Cream of Broccoli, Kale & Spinach Soup

11 ingredients · 30 minutes · 2 servings



Directions

1. Heat coconut oil in a large pot over medium heat. Add onions and sauté until golden (about 5 minutes). Add garlic and stir for another minute.
2. Add vegetable broth to the pot. Stir until producing a light steam. Add the broccoli florets in with the mixture and let steam for 5 minutes or until broccoli is bright green.
3. Add salt and pepper to taste.
4. Add coconut milk and stir well.
5. Add spinach and kale. Stir just until the greens are wilted and remove from heat.
6. In your food processor or magic bullet, blend the soup until smooth. If you are using a blender, ensure to remove the middle piece of the lid to allow steam to escape.
7. Transfer blended mixture back into a large pot. Warm to desired temperature.
8. Ladle into bowls. Drizzle with a splash of olive oil, lemon juice and garnish with avocado slices.

Ingredients

1 cup Kale Leaves (chopped)
1 cup Baby Spinach
1 1/2 cups Broccoli (cut into florets)
1/4 Yellow Onion (diced)
1 Garlic (cloves, minced)
1 1/2 tsps Coconut Oil
Sea Salt & Black Pepper (to taste)
1 cup Organic Vegetable Broth
1/2 cup Organic Coconut Milk
1/4 Lemon (juiced)
1/2 Avocado (sliced)

Nutrition

Amount per serving

Calories	275	Cholesterol	0mg
Fat	22g	Sodium	409mg
Carbs	17g	Vitamin A	5418IU
Fiber	7g	Vitamin C	79mg
Sugar	4g	Calcium	107mg
Protein	6g	Iron	2mg

Carrots & Guacamole

4 ingredients · 5 minutes · 2 servings



Directions

1. Peel and slice carrots into sticks.
2. Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
3. Dip the carrots into the guac & enjoy!

Notes

Spice it Up

Add chili flakes, salsa and/or chopped cilantro to the guacamole.

Ingredients

- 4 Carrot (medium)
- 1 Avocado
- 1 Lime (juiced)
- 1/4 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving

Calories	217	Cholesterol	0mg
Fat	15g	Sodium	387mg
Carbs	22g	Vitamin A	20540IU
Fiber	10g	Vitamin C	24mg
Sugar	7g	Calcium	55mg
Protein	3g	Iron	1mg

Plantain Chips

3 ingredients · 30 minutes · 3 servings



Directions

1. Preheat oven to 350 degrees F. Line a baking sheet with parchment paper.
2. Peel the plantains then slice as thinly as possible with a mandolin or knife. Do your best to keep the thickness consistent. Slice on the diagonal for bigger chips. Gently toss the slices in coconut oil and cinnamon. Arrange in an even layer on the baking sheet then bake for 30 to 35 minutes, flipping at the halfway point. (Note: Chips are done when they start to brown around the edges.)
3. Remove from oven and let cool on a baking rack lined with paper towel to soak up any excess oil. Enjoy!

Notes

Storage

Store in an airtight container at room temperature.

Make Them Crispy

Plantain chips last 1 - 2 days. If they get soggy, crisp them back up by placing them in the oven at 350 degrees F for 5 to 10 minutes.

Ingredients

3 Plantain (medium size)

1 1/2 tbsps Coconut Oil (melted)

3/4 tsp Cinnamon

Nutrition

Amount per serving

Calories	391	Cholesterol	0mg
Fat	8g	Sodium	11mg
Carbs	87g	Vitamin A	3045IU
Fiber	5g	Vitamin C	50mg
Sugar	47g	Calcium	15mg
Protein	4g	Iron	2mg

Cauliflower Shepherd's Pie

10 ingredients · 50 minutes · 4 servings



Directions

1. Preheat oven to 350F.
2. Place cauliflower florets in a medium sized saucepan, cover with water and bring to a boil. Let the florets boil until they are soft, about 15 minutes.
3. While the cauliflower is boiling, heat half of the olive oil in a large frying pan over medium heat. Add the onions and garlic, cook for 5 minutes or until onions are translucent.
4. Add the meat, and cook until browned.
5. Add the mushrooms, carrots, celery, Italian seasoning, and salt. Continue to cook for a few minutes, until the meat is cooked through. Remove from heat.
6. Drain the cauliflower and discard cooking water. Return the cauliflower to the pot and add the other half of the olive oil and a sprinkle of salt. Mash well until the cauliflower becomes almost like a puree.
7. Transfer the meat mixture to a casserole or pie dish and distribute into an even layer. Top with the cauliflower mash and spread it evenly across the top.
8. Place in the oven and bake for 20 minutes. Turn the oven to a low broil and broil for 10 minutes or until golden. Remove from oven and serve. Enjoy!

Notes

Vegan and Vegetarian

Use cooked lentils instead of ground meat.

Ingredients

- 1 head Cauliflower (chopped into florets)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 Yellow Onion (diced)
- 2 Garlic (cloves, minced)
- 1 lb Extra Lean Ground Turkey
- 3 cups Mushrooms (sliced)
- 2 Carrot (diced)
- 2 stalks Celery (diced)
- 1 tbsp Italian Seasoning
- 1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	307	Cholesterol	84mg
Fat	17g	Sodium	311mg
Carbs	16g	Vitamin A	5268IU
Fiber	5g	Vitamin C	78mg
Sugar	8g	Calcium	88mg
Protein	26g	Iron	3mg

Beef, Sweet Potato & Rapini Skillet

7 ingredients · 25 minutes · 2 servings



Directions

1. Heat a large skillet over medium/high heat and add the beef, onion, ginger, garlic and sweet potatoes. Cover and cook for 10-15 minutes, stirring occasionally until the beef is cooked through and the sweet potatoes are soft.
2. Add the rapini and cook for about 5 more minutes or until greens are wilted and stalks are soft.
3. Divide into bowls. Season with sea salt and enjoy

Notes

Vegan and Vegetarian

Skip the beef. Saute the veggies in olive oil then add cooked lentils.

No Rapini

Use kale or broccoli instead.

Ingredients

- 1/2 lb Extra Lean Ground Beef
- 1/2 Yellow Onion (sliced)
- 1 1/2 **tsp**s Ginger (peeled and grated)
- 1 Garlic (cloves, minced)
- 1 Sweet Potato (medium sized, grated)
- 1/2 **bunch** Rapini (chopped)
- 1/4 **tsp** Sea Salt (to taste)

Nutrition

Amount per serving

Calories	297	Cholesterol	74mg
Fat	12g	Sodium	469mg
Carbs	20g	Vitamin A	14190IU
Fiber	6g	Vitamin C	46mg
Sugar	6g	Calcium	175mg
Protein	28g	Iron	5mg

One Pan Paleo Plate

5 ingredients · 35 minutes · 2 servings



Directions

1. Preheat oven to 375 and line a baking sheet with parchment paper.
2. Brush both sides of the chicken breast with olive oil and season with sea salt, black pepper and any other spices you like. Place on the baking sheet.
3. Toss your brussels sprouts in olive oil and season with sea salt and black pepper. Place on the baking sheet with the chicken.
4. Slice your sweet potatoes in half lengthwise and pierce the flesh multiple times with a fork all over to create holes. Brush the flesh of each half with olive oil. Season with sea salt and black pepper. Place these on the baking sheet with the flesh facing up.
5. Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through. (Note: Sweet potato may need longer depending on size.)
6. Remove baking sheet from the oven and divide onto plates. Enjoy!

Notes

No Brussels Sprouts

Use broccoli, cauliflower or green beans instead. Roasting times will vary.

No Chicken Breast

Use turkey breast.

Vegans and Vegetarians

Replace chicken with roasted chickpeas.

Extra Time

Slice sweet potato into cubes or fries.

Ingredients

8 ozs Chicken Breast

Sea Salt & Black Pepper (to taste)

2 cups Brussels Sprouts (washed, trimmed and halved)

1 1/2 tsps Extra Virgin Olive Oil (plus extra for brushing)

1 Sweet Potato (washed and sliced in half)

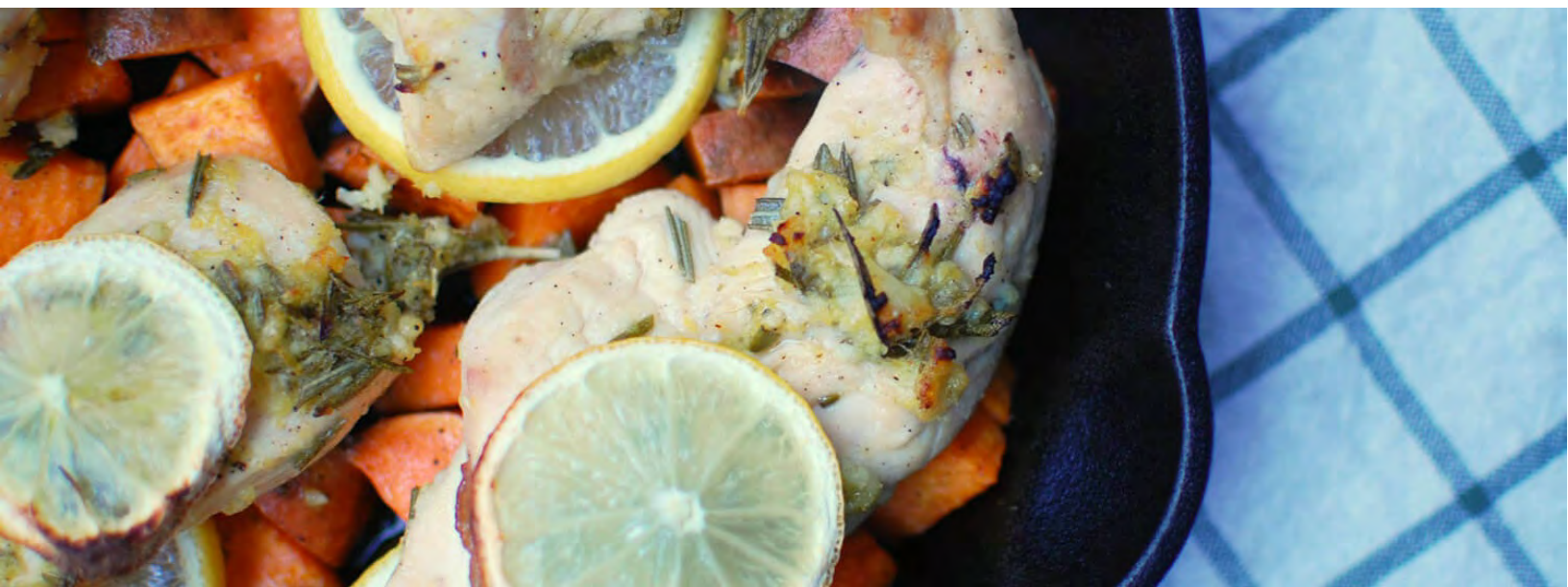
Nutrition

Amount per serving

Calories	295	Cholesterol	117mg
Fat	7g	Sodium	117mg
Carbs	21g	Vitamin A	9922IU
Fiber	5g	Vitamin C	76mg
Sugar	5g	Calcium	62mg
Protein	39g	Iron	2mg

Rosemary Lemon Chicken Skillet

8 ingredients · 50 minutes · 2 servings



Directions

1. Make the chicken marinade by combining rosemary, lemon juice, lemon zest, half of your olive oil, garlic and salt in a bowl. Mix well. Add chicken breast halves and marinade to a zip loc bag and seal. Shake and set aside while you prep the rest.
2. Preheat oven to 425 degrees F.
3. Heat remaining olive oil over medium-high heat in a large cast iron skillet. Add sweet potatoes and cook until potatoes soften (about 5 minutes) and remove from heat.
4. Arrange chicken breast halves and lemon slices over the sweet potatoes in the cast iron skillet. Pour the remaining marinade from the ziploc bag over the sweet potatoes. Bake uncovered for about 40-45 minutes, or until chicken and potatoes are fully cooked.
5. Remove from oven and plate sweet potato and chicken over a bed of spinach. Enjoy!

Notes

Vegetarian

Use cauliflower steaks instead of chicken.

Ingredients

- 8 ozs** Chicken Breast (sliced in half)
- 1 tbsps** Rosemary (chopped)
- 1** Lemon (divided, 1/2 sliced into rounds, 1/2 zested and juiced)
- 1 1/2 tbsps** Extra Virgin Olive Oil (divided)
- 1 1/2** Garlic (cloves, minced)
- 1/2 tsp** Sea Salt
- 1** Sweet Potato (cubed)
- 2 cups** Baby Spinach

Nutrition

Amount per serving

Calories	333	Cholesterol	117mg
Fat	14g	Sodium	709mg
Carbs	17g	Vitamin A	12097IU
Fiber	3g	Vitamin C	20mg
Sugar	3g	Calcium	63mg
Protein	37g	Iron	2mg

One Pan Chicken, Golden Cauliflower & Carrot Fries

7 ingredients · 40 minutes · 2 servings



Directions

1. Preheat oven to 375F and line a large baking sheet with parchment paper.
2. Peel and slice carrots into sticks. Wash and chop cauliflower into florets.
3. Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt and black pepper to taste. Place on the baking sheet.
4. Toss carrot sticks in 1/3 of the olive oil and season with salt and pepper to taste. Place on the baking sheet next to chicken.
5. Toss cauliflower with the remaining olive oil, turmeric and salt and pepper to taste. Mix until cauliflower is evenly yellow then transfer to the baking sheet.
6. Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.
7. Remove baking sheet from the oven and divide onto plates. Enjoy!

Notes

Low FODMAP

Use zucchini instead of cauliflower.

Ingredients

- 2 Carrot (medium)
- 1/2 head Cauliflower
- 3 tbsps Extra Virgin Olive Oil (divided three ways)
- 8 ozs Chicken Breast
- 1 tsp Dried Thyme
- 1 tsp Turmeric (powder)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	418	Cholesterol	117mg
Fat	24g	Sodium	146mg
Carbs	14g	Vitamin A	10246IU
Fiber	5g	Vitamin C	75mg
Sugar	6g	Calcium	70mg
Protein	38g	Iron	3mg