# AIP Diet Plan

Name:                                              Date:

**Introduction:** The Autoimmune Protocol (AIP) diet is a therapeutic approach designed to reduce inflammation and alleviate symptoms of autoimmune diseases by eliminating potential trigger foods and emphasizing nutrient-dense options. This AIP Diet Plan template provides guidance for creating personalized meal plans tailored to individual needs and preferences.
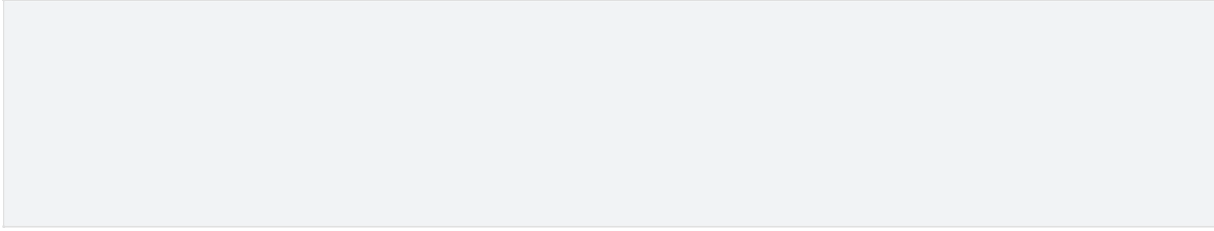
**Goals:**

- Reduce inflammation

- Support gut health

- Identify and eliminate trigger foods

- Promote overall well-being

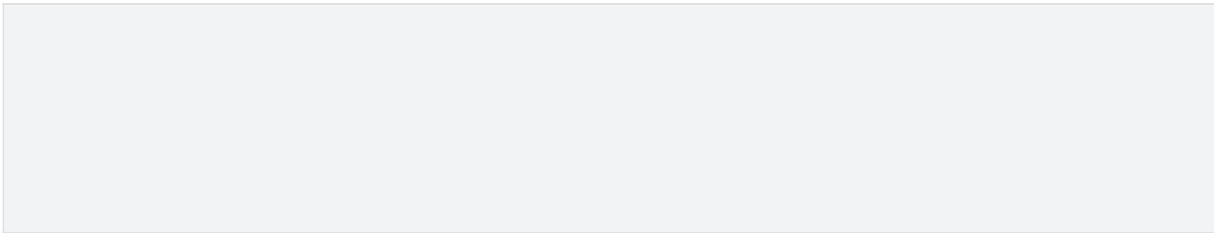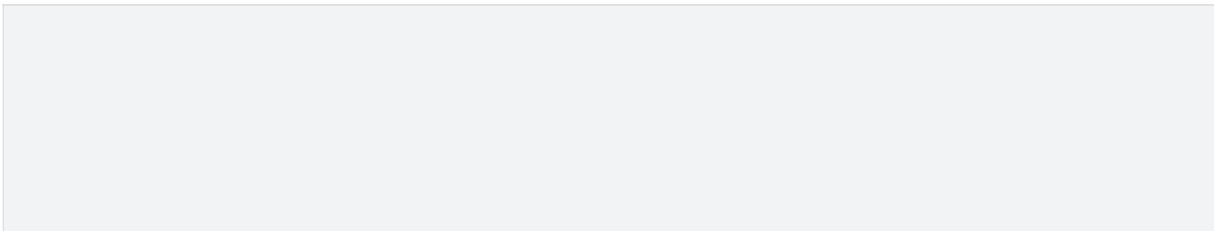| Key Principles | |
|---|---|
| **Eliminate Inflammatory Foods:** | **Include Nutrient-Dense Foods:** |
| <ul><li>Gluten-containing grains</li><li>Dairy products</li><li>Legumes</li><li>Nightshade vegetables</li><li>Processed sugars and refined oils</li></ul> | <ul><li>**Vegetables:** Leafy greens, cruciferous vegetables, root vegetables</li><li>**Fruits:** Berries, apples, citrus fruits</li><li>**Quality Proteins:** Grass-fed meats, wild-caught fish, organic poultry</li><li>**Healthy Fats:** Avocado, coconut oil, olive oil, fatty fish</li><li>**Bone Broth:** Homemade bone broth for gut health</li></ul> |
| **Support Gut Healing:** | |
| <ul><li>**Fermented Foods:** Sauerkraut, kimchi, coconut yogurt</li><li>**Gelatin:** Collagen-rich foods like bone broth</li><li>**Gut-Supportive Supplements:** Probiotics, digestive enzymes</li></ul> | |

## Meal Plan:

### *Breakfast:*

*Lunch:*

*Dinner:*

**Snack Options:**

**Additional Considerations:**

- Stay hydrated by drinking plenty of water throughout the day.

- Experiment with herbs and spices to add flavor to meals.

- Listen to your body and adjust portion sizes and meal frequencies as needed.

- Consult with a healthcare professional or registered dietitian for personalized guidance and support.

**Conclusion:**

The AIP Diet Plan offers a structured approach to reducing inflammation, supporting gut health, and improving overall well-being in individuals with autoimmune diseases or inflammatory conditions. By following this template and making appropriate adjustments based on individual needs and preferences, individuals can embark on their journey towards better health and symptom relief.