

Autoimmune Protocol (AIP) Diet Plan

Patient information					
Name:			Date of birth:		
Height:			Weight:		
Date of assessment:					
Goals					
Weeks 1 and 2: Elimination phase					
During this phase, the focus is on eliminating foods that trigger gut inflammation or immune responses.					
Start date:			End date:		
Day	Breakfast	Lunch	Snack	Dinner	Notes
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					

Weeks 1 and 2: Elimination phase

Day	Breakfast	Lunch	Snack	Dinner	Notes
Day 6					
Day 7					
Day 8					
Day 9					
Day 10					
Day 11					
Day 12					
Day 13					
Day 14					

Weeks 3 and 4: Reintroduction phase

For weeks 3 and 4, the focus is gradually reintroducing eliminated foods one at a time to monitor for any adverse reactions or sensitivities.

Start date:

End date:

Day	Breakfast	Lunch	Snack	Dinner	Notes
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Day 8					

Weeks 3 and 4: Reintroduction phase

Day	Breakfast	Lunch	Snack	Dinner	Notes
Day 9					
Day 10					
Day 11					
Day 12					
Day 13					
Day 14					

Week 5 and 6: Maintenance phase

For this phase, the focus is on maintaining a balanced diet with foods that support gut health while avoiding known triggers to sustain progress.

Start date:		End date:			
Day 1					
Day 2					

Week 5 and 6: Maintenance phase

Day	Breakfast	Lunch	Snack	Dinner	Notes
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Day 8					
Day 9					
Day 10					
Day 11					

Week 5 and 6: Maintenance phase

Day	Breakfast	Lunch	Snack	Dinner	Notes
Day 12					
Day 13					
Day 14					

Shopping list**Additional notes****Healthcare professional information**

Name:

License number:

Signature:

Date of assessment: