

AIP Diet Plan

This nutrition framework is designed to lower inflammation, support digestion, promote healing, and reduce metabolic and autoimmune stress. It may be followed:

Getting started

01 100% during illness or acute injury

02 30 days for a health reset

03 4 months for chronic illness healing

The foundation of this diet is built on meats + low-irritant plants to minimize digestive stress and support nutrient absorption.

Daily Structure

04 Each day aim for:

- 3-4 fistfuls of meats
- 3-5 fistfuls of plants

05 For each meal:

- Pick 1 fistful of meat, and
- Pick 1-2 fistfuls of plants from the approved list

06 Water intake: 2 L/day — ideally with one wedge of lemon

Approved Meats (Primary Protein Source)

07 Choose any of the following:

- 4 eggs
- 1/4 chicken
- 6 oz turkey
- 6 oz beef
- 6 oz lamb
- 6 oz bison
- 6 oz venison

08 Limited — once per week:

- 6 oz fish or seafood
- 6 oz pork

09 Notes:

- Prioritize organic, grass-fed, pastured when possible
- Rotate proteins to support micronutrient diversity

Approved Plants (Fill the Rest of the Plate)

10 Fruit (choose one) per meal:

- Apple, banana, orange, melon, etc.
- Or 1 cup berries

Avoid: kiwi, raspberry, blackberry

11 Vegetables (2–3 fistfuls per meal)

- Spaghetti squash
- Butternut squash
- Yellow zucchini
- Green zucchini
- Avocado
- Arugula
- Lettuce
- Asparagus
- Cucumber
- Peas
- Garlic
- Onion
- Bok choy
- Rapini
- Broccoli*
- Cauliflower*
- Brussel sprouts*

* Remove if thyroid issues are present

Seasonings & Cooking Fats

- 12**
- All herbs/spices allowed
 - Olive oil and avocado oil encouraged
 - Sea salt preferred

Snack Options

- 13**
- Olives
 - Raw cheese
 - Feta
 - Hard-boiled eggs
 - Bone broth (1 cup)
 - Kefir

Foods to Avoid

To reduce inflammation, gut irritation, autoimmune flare-ups & metabolic stress:

- 14**
- Pasteurized Dairy
- Milk
 - Yogurt
 - Cheese

- 15**
- Nightshades
- Tomato
 - Potato
 - Eggplant
 - Peppers

- 16**
- Lectins
- Wheat, grains, rice, oats
 - Seeds & nuts
 - Beans & legumes

- 17** Oxalates
- Spinach
 - Kale
 - Celery
 - Beet greens
 - Swiss chard
 - Almonds
 - Soy
 - Kiwi
 - Turmeric
 - Quinoa
 - Dark chocolate
 - Sweet potato
 - Mushroom
 - Carrots

- 18** Industrial Seed Oils
- Canola, soybean, corn, safflower, sunflower, grapeseed, peanut, etc.

Core Principles

- 19**
- Prioritize whole foods, not packaged substitutes
 - Eat until comfortably full — no calorie counting necessary
 - Limit snacking and keep meals structured
 - Support digestion with slow, mindful eating

When to Follow This Strictly

- 20**
- Acute illness or injury
 - Autoimmune flare-up
 - Gut healing phase
 - Post-infection recovery
 - Elevated inflammatory blood markers

Expected Benefits

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- Improved digestion & reduced bloating
- More stable energy & mood
- Less inflammation & joint pain
- Clearer skin
- Hormonal balance support
- Better immune function

This protocol is intended for healing, regulation, and resetting — not restriction for life.
Return to a more diverse whole-food diet once symptoms stabilize and digestion improves.