Sample 3-Day AIP Meal Plan

This beginner-friendly meal plan ensures variety and compliance with AIP guidelines. All ingredients are whole, unprocessed, and organic where possible.

Sample 3-Day AIP Meal Plan

Day 1

Breakfast: Coconut yogurt parfait with blueberries, shredded coconut, and chia seeds (soaked in coconut milk).

Lunch: Grilled chicken salad with mixed greens, cucumber, avocado, and olive oil-lemon dressing.

Snack: Sliced apple with coconut butter.

Dinner: Baked salmon with roasted sweet potatoes and steamed broccoli drizzled with avocado oil.

Day 2

Breakfast: AIP smoothie with spinach, banana, mango, and coconut milk.

Lunch: Turkey lettuce wraps with shredded carrots, cucumber, and guacamole.

Snack: Bone broth with fresh herbs.

Dinner: Grass-fed beef stir-fry with zucchini, kale, and coconut aminos.

Day 3

Breakfast: Sweet potato hash with ground turkey, spinach, and fresh parsley.

Lunch: Tuna salad (wild-caught, packed in olive oil) with arugula, celery, and AIP-compliant mayo (made with avocado oil).

Snack: Fresh strawberries and coconut cream.

Dinner: Slow-cooker pork tenderloin with roasted butternut squash and sautéed collard greens.

Foods to Eat on The AIP Diet:

- **Most vegetables (except for night shades)**
- **All fruit**
- **Proteins:**
- **Poultry- chicken, turkey, duck, Cornish hen**
- **Beef**
- **Venison**
- **Fish**
- **Shellfish**
- **Pork**
- **Lamb**
- **Bone broth**
- **Organ meats**
- **Healthy Fats/oil**
- **Olive oil**
- **Avocado Oil**
- **Coconut Oil**
- **Rendered animal fat from duck, beef, etc**

Foods to Avoid on the AIP Diet

- **Eggs**
- **All Nuts**
- **All Seeds**
- **Gluten**
- **Dairy**
- **Legumes**
- **All Grains**
- **Nightshade vegetables**
- **Coffee**
- **Alcohol**
- **Sugar and Sugar substitutes**
- **Artificial colors or additives**
- **Refined vegetable oils or trans fats**
- **Processed or refined foods**

Disclaimer: Consult a healthcare provider or dietitian before starting the AIP diet, especially if you have pre-existing conditions or take medications.