



# AIP 3-Day Meal Plan

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## DAY 1

Sweet Potato Porridge

Tuna Salad Wraps

Roasted Chicken,  
Zucchini & Olives

Snacks: Golden Turmeric  
Latte

Figs & Proscuitto

## DAY 2

(Leftover) Sweet Potato  
Porridge

(Leftover) Roasted  
Chicken, Zucchini & Olives

Slow Cooker Swedish  
Meatballs & Cauliflower  
Mash

Snacks: Key Lime Mousse

(Leftover) Figs & Proscuitto

## DAY 3

Sweet Potato Toast with  
Avocado & Sauerkraut

(Leftover) Slow Cooker  
Swedish Meatballs &  
Cauliflower Mash

Steak with Creamy  
Chimichurri Sauce &  
Roasted Broccoli

Snacks: (Leftover) Golden  
Turmeric Latte

(Leftover) Figs &  
Proscuitto

This meal plan is intended to serve 1 person for 3 days on the Autoimmune Paleo Protocol. The recipe amounts reflect having some of the meals and snacks as leftovers to save time and effort. If you'd like to serve this to more than 1 person you can simply add what you need.

# AIP Mini Meal Plan – Shopping List

## Fruits

2 Avocados  
9 Figs (or other fruit like 2 pears)  
2 Lemons  
1 Lime  
2 cups Raspberries

## Vegetables

3/4 lb Broccoli  
1/2 large head Cauliflower  
1/4 cup Cilantro  
1/4 Cucumber  
2 cloves Garlic  
1-inch piece Ginger  
1 stalk Green Onion  
1.5 cups Mushrooms  
3/4 cup Parsley  
2 leaves Romaine Lettuce  
3 Sweet Potatoes  
1.5 tsp fresh Thyme (optional for cauli mash)  
1/2 small Yellow Onion  
2 small Zucchini

## Meats/Seafoods

1 lb Chicken Leg, with skin  
1 lb Ground Turkey  
8 oz NY Striploin Steak  
3 oz Prosciutto

## Spices

1.5 tsp Cinnamon  
1/2 tsp Onion Powder  
1/4 tsp Garlic Powder  
1 tsp Turmeric Powder  
1/4 tsp Vanilla Powder (optional for Key Lime Mousse)  
Sea Salt

## Condiments & Oils

1/2 cup Avocado Oil or Olive Oil  
1.5 tbsp Coconut Aminos  
3 tbsp Coconut Oil  
1 tbsp Coconut Oil or Olive Oil  
2/3 cup Green Olives (no pimentos)  
3 tbsp Sauerkraut

## Boxed & Canned

3 cups Coconut Milk (guar gum free)  
1/2 can Tuna

## Baking

1 tbsp Honey  
2 tbsp Unsweetened Coconut Flakes  
1 tsp Maple Syrup

## Other

2 cups Water



# Sweet Potato Porridge

*Makes 2 servings*

Great for a cold morning, this porridge is comforting and feels like a familiar breakfast dish.

**2 Sweet Potatoes**

**1 cup Coconut Milk (guar gum-free)**

**1 cup Water**

**2 cups Raspberries**

**2 tbsp Coconut Oil**

**1 tsp Cinnamon**

**2 tbsp Unsweetened Coconut Flakes**

**T** *Additional Tips:*

Other toppings include: raisins, diced apples, blueberries, melted coconut butter, diced pears, diced pineapple, sliced bananas, and sliced cherries

**T**

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

Peel and shred the sweet potato using a hand grater or the shredding attachment on your food processor.

Place shredded sweet potato in a medium sized saucepan, add the coconut milk and water.

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.



# Sweet Potato Toast with Avocado and Sauerkraut

*Makes 1 serving*

Filling and easy to make, this will be a go-to breakfast for you.

**1 Sweet Potato (small, ends trimmed, sliced lengthwise)**

**1/2 Avocado (peeled and mashed)**

**3 tbsp Sauerkraut**

**Pinch Sea Salt**

Pop the sweet potato slices into the toaster and toast two to three times. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 to 6 minutes per side, or until golden brown.

Top the sweet potato toasts with mashed avocado and sauerkraut. Season with sea salt.

Enjoy!

**T** *Additional Tips:*

Add a layer of baby spinach before you spread on the avocado.

**T**

Guacamole lover? Add a splash of lime juice, apple cider vinegar, garlic powder, and a bit of chopped cilantro to the avocado when mashing.

**T**

Best enjoyed immediately but can be refrigerated in an airtight container up to 3 days.







# Figs & Prosciutto

*Makes 3 servings*

This is an easy, portable snack that is both sweet and salty. If you can't find fresh figs, feel free to substitute with pear slices, apricot quarters or dried figs or dates.

**9 Figs (halved)**

**3 oz Prosciutto (sliced into strips)**

Wrap the figs with prosciutto and enjoy!

**T** *Additional Tips:*

These will last in the fridge for several days.





# Key Lime Mousse

*Makes 1 serving*

This is a super quick snack or dessert that will keep you full until your next meal!

**1/2 Avocado (peeled and pitted)**

**1/2 Lime (zested and juiced)**

**1 tsp Maple Syrup**

**1 tbsp Coconut Milk (no guar gum)**

**1/4 tsp Vanilla Powder (optional)**

In a food processor or blender, combine the avocados, lime juice, lime zest, maple syrup, canned coconut milk, and vanilla extract.

Process until smooth, scraping down sides if necessary.

Divide into bowls and enjoy!

**T** *Additional Tips:*

Some fun toppings are Kiwi slices, shredded coconut, and a dollop of whipped coconut cream.

**T**

Can't have coconut? Try tigernut milk instead, or just skip the milk altogether.



# Tuna Salad Lettuce Wraps

*Makes 1 serving*

The avocado acts as a mayo holding this tasty salad together.

**1/2 Avocado**

**1/2 Lime (juiced)**

**1/8 tsp Sea Salt**

**1/2 can Tuna (flaked)**

**1 stalk Green Onion (sliced)**

**A few slices of Cucumber (deseeded if large seeds and finely chopped)**

**2 leaves Romaine**

**T** *Additional Tips:*

For a little variation, add fresh herbs like parsley or cilantro, or dried dill to taste.

**T**

Keep refrigerated in an airtight container for up to two days

In a mixing bowl mash the avocado together with lime juice and salt. Stir in the tuna until well combined.

Fold in the green onion and cucumber. Season with additional salt and lime if needed.

Divide the tuna salad between the romaine leaves and enjoy!





# Golden Turmeric Latte

*Makes 2 servings*

Turmeric has been lauded for its anti-inflammatory effects amongst tons of other beneficial properties. Whether or not these ALL are true, golden lattes are delicious and a warming, comforting drink. This recipe is for 2 servings and can be kept in the fridge and reheated if needed.

**1 tbsp fresh Ginger (grated)**

**1.5 cups Coconut Milk (no guar gum)**

**1 cup Water**

**1 tsp Turmeric Powder**

**1 tbsp Honey**

**1/2 tsp Cinnamon**

**1 tbsp Coconut Oil**

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.

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.)

**T** *Additional Tips:* Have 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.

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

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



# Roasted Chicken with Zucchini & Olives

*Makes 2 servings*

The pan meals are great for busy nights! Just simply put all of the ingredients in a pan, bake, and serve!

This one is great to serve to family members not on AIP as well. Perhaps make some rice as a side for them if they're a little skeptical about eating this way.

**1 lb Chicken Leg, with Skin**

**1/2 tsp Sea Salt**

**2 small Zucchini (sliced)**

**2/3 cup Green Olives (sliced, no pimentos)**

**1 Lemon (juiced)**

**2 tbsp Avocado or Olive Oil**

Preheat oven to 375 F (191 C).

Lay chicken in a large cast iron skillet, or baking sheet, and season with sea salt.

Place

the sliced zucchini around the chicken and top with olives, lemon juice, and olive oil.

Bake for 45 minutes, then broil on low for 10-15 more minutes until the top is browned.

Baste with juices throughout cooking.

**T** *Additional Tips:*

Keeps well in the fridge for 2 to 3 days.

**T**

Want more food? This goes well with mashed cauliflower as well.





# Slow Cooker Swedish Meatballs

*Makes 2 servings*

The ultimate comfort food! I don't know what it is about these, but on a chilly fall or winter night we'll gobble them up! In this meal plan I have them paired with mashed cauliflower but they also go well over roasted spaghetti squash, zucchini noodles, sweet potato noodles, mashed sweet potato, or mashed roasted acorn or butternut squash.

**1 lb Ground Turkey**

**1/4 cup Parsley (chopped and divided)**

**1/2 tsp Onion Powder**

**1/2 tsp Sea Salt**

**1.5 cups Mushrooms (sliced)**

**1/2 small Yellow Onion (chopped)**

**1/4 cup Coconut Milk (no guar gum)**

**1.5 tbsp Coconut Aminos**

In a bowl, mix together the ground turkey, half of the parsley, onion powder and salt. Form meatballs about 1-inch in diameter.

Place mushrooms, onion, coconut milk and coconut aminos into the bottom of the slow cooker. Set meatballs on top. Cover with lid and cook on low for 6 to 8 hours, or on high for 4 hours (or until meatballs are cooked through).

**T** *Additional Tips:*

Keeps well in the fridge up to 3 days. Freeze for longer.

Once meatballs are cooked through, use a slotted spoon to lift them out of the slow cooker into a serving dish. Set aside.







# Cauliflower Mash

Makes 2 servings

cauliflower mash is like the McGyver of side dishes. It goes with so many things AND can be used by itself as a comforting and filling snack.

**1/2 head Cauliflower (large, sliced into florets)**

**1 Garlic (cloves, minced)**

**1 tbsp Coconut Oil or Olive Oil**

**1 1/2 tsp fresh Thyme (optional)**

**Sea Salt to taste**

Place cauliflower florets in a large steamer basket on the stove. Cover, bring to a boil and steam for 10 to 15 minutes, or until very soft.

Transfer steamed cauliflower to a food processor or blender along with the garlic, coconut or olive oil, thyme, and salt. Process until desired texture. (If you like a chunkier mash, you can use a hand masher for this step.)

Divide between plates and serve.

**T** *Additional Tips:*

Make it Cheesy!

Add nutritional yeast to the mash - about 1 tbsp per serving.



# Steak with Creamy Chimichurri Sauce

*Makes 2 servings*

A good steak can be so amazing when you're feeling rundown. You can cook it over the stove or on the grill - whichever you prefer!

Time will vary depending on the temperature of your cast iron pan and the thickness of the steak. In my tests, three minutes per side created a medium-rare steak.

**1/2 Avocado**

**1/2 cup Parsley**

**1/4 cup Cilantro**

**2 tbsps Lemon Juice**

**1 clove Garlic**

**1 tsp Sea Salt (divided)**

**4 tbsp Avocado Oil or Olive Oil, divided**

**8 ozs NY Striploin Steak**

In a blender, add the avocado flesh, parsley, cilantro, lemon juice, garlic and half of the sea salt. Blend together while slowly adding 2 tbsp avocado (or olive) oil. Blend until smooth and creamy. Set aside.

Heat a cast iron pan over medium heat and add the remaining 2 tbsp avocado (or olive) oil. Meanwhile, season the steak with the remaining sea salt.

Add the steak to the pan once it is hot. Cook for 3 to 4 minutes per side.

## **T** *Additional Tips:*

Store the sauce and steak separately. Refrigerate in an airtight container for up to three days.

## **T**

Season the steak ahead of time with coconut aminos or red wine vinegar.

## **T**

Grill the steak over medium heat for approximately three to five minutes per side for medium-rare.







# Roasted Broccoli

*Makes 2 servings*

This is an extremely easy but tasty - and healthy - side dish.

**3/4 lb Broccoli (cut into florets)**

**1 tbsp Avocado Oil or Olive Oil**

**1/4 tsp Garlic Powder**

**1/4 tsp Sea Salt**

Preheat the oven to 425°F (218°C). Line a baking sheet with parchment paper. Arrange the broccoli florets on the baking sheet and season with avocado oil, garlic powder and sea salt. Toss well.

Roast in the oven for 25 to 30 minutes or until broccoli is tender.

**T** *Additional Tips:*

Refrigerate in an airtight container for up to 3 days.

**T**

You can also use melted coconut oil instead of the avocado or olive oil

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