



AIP Diet Plan



Breakfast

Organic AIP smoothie:

- 1 cup frozen mixed berries (70 calories)
- 1 medium banana (105 calories)
- 1 cup coconut milk (445 calories)
- 1 scoop collagen protein powder (70 calories)

Mid-morning Snack

- 1 medium apple (95 calories)
- 2 tablespoons of coconut butter (188 calories)

Lunch

Organic salad:

- 2 cups mixed greens (20 calories)
- 4 oz grilled chicken breast (184 calories)
- 1 cup of sliced cucumber (16 calories)
- 1/2 medium avocado (120 calories)
- Dressing: 2 tablespoons of olive oil (240 calories) mixed with lemon juice

Afternoon Snack

- 1 cup of organic carrots (52 calories)
- 2 tablespoons of AIP-friendly tahini (170 calories)

Dinner

- 4 oz of baked salmon (206 calories)
- 1/2 medium baked sweet potato (103 calories)
- 2 cups of steamed broccoli (110 calories)
- Sauce: 2 tablespoons of coconut aminos (30 calories) and garlic

Evening Snack

- AIP-friendly coconut yogurt (150 calories)
- 1/4 cup of fresh blueberries (21 calories)



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Consult with your doctor, dietitian, or healthcare provider before making any drastic diet changes.