

5-Day Autoimmune Protocol (AIP) Meal Plan

Blackbeltwhitehat Health Guides

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Introduction to the AIP Diet

The Autoimmune Protocol (AIP) is an elimination diet designed to help reduce inflammation and symptoms associated with autoimmune diseases. The focus is on nutrient-dense foods while strictly excluding common inflammatory triggers.

Key Exclusions: Grains (including corn and rice), legumes (beans, peanuts, soy), dairy, eggs, nuts, seeds, nightshades (potatoes, tomatoes, peppers, eggplant), refined sugars, coffee, and alcohol.

This 5-day plan is designed to be highly compliant, simple, and easy to follow. Remember to drink plenty of filtered water throughout the day.

Day 1: Getting Started

- **Breakfast:** Turmeric and ginger ground beef scramble (cooked in coconut oil) with a side of steamed kale.
- **Lunch:** Large salad with mixed greens, sliced cucumber, carrot ribbons, and shredded chicken breast. Dress with olive oil and lemon juice.
- **Dinner:** Baked salmon with roasted sweet potatoes and steamed broccoli florets.

Day 2: Focusing on Flavor

- **Breakfast:** Coconut milk yogurt (homemade or compliant brand) with cinnamon and a side of fresh blueberries.
- **Lunch:** Leftover baked salmon and sweet potatoes from Day 1.
- **Dinner:** Lamb stew featuring cubed lamb, sweet potato chunks, cauliflower, and AIP-compliant bone broth. Season with herbs like thyme and rosemary.

Day 3: Mid-Week Refresh

- **Breakfast:** Sautéed collard greens and mushrooms with a small avocado sliced on top.
- **Lunch:** Tuna salad (using mashed avocado instead of mayonnaise) served in lettuce cups, with a side of chopped celery.
- **Dinner:** Chicken and vegetable skewers. Use chicken thigh pieces, zucchini, and red onion (cooked well).

Day 4: Bone Broth and Greens

- **Breakfast:** Banana and spinach smoothie (made with coconut milk and a touch of maple syrup, if desired).
- **Lunch:** Warming cup of AIP-compliant bone broth, served with a side of leftover chicken skewers.
- **Dinner:** Pork chops baked with apple slices and a side of mashed parsnips (a great alternative to mashed potatoes).

Day 5: Nutrient-Dense Finale

- **Breakfast:** AIP-compliant sweet potato hash with shredded chicken and fresh parsley.
- **Lunch:** Large portion of steamed cauliflower rice topped with ground beef and basil.
- **Dinner:** Shrimp stir-fry (cooked in coconut oil) with bok choy, carrots, and asparagus. Season lightly with ginger and garlic.

AIP Reintroduction Phase

Following the elimination phase (typically 30–90 days), the reintroduction phase is crucial. Slowly introduce one new food group every 5–7 days to identify personal triggers.

- **Phase 1 (Non-Seed Spices):** Experiment with spices derived from fruit or berries (e.g., allspice, ginger, turmeric).
- **Phase 2 (Egg Yolks, Nuts/Seeds):** Reintroduce egg yolks, then seed-based nuts (e.g., almonds), and cooking seeds (e.g., sesame).
- **Phase 3 (Egg Whites, Nightshades):** Introduce egg whites, followed by nightshade vegetables (start with peeled potatoes or small amounts of bell pepper).
- **Phase 4 (Dairy, Grains):** Dairy (fermented first), then gluten-free grains (e.g., rice).

Always monitor your body's reaction carefully during this stage.

Important Warnings and Precautions

The Autoimmune Protocol (AIP) is a restrictive diet. Before starting, please consider the following warnings:

Consultation is Mandatory

- **Always consult a healthcare professional** (especially one familiar with autoimmune disease management, like a rheumatologist or specialized nutritionist) before starting the AIP diet. It should be used as a therapeutic tool under medical supervision.

Risk of Nutritional Deficiencies

- Due to the heavy restrictions on food groups (especially grains, legumes, nuts, and seeds), there is a risk of becoming deficient in certain nutrients, including fiber, B vitamins, and Iodine.
- **Focus on Nutrient Density:** Prioritize nutrient-dense foods like organ meats (liver), fermented foods (kombucha, sauerkraut), and leafy greens to offset these risks.

Not a Permanent Diet

- The AIP elimination phase is designed to be temporary (typically 30 to 90 days). It is a diagnostic tool, not a long-term lifestyle. Prolonged adherence to the full elimination phase can lead to disordered eating patterns or nutrient deficiencies.
- **The Reintroduction Phase is Key:** The success of AIP is measured by successfully identifying and reintroducing foods that do not trigger symptoms.

Potential for Disordered Eating

- The strict nature of the elimination phase can sometimes lead to anxiety about food, orthorexia, or other forms of disordered eating, especially in individuals with a history of restrictive dieting.
- **Focus on Wellness, not Restriction:** Maintain a healthy relationship with food throughout the process and remember that the goal is healing, not perfection.

Side Effects in the Initial Phase

- Some people experience symptoms like **fatigue, headaches, and irritability** in the first week (often referred to as the "Keto flu" or "detox" symptoms) as their body adjusts to the changes, especially the removal of sugar and caffeine.