

Vegan Autoimmune Paleo (AIP)

The Autoimmune Protocol Diet (AIP) is a version of the Paleo approach.

This meal plan is a vegan version.

The AIP is an elimination diet designed to improve health issues such as reducing symptoms caused by inflammation in your body, improve digestive health, and heal a leaky gut.

Nutrients per person:

	Total	Average	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Energy (kcal)	11401	1629	1698	1719	1561	1581	1582	1649	1610
Protein (g)	211	30.2	27.2	35.1	33.2	37.6	21.1	33.3	23.9
Total lipid (fat) (g)	559	79.8	77.0	105	47.8	66.7	85.9	71.4	105
Carbohydrate, by difference (g)	1382	197	224	158	249	207	181	218	143
Fiber, total dietary (g)	355	50.7	44.8	55.4	56.1	55.4	38.9	68.9	35.0
Sugars, total (g)	691	98.8	112	73.2	129	87.1	116	91.3	82.4
Sucrose (g)	115	16.4	28.1	6.9	15.2	16.4	12.5	16.8	18.7
Glucose (dextrose) (g)	162	23.2	23.3	25.8	24.9	21.5	24.6	19.9	22.0
Fructose (g)	206	29.5	33.0	30.9	33.1	25.0	26.2	31.3	26.8
Maltose (g)	0.13	0.02	0.02	0.03	0.02	0.0	0.02	0.03	0.02
Galactose (g)	1.1	0.16	0.09	0.27	0.12	0.06	0.13	0.26	0.16
Starch (g)	78.1	11.2	17.7	4.2	16.4	15.2	3.9	18.0	2.7
Calcium, Ca (mg)	4280	611	684	536	743	653	558	648	457
Iron, Fe (mg)	113	16.1	18.3	15.0	16.3	18.1	12.8	17.6	14.8
Magnesium, Mg (mg)	3177	454	472	430	508	502	380	475	410
Potassium, K (mg)	42580	6083	5851	6450	7015	6754	5174	6340	4995
Sodium, Na (mg)	24188	3455	5362	1443	4825	3443	3496	3216	2403
Zinc, Zn (mg)	50.7	7.2	6.5	8.3	7.5	8.4	5.5	8.7	5.9
Copper, Cu (mg)	15.1	2.2	2.5	1.8	2.3	2.8	1.1	3.0	1.6
Selenium, Se (µg)	105	15.0	12.7	16.9	12.3	20.2	9.2	16.9	16.9
Vitamin C, total ascorbic acid (mg)	3416	488	443	532	619	761	256	393	411
Folate, DFE (µg_DFE)	6120	874	879	936	1094	985	709	874	643
Vitamin A, RAE (µg_RAE)	17528	2504	3721	1123	3051	2538	2170	3620	1306
Carotene, beta (µg)	185726	26532	39527	11768	33070	26961	22806	37569	14026
Carotene, alpha (µg)	35373	5053	6867	3275	3674	3681	6383	8268	3225
Lycopene (µg)	8.1	1.2	1.8	0.92	0.88	0.88	1.8	0.88	0.92
Lutein + zeaxanthin (µg)	148542	21220	23428	17075	22768	16432	23906	20800	24132
Vitamin E (alpha-tocopherol) (mg)	106	15.1	17.5	15.0	15.8	10.7	19.8	12.2	14.9
Tocopherol, beta (mg)	0.92	0.13	0.1	0.22	0.08	0.07	0.14	0.17	0.12
Tocopherol, gamma (mg)	12.2	1.7	0.98	3.2	2.1	1.8	1.5	1.5	1.0
Tocopherol, delta (mg)	0.24	0.03	0.0	0.09	0.0	0.03	0.04	0.05	0.03
Vitamin K (phylloquinone) (µg)	9984	1426	1730	1292	1944	1334	784	2318	582

Weight Loss For Women with Kim Dawn MoreLifeFreedom.com

	Total	Average	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fatty acids, total saturated (g)	211	30.1	30.1	31.7	14.2	45.2	13.2	32.3	44.2
Fatty acids, total monounsaturated (g)	392	56.0	69.7	55.8	59.2	45.9	59.8	54.8	46.6
Fatty acids, total polyunsaturated (g)	105	15.1	20.5	10.4	19.0	17.3	10.4	19.2	8.5
18:2 n-6 c,c (g)	32.2	4.6	6.0	4.5	4.5	2.4	8.1	0.86	5.9
18:2 CLAs (g)	0.03	0.0	0	0.01	0.01	0.01	0	0	0
18:3 n-3 c,c,c (ALA) (g)	7.1	1.0	1.0	1.1	0.89	0.79	1.3	0.74	1.2
Fatty acids, total trans (g)	0.14	0.02	0.03	0.02	0.02	0.01	0.04	0	0.03
Phytosterols (mg)	2174	311	266	484	310	252	279	340	244

Dietary Servings:

	Total	Average	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fruit	41.2	5.9	7.3	2.7	7.9	5.4	8.2	2.3	7.5
Meat Alternative	0.71	0.1	0.18	0	0.18	0.18	0	0.18	0
Vegetables	170	24.4	21.5	31.4	27.1	27.5	18.7	26.1	18.1

Macro-Nutrient Balance:

	Total	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Carbohydrates	48.5	52.8	36.9	63.9	52.5	45.8	53.0	35.5
Fat	44.1	40.8	55.0	27.5	38.0	48.8	39.0	58.6
Protein	7.4	6.4	8.2	8.5	9.5	5.3	8.1	5.9

Monday

Breakfast



**AIP Strawberry Mango
Breakfast Shake**

Lunch



**Ginger Melon Salad Recipe
[Paleo, AIP]**



No Nightshade Ratatouille

Dinner



Rustic Vegetable Soup (AIP)

Snack

**Apple
1 large**

Tuesday

Breakfast



Greens Avocado Smoothie

Lunch



AIP Zucchini Fritters



Cauliflower Rice

Dinner



No Nightshade Ratatouille

Snack

Blueberries
1 cup

Wednesday

Breakfast



Berry-licious Smoothie

Lunch



Rustic Vegetable Soup (AIP)
(leftovers)

Dinner



Ginger Melon Salad Recipe
[Paleo, AIP] (leftovers)



Cauliflower Rice (leftovers)

Snack

Apple
1 large

Thursday

Breakfast



**AIP Strawberry Mango
Breakfast Shake** (leftovers)

Lunch



Rustic Vegetable Soup (AIP)
(leftovers)

Dinner



AIP Zucchini Fritters (leftovers)



Cauliflower Rice (leftovers)

Snack

Strawberries
1 cup whole

Friday

Breakfast



Berry-licious Smoothie (leftovers)

Lunch



Ginger Melon Salad Recipe
[Paleo, AIP] (leftovers)



No Nightshade Ratatouille
(leftovers)

Dinner



No Nightshade Ratatouille
(leftovers)

Snack
Blueberries
1 cup

Saturday

Breakfast



Greens Avocado Smoothie
(leftovers)

Lunch



AIP Zucchini Fritters (leftovers)

Baby carrots
1 cup whole

Dinner



Rustic Vegetable Soup (AIP)
(leftovers)

Snack

Tigernuts
1 oz
Apple
1 large

Sunday

Breakfast



**AIP Strawberry Mango
Breakfast Shake** (leftovers)

Lunch



**Ginger Melon Salad Recipe
[Paleo, AIP]** (leftovers)



No Nightshade Ratatouille
(leftovers)

Dinner



AIP Zucchini Fritters (leftovers)

Snack

Strawberries
1 cup whole



AIP Strawberry Mango Breakfast Shake



Prep 5 min **Cook** 0 min **Ready in** 5 min **Servings** 3

Ingredients for 3

- 1 cup **Coconut milk**
- 1 1/2 cup **Frozen mango**
- 4 1/2 cup **Frozen strawberry**
- 1 1/2 cup **Coconut water, unsweetened, ready-to-drink**
- 12 cube(s) **Ice cubes**

Instructions

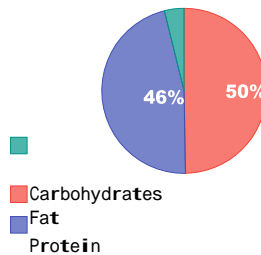
1. Mix all the ingredients in a high speed blender for 30 seconds.
2. Serve immediately.
3. The recipe will yield 1 big shake or 2 small ones.
4. Bon appétit!

Nutrition Facts	
Per Portion	
Calories	358
Calories from fat 167	
Calories from saturated fat 147	
Total Fat	18.5 g
Saturated Fat	16.3 g
Trans Fat	0
Polyunsaturated Fat	0.4 g
Monounsaturated Fat	0.9 g
Cholesterol	0 mg
Sodium	51 mg
Potassium	885 mg
Total Carbohydrate	44 g
Dietary Fiber	5.3 g
Sugars	28.8 g
Protein	3.5 g

Dietary servings Per Portion

Fruit 3.6

Energy sources





Ginger Melon Salad Recipe [Paleo, AIP]



Prep 5 min **Cook** 0 min **Ready in** 5 min **Servings** 4

Ingredients for 4

12 cup **Spinach (salad leaves (or spinach))**
 4 cup cubes **Honeydew melon (cut into small chunks)**
 2 cucumber(s) **Cucumber (small; peeled and cut into small chunks)**
 4 tbsp minced **Ginger root (Tablespoon fresh; grated or diced into small pieces)**
 8 tsp **Lemon juice (fresh)**
 8 tbsp **Olive oil (extra virgin)**
 2 tsp **Sea salt ((or to taste))**

Instructions

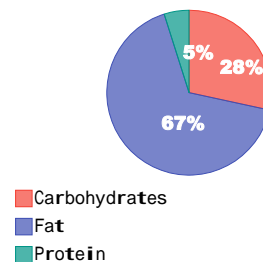
1. Place everything into a salad bowl and toss well.

Nutrition Facts	
Per Portion	
Calories	382
Calories from fat	254
Calories from saturated fat	36
Total Fat	28.2 g
Saturated Fat	4.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	3.2 g
Monounsaturated Fat	20 g
Cholesterol	0
Sodium	1298 mg
Potassium	1199 mg
Total Carbohydrate	27.2 g
Dietary Fiber	4.8 g
Sugars	17.8 g
Protein	4.8 g

Dietary servings Per Portion

Fruit 2.1
Vegetables 5.3

Energy sources





No Nightshade Ratatouille

It will get more delicious as the flavors meld over a few days, Can be serve chilled or hot with grilled or roast lamb, pork, or poultry.



Prep	Cook	Ready in	Servings
15 min	40 min	55 min	3

Ingredients for 3

1/3 cup	Extra virgin oliveoil
3 beet(s)	Beets, raw (golden; peeled & roughly chopped)
4 1/2 medium	Carrots (peeled & roughly chopped)
6 clove(s)	Garlic (minced)
1 1/2 medium	Yellow onion (peeled & roughly chopped)
1 1/2 medium	Summer squash (chopped)
1 1/2 medium	Zucchini (chopped)
1 1/2 tbsp	Oregano, dried
1 1/2 tsp	Rosemary, dried (minced fresh)
1 1/2 tsp	Sea salt, fine

Instructions

1. In a large saucepan, heat olive oil over medium-low heat. Add beets, carrots, and garlic. Cover and cook for 20 minutes, stirring occasionally.
2. Add onion, yellow squash, zucchini, oregano, rosemary, and sea salt. Continue cooking, covered, until vegetables are tender, about 20 minutes.
3. Check seasoning and adjust salt to taste. Serve hot or cold. Bon appétit!

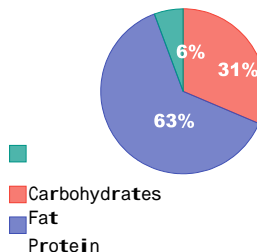
Nutrition Facts Per Portion

Calories	416
Calories from fat	267
Calories from saturated fat	38
Total Fat	29.7 g
Saturated Fat	4.2 g
Trans Fat	0.0 g
Polyunsaturated Fat	3.4 g
Monounsaturated Fat	20.9 g
Cholesterol	0
Sodium	1006 mg
Potassium	1204 mg
Total Carbohydrate	32 g
Dietary Fiber	8.1 g
Sugars	16.8 g
Protein	5.7 g

Dietary servings Per Portion

Vegetables 6.2

Energy sources





Rustic Vegetable Soup (AIP)



Prep	Cook	Ready in	Servings
30 min	25 min	55 min	4

Ingredients for 4

6 2/3 beet(s)	Beets, raw (with greens, washed)
5 1/3 medium	Carrots (washed)
4 small potato	Sweet potato (washed)
2 2/3 parsnip(s) (peeled)	Parsnip
2 2/3 cup	Butternut squash (peeled)
1 1/3 medium	Yellow onion (peeled)
4 clove(s)	Garlic
114 gm	Shiitake mushrooms, raw (stems removed)
5 1/3 leaves	Kale (washed)
1 1/3 tbsp	Garlic (minced)
1 1/3 cup shredded	Greencabbage (sliced)
1 1/3 bunch	Parsley, fresh (chopped)
2/3 tsp	Cinnamon
10 2/3 cup	Vegetable stock/broth
1 1/3 cup	Water, filtered
1/3 cup	Pumpkin seeds
1/3 tsp	Salt
1/3 tsp	Black pepper

Instructions

Remove beet greens from beets, chop both into bite size pieces and add to pressure cooker.

Chop remaining raw vegetables into bite size pieces and add to pressure cooker.

Add cinnamon and vegetable broth. Fasten lid to cooker, by following directions of cooker.

Cook over medium high heat for 25-30 minutes. Cooker valve should close allowing pressure to build in cooker. A steady release of excess pressure should be heard while cooking.

After 25 minutes, carefully release pressure until all pressure is gone and top is able to be opened.

Remove top, ladle into shallow bowls and serve.

Garnish with pumpkin seeds and season to taste minimally with salt and pepper.

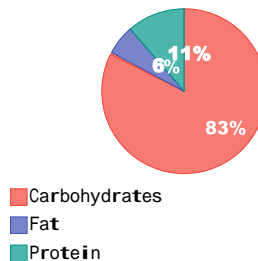
**Nutrition Facts
Per Portion**

Calories	462
Calories from fat	26.5
Calories from saturated fat	64
Total Fat	2.9 g
Saturated Fat	7.1 g
Trans Fat	0
Polyunsaturated Fat	14.4 g
Monounsaturated Fat	31 g
Cholesterol	0
Sodium	3155 mg
Potassium	2434 mg
Total Carbohydrate	96 g
Dietary Fiber	23.5
g Sugars	28.7 g
Protein	13.0 g

**Dietary servings
Per Portion**

Meat Alternative 0.2
Vegetables 10.0

Energy sources





Greens Avocado Smoothie



Prep 5 min **Cook** 0 min **Ready in** 5 min **Servings** 2

Ingredients for 2

- 2 cucumber(s) **Cucumber**
- 2 cup **Parsley, fresh (packed)**
- 1 large **Apple**
- 2 avocado(s) **Avocado**
- 2 cup **Water, filtered**

Instructions

Blend all ingredients together until smooth.

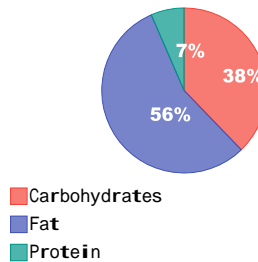
Nutrition Facts	
Per Portion	
Calories	494
Calories from fat	274
Calories from saturated fat	41
Total Fat	30 g
Saturated Fat	4.5 g
Trans Fat	0
Polyunsaturated Fat	3.9 g
Monounsaturated Fat	19.9 g
Cholesterol	0
Sodium	57 mg
Potassium	1882 mg
Total Carbohydrate	47 g
Dietary Fiber	19.8 g
Sugars	17.9 g
Protein	8.1 g

Dietary servings

Per Portion

Fruit 0.8
Vegetables 7.7

Energy sources





AIP Zucchini Fritters



Prep	Cook	Ready in	Servings
10 min	20 min	30 min	4

Ingredients for 4

8 medium	Zucchini
4 green onion (stem)	Green onion, scallion, ramp (green; (10 g) . diced)
2 tbsp	Onion powder
2 tbsp	Garlic powder
2 tbsp	Simply Organic Italian Seasoning
1 1/2 cup	Coconut flour
1 avocado(s)	Avocado (chopped)

Instructions

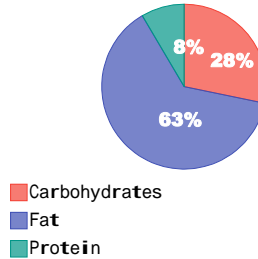
1. **Preheat the oven to 350 F (180 C).**
2. **After grating or blitzing the zucchini, squeeze out as much moisture as you can. When you think you have squeezed out as much as you can, squeeze some more! You should be left with a dry pulp.**
3. **Combine the zucchini pulp with the diced green onions, onion powder, garlic powder, dried herbs and coconut flour. Season with salt and form into 12 balls of approximately 1oz (30g) each. When forming these balls, use the opportunity to squeeze out more moisture and flatten them slightly into fritters.**
4. **Place on a greased baking tray and bake for 20 minutes until golden.**
5. **Serve with an avocado chopped.**

Nutrition Facts	
Per Portion	
Calories	447
Calories from fat 285	
Calories from saturated fat 196	
Total Fat	32 g
Saturated Fat	21.8 g
Trans Fat	0
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	6.0 g
Cholesterol	0
Sodium	54 mg
Potassium	1560 mg
Total Carbohydrate	31 g
Dietary Fiber	14.1 g
Sugars	13.2 g
Protein	9.4 g

Dietary servings Per Portion

Vegetables 6.6

Energy sources



Notes:

Many a zucchini dish has been compromised due to excess moisture. Don't become another statistic! It's vitally important to get your grated zucchini bits as dry as possible before cooking them up.

There are a couple of ways you can do this. If you have a really fine sieve, you can mash the zucchini up against it with a spoon or ladle.

You can also use muslin and squeeze out the liquid. It's probably going to take a couple of rounds. Don't get lazy here – getting out the last drops will pay off in the end.

Once they're assembled, it's going to be in your best interest to handle the fritters as little as possible. Let them fry for a good couple of minutes and then gently turn them over just once. They'll finish in the oven.

These zucchini fritters do not contain eggs (or a similar binding agent), so sometimes they want to fall apart on you. Plan on using cutlery to chow down on these fritters.

They're particularly delicious right out of the oven, with some fresh avocado.



Cauliflower Rice



Prep	Cook	Ready in	Servings
5 min	5 min	10 min	3

Ingredients for 3

- 3 medium head **Cauliflower**
- 3 tbsp **Olive oil (or ghee)**
- 3 pinch **Sea salt**

Instructions

Cut cauliflower into large florets.

Rice cauliflower using shredding blade on food processor. Or pulse cauliflower in food processor with chopping blade, or grate by hand on box grater.

Heat oil in large frying pan over medium heat. Add cauliflower rice and sauté until just cooked through, about 5 minutes.

Season with salt and pepper to taste.

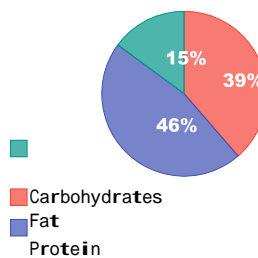
Nutrition Facts	
Per Portion	
Calories	296
Calories from fat	138
Calories from saturated fat	20.3
Total Fat	15.3 g
Saturated Fat	2.3 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	10.1 g
Cholesterol	0
Sodium	328 mg
Potassium	1719 mg
Total Carbohydrate	28.6 g
Dietary Fiber	10.1 g
Sugars	11.0 g
Protein	11.0 g

Dietary servings

Per Portion

Vegetables 10.9

Energy sources





No Nightshade Ratatouille

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Prep	Cook	Ready in	Servings
15 min	40 min	55 min	2

Ingredients for 2

1/4 cup	Extra virgin oliveoil
2 beet(s)	Beets, raw (golden; peeled & roughly chopped)
3 medium	Carrots (peeled & roughly chopped)
4 clove(s)	Garlic (minced)
1 medium	Yellow onion (peeled & roughly chopped)
1 medium	Summer squash (chopped)
1 medium	Zucchini (chopped)
1 tbsp	Oregano, dried
1 tsp	Rosemary, dried (minced fresh)
1 tsp	Sea salt, fine

Instructions

1. In a large saucepan, heat olive oil over medium-low heat. Add beets, carrots, and garlic. Cover and cook for 20 minutes, stirring occasionally.
2. Add onion, yellow squash, zucchini, oregano, rosemary, and sea salt. Continue cooking, covered, until vegetables are tender, about 20 minutes.
3. Check seasoning and adjust salt to taste. Serve hot or cold. Bon appétit!

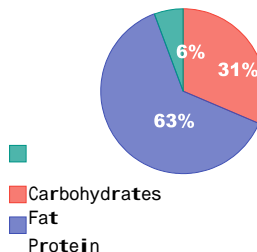
Nutrition Facts Per Portion

Calories	416
Calories from fat	267
Calories from saturated fat	38
Total Fat	29.7 g
Saturated Fat	4.2 g
Trans Fat	0.0 g
Polyunsaturated Fat	3.4 g
Monounsaturated Fat	20.9 g
Cholesterol	0
Sodium	1006 mg
Potassium	1204 mg
Total Carbohydrate	32 g
Dietary Fiber	8.1 g
Sugars	16.8 g
Protein	5.7 g

Dietary servings Per Portion

Vegetables 6.2

Energy sources





Berry-licious Smoothie



Prep 5 min **Cook** 0 min **Ready in** 5 min **Servings** 2

Ingredients for 2

- 2 cup **Frozen blueberries**
- 2 cup **Frozen blackberry, unsweetened**
- 2 cup **Spinach (fresh or frozen)**
- 5 cup **Coconut water, unsweetened, ready-to-drink**
- 8 drop(s) **Stevia sweetener, liquid (optional)**

Instructions

Combine ingredients in a blender and process until smooth.

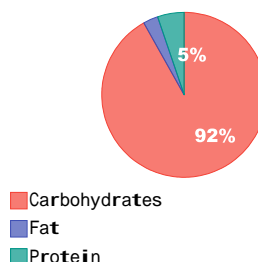
Divide between 2 glasses, serve and enjoy!

Nutrition Facts	
Per Portion	
Calories	323
Calories from fat	9.5
Calories from saturated fat	11.1
Total Fat	1.1 g
Saturated Fat	1.2 g
Trans Fat	0
Polyunsaturated Fat	0.6 g
Monounsaturated Fat	0.1 g
Cholesterol	0
Sodium	199 mg
Potassium	1569 mg
Total Carbohydrate	74g
Dietary Fiber	15.2 g
Sugars	53 g
Protein	4.2 g

Dietary servings Per Portion

Fruit 4.3
Vegetables 0.9

Energy sources



Grocery List

Fruits

Apple	6.1 medium
Avocado	3 avocado(s)
Blueberries	306.4 gm
Honeydew melon	0.7 medium melon
Strawberries	304.3 gm

Vegetables

Baby carrots	120 gm
Beets, raw	11.7 beet(s)
Butternut squash	0.3 squash
Carrots	12.8 medium
Cauliflower	1725 gm
Cucumber	4 cucumber(s)
Garlic	2.2 bulb
Ginger root	1.0 piece, 2-inch
Green cabbage	0.1 medium head
Green onion, scallion, ramp	0.3 bunch
Kale	0.5 bunch
Parsley, fresh	294.8 gm
Parsnip	2.7 parsnip(s)
Shiitake mushrooms, raw	6.0 mushroom(s)
Spinach	443.8 gm
Summer squash	2.5 medium
Sweet potato	2.9 large potato
Yellow onion	3.8 medium
Zucchini	10.5 medium

Spices & Herbs

Black pepper	0.7 gm
Cinnamon	1.6 gm
Garlic powder	17.0 gm
Onion powder	14.0 gm
Oregano, dried	11.4 gm
Rosemary, dried	3.1 gm
Salt	2.0 gm
Sea salt	13.4 gm
Sea salt, fine	11.2 gm

Baking

Coconut flour	142.5 gm
Stevia sweetener, liquid	2.7 2-4 drops (tsp sugar)

Canned Food

Coconut milk	250.0 ml
Vegetable stock/broth	2.9 box

Beverage

Coconut water, unsweetened, ready-to-drink	1625.0 ml
Lemon juice	40.0 ml
Water, filtered	833.3 ml

Condiments

Extra virgin olive oil	156.3 ml
Olive oil	164.8 ml

Frozen & Refrigerated Foods

Frozen blackberry, unsweetened	319.1 gm
Frozen blueberries	295.9 gm
Frozen mango	261.5 gm
Frozen strawberry	708.5 gm
Ice cubes	12 cube(s)

Snacks & Nuts

Pumpkin seeds	21.3 gm
Tigernuts	23.6 nut

Other

Simply Organic Italian Seasoning	2 tbsp
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