



Autoimmune Protocol - Sample Meal Plan

	Day 1	Day 2	Day 3
1 cup, AM and/or PM	Bone Broth	Bone Broth	Bone Broth
Breakfast	<u>Breakfast Hash:</u> Ground turkey with sweet potato, kale, brussel spouts, apple & herbs.	<u>Coconut Yogurt w/</u> 1/2 cup berries & coconut flakes. (drizzle of honey, if desired.)	<u>AIP Waffles</u> w/ Sliced Banana & Bacon
Lunch	<u>Tuna Salad Lettuce Wraps</u> w/ Avocado	<u>Cranberry Kale Salad</u> w/ Bacon	Rotisserie Chicken Lettuce "Tacos" w/ <u>Pineapple Salsa</u>
Snack	Carrot & Celery Sticks w/ Guacamole	<u>Epic Bison Bar</u> w/ Cranberries	Sliced Apple sprinkled w/ Cinnamon
Dinner	<u>AIP Meatballs</u> w/ Pesto Zoodles	<u>Carnitas Bowls w/</u> <u>Cilantro Lime Cauliflower Rice</u> + Avocado	<u>Roasted Salmon</u> w/ Green Salad & <u>Lemon Vinaigrette</u>