

Menu for Elimination Phase

Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	AIP Smoothie	Coconut milk yogurt with bananas, strawberries, and blueberries	Sweet Potato Breakfast Hash with steak, hamburger, or ground turkey	Sautéed ham and spinach	Coconut milk yogurt with bananas, strawberries, and blueberries	Blueberry Coconut Smoothie	1 Cinnamon-dusted apple or pear with a side of lox
Snack	Beetroot Hummus with carrots and celery	2–4 Turkey slices with ½ avocado	1 Apple	Parsnip Fries	Lox and fermented vegetables such as kimchi, sauerkraut, or pickled green beans	2–4 Turkey slices with ½ avocado	Lox and vegetables
Lunch	Hamburger with sliced avocado and side salad	Apple, Fennel, Watercress Salad	Creamy AIP Chicken Salad	Roasted Kohlrabi Salad with protein of choice	Cauliflower and Sweet Potato Soup	Sweet Potato Chicken Poppers	Apple, Fennel, and Watercress Salad with protein of choice left over from the week
Snack	1 AIP friendly fruit	Root vegetable fries (e.g., carrot, parsnip, sweet potato, jicama)	Carrots and cucumbers	AIP friendly trail mix: Combine ¼–⅓ C dried coconut and ⅓ C dried fruit from list	1 Clementine or kiwi	Fresh melon and honey drizzle	Cucumber salad
Dinner	Zucchini Noodles with Meatballs	Maple Pork and Bok Choy	Baked Fish with Salsa Verde and a side of veggies	Chicken and Ginger Fried Cauli Rice	Roasted squash and broccoli with grilled chicken or grilled salmon	Chicken and leftover vegetables	Beef Cottage Pie