

Hashimoto Thyroiditis

AIP

Meal Plan

**NUTRIENT DENSE FOODS
TO HELP YOU MANAGE
INFLAMMATION**

What is AIP?

The AIP Diet is a modified paleo diet (hunter-gatherer) designed to reduce inflammation in the body that can exacerbate autoimmune conditions

Eat:

Lean proteins, vegetables, fruits, and healthy fats

Avoid:

Grains, dairy, nuts, legumes, eggs, nightshade vegetables, and food additives / artificial ingredients

Breakfast

Apple Chicken Sausage

Mango Carrot Smoothie

Homemade Coconut Yogurt

Lunch

Chopped Chicken Vegetable Salad

Turkey Herb Burger

Bone Broth: Chicken

Dinner

Pan-Seared Salmon w/ Artichokes

Chicken Thighs with Carrots and Kale

Lemony Spinach and Zucchini Sauté

Chicken Apple Sausage

Prep: 10 mins. | Total: 15 mins.

Serves 6

Per serving:

- C** 191 calories
- C** 5g carbohydrates
- F** 8g total fat
- P** 23g protein

Ingredients

- 1 lb. chicken breast, ground
- 1 apple, peeled and grated
- 1/2 tsp sage, ground
- salt, to taste
- 1 Tbs olive oil

Directions

Prep

1. Peel and grate the apple with a cheese grater.

Make

1. In a large bowl, combine ground chicken, diced apple, ground sage, and salt, and combine until well mixed.
2. Use hands to form 4 patties.
3. Heat 1 tbsp olive oil in a pan over medium heat.
4. Add chicken patties to pan and cook for 3-4 min each side.
5. Remove from heat and enjoy!



Mango Carrot Smoothie

Prep: 5 mins. | Total: 5 mins. Serves 1

Ingredients

- 1 cup mango, frozen
- 1 carrot, small, peeled and chopped
- 1 cup coconut milk, unsweetened
- 1 tsp ginger root, grated
- 1 tsp maple syrup optional

Per serving:

C 184 calories

C 27g carbohydrates

F 6g total fat

P 5g protein



Directions

Prep

1. Peel and chop the carrot.

Make

1. Add all ingredients to a blender and process until smooth.
2. Adjust sweetness to taste.

Homemade Coconut Milk Yogurt

Prep: 10 mins. | Total: 48 hours

Serves 6

Ingredients:

- 2 14-ounce cans coconut cream
- 4 capsules probiotics
- 3 scoops collagen peptides

Per serving:

- C** 273 calories
- C** 4g carbohydrates
- F** 27g total fat
- P** 2g protein

Directions

Prep

1. Place the glass jars you will be using in a large pot of water - be sure that are covered with water. Bring to a boil then turn off the heat and let jars sit in the hot bath for 10 minutes. Remove with tongs and set aside on a wire rack to cool completely and air dry.

Make

1. Once jars are cooled, you can add coconut milk. You will need a 4 cup + 2.jar per can of coconut milk.
3. Whisk coconut milk to ensure it is creamy without lumps.
4. Add 2 capsules of probiotics per can of coconut milk - simply twist the 5. capsule over the jar and the powder probiotic will be released into the milk.
6. VERY IMPORTANT: Stir in probiotics with a wooden spoon as the metal will affect the growth of probiotics. Stir until creamy and powder is well incorporated.
7. Place cheesecloth, or thin towel over the top of each jar and secure with a rubber band.
8. Set jars in a warm place without a draft [I keep on my kitchen counter near, but not right next to, the stove] and allow the probiotics to do their work for 48 hours!
9. Sample yogurt with a wooden spoon and if you want more tartness, you can let jars stand for another day.
10. Once the yogurt is the texture and tartness you want, cover, and place the jars in the refrigerator for up to a week.
11. Add sweetener, stir in collagen peptides, and fruit of choice just before consuming. You can use coconut yogurt for savory dishes as well.



Chopped Chicken Vegetable Salad

Prep: 30 mins. | Total: 40 mins.

Serves 10

Ingredients

- 1 1/2 lb. chicken breasts, pre-cooked, shredded
- 14 oz green cabbage, pre-shredded
- 4 radishes, chopped
- 6 scallions, chopped
- 1 cup cilantro, chopped
- 1/4 cup olive oil, toasted
- 2 limes, juiced
- 2 Tbs ginger, grated
- 1/2 cup rice wine vinegar

Per serving:

C 174 calories

C 17g carbohydrates

F 12g total fat

P 3g protein



Directions

Make

1. Run each vegetable through food processor until finely chopped but not pureed
2. After each vegetable is processed, place in a large bowl and mix in balance of ingredients
3. Chill for at least 4 hours or overnight
4. Puree 1/2 of the soup and add back to bowl
5. Ladle into bowls and finish with some fresh herbs before serving

Turkey Herb Burger

Prep: 10 mins. | Total: 15 mins.

Serves 4

Ingredients

- 1 1/2 lb turkey, ground, lean
- 1/4 cup basil, fresh, finely chopped
- 1/4 cup mint, fresh, finely chopped
- 1/4 cup chives, finely chopped
- 1 tsp sage, dried

Per serving:

- C** 256 calories
- C** 1g carbohydrates
- F** 13g total fat
- P** 34g protein

Directions

Prep

1. In a large bowl, combine the turkey, basil, mint, chives, and sage.
2. Add salt and pepper to taste.
3. Mix gently and form into 4 patties.
4. Preheat grill or griddle pan to medium-high.

Make

1. Grill and brown the burgers for about 6 minutes on each side, or until cooked through.



Pan-Seared Salmon with Artichokes

Prep: 10 mins. | Total: 20 mins.

Serves 4

Ingredients

- 1 1/2 lb salmon, cut into fillets
- 2 Tbs olive oil
- 2 lemons
- 2 cup spinach
- 1 1/2 cup artichokes, canned, drained

Per serving:

- C** 455 calories
- C** 8g carbohydrates
- F** 30g total fat
- P** 37g protein

Directions

Prep

1. Zest and juice 1 lemon. Cut one into wedges for serving
2. Whisk together olive oil, lemon juice, and 2 teaspoons of zest.
3. Brush salmon with this mixture and sprinkle with pepper to taste.

Make

1. Heat a medium non-stick skillet on medium heat. Drizzle with 1 tablespoon of oil.
2. When pan is hot, place salmon fillets in the pan skin side down. Cover the top and let them cook for 4-5 minutes until cooked throughout. Flip them over for a few seconds to brown the top.
3. Remove from pan and add remaining oil and artichoke hearts and sauté until browned. Add spinach - heat over low until spinach just wilted.
4. Serve salmon over spinach and artichokes with lemon wedges.



Bone Broth: Chicken

Prep: 20 mins. | Total: 24 hours

Serves 6

Ingredients:

- 1 onion, roughly chopped
- 4 celery stalks, roughly chopped
- 4 carrots, roughly chopped
- 4 Tbs ginger, chopped
- 5 cloves garlic
- 2 chicken carcass, skin, bones, and cartilage
- 2 bay leaves
- 1 Tbs apple cider vinegar
- 10 cup water, enough to cover ingredients

Per serving:

- C** 251 calories
- C** 10g carbohydrates
- F** 17g total fat
- P** 16g protein



Directions

Prep

1. Roughly chop vegetables and ginger.

Make

1. Add vegetables, bones, and the rest of the ingredients to a slow cooker [6 quarts +]. Cover all with water.
2. Set slow cooker to low and simmer for 24 hours.
3. You can also use an Instant Pot [2 hours on high].
4. Once the broth is done, strain off solids and store broth in covered glass jars in your refrigerator for up to 4 days.

Chicken Thighs with Carrots and Kale

Prep: 10 mins. | Total: 25 mins.

Serves 4

Ingredients

- 6 carrots
- 4 cup kale (1/2 bunch)
- 2 Tsp. olive oil
- 1 1/2 lb. chicken thighs, bone in and skinless
- salt, to taste

Per serving:

- C** 479 calories
- C** 10g carbohydrates
- F** 35g total fat
- P** 29g protein



Directions

Prep

1. Preheat the oven to 450°F.
2. Cut carrots into 3-inch sticks.
3. De-rib and chop kale.

Make

1. In a large oven-proof skillet, heat the oil over medium-high heat. Season the chicken with salt and place into skillet and cook until browned, about 5 minutes.
2. Remove chicken from the pan and add the carrot sticks, place chicken [browned side up] on top of carrot sticks and transfer to the oven. Bake until chicken is done through, about 10-15 minutes.
3. Remove from oven and toss kale with hot pan juices.
4. Serve chicken with carrots and kale on the side.

Lemony Spinach and Zucchini Sauté

Prep: 5 mins. | Total: 15 mins.

Serves 4

Ingredients

- 2 Tbs olive oil
- 4 zucchini, sliced into half circles
- 6 cup spinach, baby
- 1 lemon, juiced and zested
- salt, to taste

Per serving:

C 78 calories

C 3g carbohydrates

F 7g total fat

P 2g protein

Directions

Prep

1. Slice zucchini.
2. Zest and juice lemon.

Make

1. Saute olive oil over medium heat. Add zucchini and saute for another 4 minutes.
2. Add spinach and cook until wilted.
3. Add lemon juice and zest. Cook until at least half the juice evaporates.
4. Season with salt.



Notes: