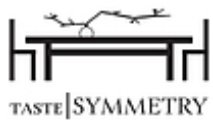


INTERNAL WELLNESS PLAN



# AUTOIMMUNE PALEO

BY TASTE SYMMETRY



## Autoimmune Paleo (AIP) Diet

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Christi Dorsey

<http://www.tastesymmetry.com>

Welcome to your meal plan! Here you will find the customized plan I have created for you, along with an itemized grocery list and delicious recipes.

## Grocery List Tips

This plan includes a full grocery list that outlines the ingredients you will need to follow this meal plan. You can find it by clicking the "List" tab from your planner. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

## Shopping Tips

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

## Recipe Tips

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

## Leftovers

If meals on the plan appear to be grey or shaded out, this means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

This program was created using foods compliant with the Autoimmune Paleo Protocol (AIP) guidelines and with the following key considerations:

## Anti-Inflammatory Foods

Polyphenols may help to control oxidative stress and the inflammatory response. This plan includes polyphenols found in broccoli, spinach, carrots, and extra virgin olive oil. The polyphenol curcumin in turmeric is incorporated in the meal plan for its role as an anti-inflammatory agent. Curcumin is effective in treating chronic conditions like rheumatoid arthritis, inflammatory bowel disease, Alzheimer's and is used as an adjuvant in cancer therapy.

## Gut Health

As gut health impacts immune function, it is beneficial to restore a healthy gut barrier and microbiome. Probiotics and prebiotics bring good bacteria into the gut. Probiotics found in fermented foods and cultured products are live bacteria that can help boost the immune system and fight off bad bacteria. Prebiotics found in certain fruits, vegetables

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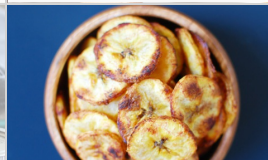
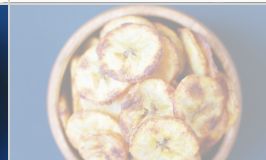
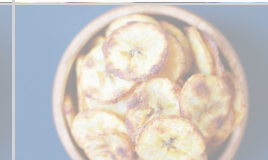






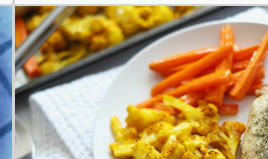


and legumes, support digestive health by feeding the good bacteria. This program combines foods like sauerkraut with garlic and apples to exert synergistic effects on gut health.

## Hormone Regulation

Omega-3 fats can assist with stress reduction through cortisol concentrations. These healthy fats are found in the program from healthy plant-based oils. The liver is a key organ for regulating hormone balance, chemical levels in the blood, making immune factors, and breaking down and excreting harmful substances. Indoles, including indole-3-Carbinol, is essential to liver support and can be found in cruciferous vegetables like broccoli, cabbage, cauliflower, kale, and brussels sprouts.

## Immune Support

The minerals zinc and selenium are critical for immune function. This plan provides zinc from meat and selenium from chicken, beef, and spinach. Vitamin A is an essential fat-soluble antioxidant that reduces oxidative stress in cells and is useful in the treatment of inflammatory diseases. This meal plan contains vitamin A sources like sweet potato, broccoli, and carrots. Vitamin C supports the immune system and this plan provides vitamin C from cauliflower and brussels sprouts.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Sausage & Sauerkraut Skillet	 Sausage & Sauerkraut Skillet	 Sausage & Sauerkraut Skillet	 Sausage & Sauerkraut Skillet	 Paleo Sweet Potato Porridge	 Paleo Sweet Potato Porridge	 Paleo Sweet Potato Porridge
Snack 1	 Immunity Boosting Bone Broth	 Golden Turmeric Latte	 Immunity Boosting Bone Broth	 Golden Turmeric Latte	 Immunity Boosting Bone Broth	 Golden Turmeric Latte	 Immunity Boosting Bone Broth
Lunch	 Cream of Broccoli, Kale & Spinach Soup	 Cauliflower Shepherd's Pie	 Beef, Sweet Potato & Rapini Skillet	 One Pan Paleo Plate	 Rosemary Lemon Chicken Skillet	 One Pan Chicken, Golden Cauliflower & Carrot Fries	 Cauliflower Shepherd's Pie
Snack 2	 Carrots & Guacamole	 Carrots & Guacamole	 Plantain Chips	 Plantain Chips	 Plantain Chips	 Carrots & Guacamole	 Carrots & Guacamole
Dinner	 Cauliflower Shepherd's Pie	 Beef, Sweet Potato & Rapini Skillet	 One Pan Paleo Plate	 Rosemary Lemon Chicken Skillet	 One Pan Chicken, Golden Cauliflower & Carrot Fries	 Cauliflower Shepherd's Pie	 Cream of Broccoli, Kale & Spinach Soup

### Fruits

- 2 Apple
- 2 1/2 Avocado
- 1 1/4 Lemon
- 2 Lime
- 3 Plantain
- 1 1/2 cups Raspberries

### Seeds, Nuts & Spices

- 2 1/4 tsp Cinnamon
- 1 tsp Dried Thyme
- 1 tbsp Italian Seasoning
- 2 3/4 tsp Sea Salt
- 2 1/2 tsp Turmeric

### Vegetables

- 3 cups Baby Spinach
- 1 1/2 cups Broccoli
- 2 cups Brussels Sprouts
- 13 Carrot
- 1 1/2 heads Cauliflower
- 4 stalks Celery
- 10 1/2 Garlic
- 2 tbsps Ginger
- 1 cup Kale Leaves
- 3 cups Mushrooms
- 1 cup Parsley
- 1/2 bunch Rapini
- 1 tbsp Rosemary
- 4 1/2 Sweet Potato
- 4 cups Swiss Chard
- 3 3/4 Yellow Onion

### Boxed & Canned

- 2 3/4 cups Canned Coconut Milk
- 1 cup Vegetable Broth

### Baking

- 1 1/2 tbsps Raw Honey
- 1 1/2 tbsps Unsweetened Coconut Flakes

### Bread, Fish, Meat & Cheese

- 1 1/2 lbs Chicken Breast
- 10 ozs Chicken Sausage
- 8 ozs Extra Lean Ground Beef
- 1 lb Extra Lean Ground Turkey
- 1 Whole Chicken Carcass

### Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 1/3 cup Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 2 cups Sauerkraut

### Other

- 8 1/4 cups Water



## Sausage & Sauerkraut Skillet

4 servings  
40 minutes

### Ingredients

- 10 ozs Chicken Sausage
- 1 tbsp Coconut Oil
- 1 Yellow Onion (diced)
- 2 Apple (peeled, cored and diced)
- 2 Garlic (cloves, minced)
- 4 cups Swiss Chard (washed, stems removed and chopped)
- 2 cups Sauerkraut (liquid drained off)

### Directions

- 1 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Add sausage and bake for 30 minutes or until cooked through. Remove from oven and cut into 1/4" pieces.
- 2 Heat coconut oil in a frying pan over medium heat. Add yellow onion and apple. Saute just until onion is translucent (about 5 minutes). Add garlic and saute for another minute.
- 3 Add swiss chard and continue to saute just until it is wilted. Reduce heat to low and add in chopped sausage and sauerkraut and saute for another minute or until heated through. Remove from heat and divide into bowls. Enjoy!

### Notes

**Leftovers:** Store in an airtight container in the fridge up to three days.

**Vegan and Vegetarian:** Skip the sausage and use cooked lentils instead.

**No Swiss Chard:** Use kale or spinach instead.



## Paleo Sweet Potato Porridge

3 servings  
20 minutes

### Ingredients

1 1/2 Sweet Potato  
3/4 cup Canned Coconut Milk  
3/4 cup Water  
1 1/2 cups Raspberries  
1 1/2 tbsps Coconut Oil  
3/4 tsp Cinnamon  
1 1/2 tbsps Unsweetened Coconut  
Flakes

### Directions

- 1 Peel and shred the sweet potato using a hand grater or the shredding attachment on your food processor.
- 2 Place shredded sweet potato in a medium sized saucepan, add the coconut milk and water.
- 3 Cover and cook the sweet potato in the liquid over medium-high heat for about 15 minutes, stirring every couple minutes to prevent the bottom from burning. It will seem dry at first, but as it steams, the sweet potato will soften and release liquid. After about 15 minutes, your sweet potato should be a very soft, porridge-like texture.
- 4 Divide the sweet potato porridge between bowls and top with berries, coconut oil, cinnamon, and shredded coconut. Enjoy!

### Notes

**Other Toppings:** Dried fruit, nut butter, chia seeds, hemp seeds or fresh fruit.

**Leftovers:** Store in an airtight container in the fridge up to 3 to 4 days.





## Immunity Boosting Bone Broth

4 servings

12 hours

### Ingredients

- 1 Whole Chicken Carcass (about 2 lbs of bones)
- 1 Carrot (peeled and chopped)
- 1 Yellow Onion (diced)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, halved)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 1 cup Parsley (chopped)
- 6 cups Water

### Directions

- 1 Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
- 2 After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Freeze for up to three months.

**Serving Size:** One serving is approximately 1 to 1 1/2 cups.

**Low FODMAP:** Omit garlic and onions.



## Golden Turmeric Latte

1 serving  
10 minutes

### Ingredients

1 1/2 tsps Ginger (grated)  
1/2 cup Canned Coconut Milk  
1/2 cup Water  
1/2 tsp Turmeric (powder)  
1 1/2 tsps Raw Honey  
1/4 tsp Cinnamon  
3/4 tsp Coconut Oil

### Directions

- 1 Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
- 2 Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

### Notes

**Use Fresh Turmeric Root:** Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.

**Avoid a Mess:** Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.

**On-the-Go:** Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.

**Vegan:** Use maple syrup to sweeten instead of honey.



## Cream of Broccoli, Kale & Spinach Soup

2 servings  
30 minutes

### Ingredients

- 1 cup Kale Leaves (chopped)
- 1 cup Baby Spinach
- 1 1/2 cups Broccoli (cut into florets)
- 1/4 Yellow Onion (diced)
- 1 Garlic (cloves, minced)
- 1 1/2 tsps Coconut Oil
- 1/16 tsp Sea Salt
- 1 cup Vegetable Broth
- 1/2 cup Canned Coconut Milk
- 1/4 Lemon (juiced)
- 1/2 Avocado (sliced)

### Directions

- 1 Heat coconut oil in a large pot over medium heat. Add onions and sauté until golden (about 5 minutes). Add garlic and stir for another minute.
- 2 Add vegetable broth to the pot. Stir until producing a light steam. Add the broccoli florets in with the mixture and let steam for 5 minutes or until broccoli is bright green.
- 3 Add salt to taste.
- 4 Add coconut milk and stir well.
- 5 Add spinach and kale. Stir just until the greens are wilted and remove from heat.
- 6 In your food processor or magic bullet, blend the soup until smooth. If you are using a blender, ensure to remove the middle piece of the lid to allow steam to escape.
- 7 Transfer blended mixture back into a large pot. Warm to desired temperature.
- 8 Ladle into bowls. Drizzle with a splash of olive oil, lemon juice and garnish with avocado slices.



## Carrots & Guacamole

2 servings

5 minutes

### Ingredients

4 Carrot (medium)  
1 Avocado  
1 Lime (juiced)  
1/4 tsp Sea Salt (or more to taste)

### Directions

- 1 Peel and slice carrots into sticks.  
;
- 2 Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.  
;
- 3 Dip the carrots into the guac & enjoy!

### Notes

**Leftovers:** Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

**Spice it Up:** Add chili flakes, salsa and/or chopped cilantro to the guacamole.



## Plantain Chips

3 servings  
30 minutes

### Ingredients

3 Plantain (medium size)  
1 1/2 tbsps Coconut Oil (melted)  
3/4 tsp Cinnamon

### Directions

- 1 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper.
- 2 Peel the plantains then slice as thinly as possible with a mandolin or knife. Do your best to keep the thickness consistent. Slice on the diagonal for bigger chips. Gently toss the slices in coconut oil and cinnamon. Arrange in an even layer on the baking sheet then bake for 30 to 35 minutes, flipping at the halfway point. (Note: Chips are done when they start to brown around the edges.)
- 3 Remove from oven and let cool on a baking rack lined with paper towel to soak up any excess oil. Enjoy!

### Notes

**Storage:** Store in an airtight container at room temperature.

**Make Them Crispy:** Plantain chips last 1 - 2 days. If they get soggy, crisp them back up by placing them in the oven at 350 degrees F for 5 to 10 minutes.



## Cauliflower Shepherd's Pie

4 servings  
50 minutes

### Ingredients

- 1 head Cauliflower (chopped into florets)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 Yellow Onion (diced)
- 2 Garlic (cloves, minced)
- 1 lb Extra Lean Ground Turkey
- 3 cups Mushrooms (sliced)
- 2 Carrot (diced)
- 2 stalks Celery (diced)
- 1 tbsp Italian Seasoning
- 1/4 tsp Sea Salt

### Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Place cauliflower florets in a medium sized saucepan, cover with water and bring to a boil. Let the florets boil until they are soft, about 15 minutes.
- 3 While the cauliflower is boiling, heat half of the olive oil in a large frying pan over medium heat. Add the onions and garlic, cook for 5 minutes or until onions are translucent.
- 4 Add the meat, and cook until browned.
- 5 Add the mushrooms, carrots, celery, Italian seasoning, and salt. Continue to cook for a few minutes, until the meat is cooked through. Remove from heat.
- 6 Drain the cauliflower and discard cooking water. Return the cauliflower to the pot and add the other half of the olive oil and a sprinkle of salt. Mash well until the cauliflower becomes almost like a puree.
- 7 Transfer the meat mixture to a casserole or pie dish and distribute into an even layer. Top with the cauliflower mash and spread it evenly across the top.
- 8 Place in the oven and bake for 20 minutes. Turn the oven to a low broil and broil for 10 minutes or until golden. Remove from oven and serve. Enjoy!

### Notes

Vegan and Vegetarian: Use cooked lentils instead of ground meat.



## Beef, Sweet Potato & Rapini Skillet

2 servings  
25 minutes

### Ingredients

8 ozs Extra Lean Ground Beef  
1/2 Yellow Onion (sliced)  
1 1/2 tsps Ginger (peeled and grated)  
1 Garlic (cloves, minced)  
1 Sweet Potato (medium sized, grated)  
1/2 bunch Rapini (chopped)  
1/4 tsp Sea Salt (to taste)

### Directions

- 1 Heat a large skillet over medium/high heat and add the beef, onion, ginger, garlic and sweet potatoes. Cover and cook for 10-15 minutes, stirring occasionally until the beef is cooked through and the sweet potatoes are soft.
- 2 Add the rapini and cook for about 5 more minutes or until greens are wilted and stalks are soft.
- 3 Divide into bowls. Season with sea salt and enjoy

### Notes

**Vegan and Vegetarian:** Skip the beef. Saute the veggies in olive oil then add cooked lentils.

**No Rapini:** Use kale or broccoli instead.

**Leftovers:** Store leftovers in an airtight container in the fridge for up to three days.



## One Pan Paleo Plate

2 servings

35 minutes

### Ingredients

8 ozs Chicken Breast  
1/16 tsp Sea Salt  
2 cups Brussels Sprouts (washed, trimmed and halved)  
1 1/2 tsps Extra Virgin Olive Oil (plus extra for brushing)  
1 Sweet Potato (washed and sliced in half)

### Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Brush both sides of the chicken breast with olive oil and season with sea salt. Place on the baking sheet.
- 3 Toss your brussels sprouts in olive oil. Place on the baking sheet with the chicken.
- 4 Slice your sweet potatoes in half lengthwise and pierce the flesh multiple times with a fork all over to create holes. Brush the flesh of each half with olive oil. Place these on the baking sheet with the flesh facing up.
- 5 Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through. (Note: Sweet potato may need longer depending on size.)
- 6 Remove baking sheet from the oven and divide onto plates. Season with more salt if desired. Enjoy!

### Notes

**No Brussels Sprouts:** Use broccoli, cauliflower or green beans instead. Roasting times will vary.

**No Chicken Breast:** Use turkey breast.

**Vegans and Vegetarians:** Replace chicken with roasted chickpeas.

**Extra Time:** Slice sweet potato into cubes or fries.





## Rosemary Lemon Chicken Skillet

2 servings  
50 minutes

### Ingredients

8 ozs Chicken Breast (sliced in half)  
1 tbsp Rosemary (chopped)  
1 Lemon (divided, 1/2 sliced into rounds, 1/2 zested and juiced)  
1 1/2 tbsps Extra Virgin Olive Oil (divided)  
1 1/2 Garlic (cloves, minced)  
1/2 tsp Sea Salt  
1 Sweet Potato (cubed)  
2 cups Baby Spinach

### Directions

- 1 Make the chicken marinade by combining rosemary, lemon juice, lemon zest, half of your olive oil, garlic and salt in a bowl. Mix well. Add chicken breast halves and marinade to a zip loc bag and seal. Shake and set aside while you prep the rest.
- 2 Preheat oven to 425°F (218°C).
- 3 Heat remaining olive oil over medium-high heat in a large cast iron skillet. Add sweet potatoes and cook until potatoes soften (about 5 minutes) and remove from heat.
- 4 Arrange chicken breast halves and lemon slices over the sweet potatoes in the cast iron skillet. Pour the remaining marinade from the ziplock bag over the sweet potatoes. Bake uncovered for about 40 to 45 minutes, or until chicken and potatoes are fully cooked.
- 5 Remove from oven and plate sweet potato and chicken over a bed of spinach. Enjoy!

### Notes

**Vegetarian:** Use cauliflower steaks instead of chicken.

**Leftovers:** Store in the fridge for up to three days.



## One Pan Chicken, Golden Cauliflower & Carrot Fries

2 servings  
40 minutes

### Ingredients

2 Carrot (medium)  
1/2 head Cauliflower  
3 tbsps Extra Virgin Olive Oil (divided  
three ways)  
8 ozs Chicken Breast  
1 tsp Dried Thyme  
1 tsp Turmeric (powder)  
1/8 tsp Sea Salt

### Directions

- 1 Preheat oven to 375°F (191°C) and line a large baking sheet with parchment paper.
- 2 Peel and slice carrots into sticks. Wash and chop cauliflower into florets.
- 3 Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt. Place on the baking sheet.
- 4 Toss carrot sticks in 1/3 of the olive oil. Place on the baking sheet next to chicken.
- 5 Toss cauliflower with the remaining olive oil and turmeric. Mix until cauliflower is evenly yellow then transfer to the baking sheet.
- 6 Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.
- 7 Remove baking sheet from the oven and divide onto plates. Add more salt to taste if desired. Enjoy!

### Notes

Low FODMAP: Use zucchini instead of cauliflower.