



# TWO-WEEK MEAL PLAN

## *A couple of things before we start:*

Thanks for downloading this meal plan! This resource was created for all the people we've heard from on how helpful the plans in Mickey's cookbook were in getting them started with the [Autoimmune Protocol](#). For some people, the hardest part about making dietary changes isn't actually doing it, but properly planning and preparing for the change. With these meal plans and shopping lists, you can get started right away. We hope it takes some of the intimidation out of starting the elimination diet!

If you are looking for more [Autoimmune Protocol](#) recipes, check out Mickey's hard-cover book, [The Autoimmune Paleo Cookbook](#), with over 100 recipes as well as two four-week meal plans or Angie's book, [The Alternative Autoimmune Cookbook](#), with recipes for all phases of the [Autoimmune Protocol](#), plus helpful charts and checklists.

We also have more articles, recipes, and resources on our website—visit us at [Autoimmune-Paleo.com](http://Autoimmune-Paleo.com)!

Please note, it is important to speak with your doctor before going through any dietary changes. We aren't doctors and this meal plan is for informational use only—should be considered medical advice.

This is an interactive PDF, meaning that any of the links you click within the document will take you to our website, where you will access all of the recipes and articles linked within for free.

## *About the meal plan:*

- The meal plan accounts for one person for two weeks. If you will be feeding more than just yourself, you will need to make adjustments.
- We have accounted for generous servings of food, with the thought that you will have leftovers to eat for snacks or add to your breakfast compilation. There is nothing worse than being in a situation with nothing to eat when you are trying

to do an elimination diet! If you tolerate fruit well, you may add some seasonal varieties to your weekly shopping lists to eat with your meals.

- Meals that need to be cooked from scratch are noted in color and those in black have already been prepped or cooked and only need a quick reheat or assembly. You can easily glance at the week and see which meal times you will need to allocate more time for preparation. You can expect to do more cooking in the evenings and on weekends and no cooking from scratch for breakfast or lunch.
- Plan on spending some time batch-cooking on the weekend for the upcoming week. If you don't work a traditional work week, shift the days so that your major cooking days are when you are off.
- Pay attention to the pantry items and keep in stock items on both weeks of the shopping list. The recipes in the meal plan will call on those items frequently.
- For breakfasts, you will be making two kinds of meat patties on the first day and freezing them, cooked, between slices of wax paper to have on hand to re-heat over the duration of the plan. You can choose to reheat them every morning from frozen in a skillet, or place one in the refrigerator to defrost the night before--this makes them much easier to reheat. I have only included the meat part of breakfast on the meal plan, and I suggest completing the meal with leftover vegetables, fermented vegetables, bone broth, or items like avocados, bacon, or fruit.
- We believe it is an important part of the Autoimmune Protocol to include organ meat on a weekly basis. We have included making pate on the weekends in order to have on hand for nutrient-dense snacks throughout the week (I like to eat on vegetable slices).
- If you have any sensitivities or food preferences beyond what is omitted on the Autoimmune Protocol, this meal plan can be a framework for you to customize.

# WEEK ONE

## TWO WEEK MEAL PLAN

	BREAKFAST	LUNCH	DINNER
SUNDAY	<a href="#">Italian-Spiced 50/50 Sausages</a> (also make <a href="#">Three-Herb Beef Patties</a> ) ❄️	<a href="#">Bacon-Beef Liver Pate</a> 🍌 <a href="#">Cabbage and Avocado Salad</a> 🍏 <a href="#">Bone Broth</a>	<a href="#">Citrus and Herb Pot Roast</a> <a href="#">Rainbow Roasted Root Vegetables</a>
MONDAY	Three-Herb Beef Patties	Citrus and Herb Pot Roast Rainbow Roasted Root Vegetables	Citrus and Herb Pot Roast Cabbage and Avocado Salad
TUESDAY	Italian-Spiced 50/50 Sausages	Citrus and Herb Pot Roast Rainbow Roasted Root Vegetables	<a href="#">Ginger-Baked Salmon</a> 🍏 <a href="#">Beet and Fennel Salad</a> 🍏
WEDNESDAY	Three-Herb Beef Patties	Ginger Baked Salmon Beet and Fennel Salad	<a href="#">Carrot and Sweet Potato Chili</a>
THURSDAY	Italian-Spiced 50/50 Sausages	Carrot and Sweet Potato Chili	<a href="#">Sear-Roasted Pork Chops</a> <a href="#">Early Spring Salad</a>
FRIDAY	Three-Herb Beef Patties	Sear-Roasted Pork Chops Early Spring Salad	Carrot and Sweet Potato Chili
SATURDAY	Italian-Spiced 50/50 Sausages	Carrot and Sweet Potato Chili	<a href="#">Garlic "Mayo"</a> <a href="#">Shredded Chicken Breast</a> <a href="#">Curried Chicken Salad</a>

❄️ cook and freeze between slices of wax paper   🍌 use for snacks throughout the week   🍏 halve recipe

# WEEK ONE

## SHOPPING LIST

PANTRY ITEMS	SATURDAY	WEDNESDAY
sea salt garlic powder ginger powder turmeric bay leaves cinnamon solid cooking fat (coconut oil, lard, tallow, duck fat, etc.) extra-virgin olive oil apple cider vinegar coconut vinegar (optional) coconut concentrate (optional)	3 pounds grass-fed ground beef 1 pound pastured ground pork 1 pound grass-fed beef liver 2–3 pounds grass-fed beef roast 12 ounces salmon 6 pieces AIP-friendly bacon bones for making broth 9 carrots 6 beets 2 parsnips 1 turnip 2 cucumber 1 fennel bulb 1 head cabbage 2 oranges 1–2 avocados fresh oregano fresh thyme fresh rosemary fresh sage fresh bunch parsley fresh mint	2 pounds grass-fed ground beef 2 6oz pastured pork chops 1 pound pastured chicken breast 1 onion 1 red onion 4 carrots 2 large sweet potatoes 12 ounces arugula 1 fennel bulb 1–2 avocados 1 lemon 1 large or 2 small grapefruits ¼ cup raisins (optional) fresh cilantro
KEEP IN STOCK		
ginger garlic red onion yellow onion lemons		
OPTIONAL ADDITIONS		
kombucha fermented vegetables seasonal fresh fruit		

# WEEK TWO

## TWO WEEK MEAL PLAN

	BREAKFAST	LUNCH	DINNER
SUNDAY	Three-Herb Beef Patties	Curried Chicken Salad <a href="#">Bacon-Beef Liver Pate</a> 🍌 <a href="#">Bone Broth</a>	<a href="#">Citrus and Herb Pot Roast</a> <a href="#">Rainbow Roasted Root Vegetables</a>
MONDAY	Italian-Spiced 50/50 Sausages	Citrus and Herb Pot Roast Rainbow Roasted Root Vegetables	Citrus and Herb Pot Roast <a href="#">Ribboned Asparagus and Fennel Salad</a>
TUESDAY	Three-Herb Beef Patties	Citrus and Herb Pot Roast Ribboned Asparagus and Fennel Salad	<a href="#">Tuna Salad Endive Boats</a>
WEDNESDAY	Italian-Spiced 50/50 Sausages	Tuna Salad Endive Boats	<a href="#">Chicken and Acorn Squash Soup</a>
THURSDAY	Three-Herb Beef Patties	Tuna Salad Endive Boats	Chicken and Acorn Squash Soup
FRIDAY	Italian-Spiced 50/50 Sausages	Chicken and Acorn Squash Soup	<a href="#">Ginger-Baked Salmon</a> 🍷 <a href="#">Cinnamon-Sage Squash</a>
SATURDAY	Three-Herb Beef Patties	Chicken and Acorn Squash Soup	Ginger-Baked Salmon Cinnamon-Sage Squash

🍌 use for snacks throughout the week     🍷 halve recipe

# WEEK TWO

## SHOPPING LIST

PANTRY ITEMS	SATURDAY	WEDNESDAY
<p>sea salt</p> <p>garlic powder</p> <p>ginger powder</p> <p>turmeric</p> <p>bay leaves</p> <p>cinnamon</p> <p>solid cooking fat (coconut oil, lard, tallow, duck fat, etc.)</p> <p>extra-virgin olive oil</p> <p>apple cider vinegar</p> <p>coconut vinegar (optional)</p> <p>coconut concentrate (optional)</p>	<p>1 pound grass-fed beef liver</p> <p>2-3 pounds grass-fed beef roast</p> <p>2 5oz BPA-free canned tuna</p> <p>bones for making broth</p> <p>4 beets</p> <p>1 turnip</p> <p>4 carrots</p> <p>1 bunch celery</p> <p>1 cucumber</p> <p>2 parsnips</p> <p>1-2 pounds asparagus</p> <p>1 large fennel bulb</p> <p>2 endive heads</p> <p>1 small green apple</p> <p>fresh rosemary</p> <p>fresh thyme</p> <p>fresh sage</p> <p>fresh dill</p>	<p>1 4-5 pound stewing hen or rooster</p> <p>12 ounces salmon</p> <p>1 onion</p> <p>4 carrots</p> <p>1 large or 2 small acorn squash</p> <p>2 delicata squash</p> <p>fresh sage</p>
KEEP IN STOCK		
<p>ginger</p> <p>garlic</p> <p>red onion</p> <p>yellow onion</p> <p>lemons</p>		
OPTIONAL ADDITIONS		
<p>kombucha</p> <p>fermented vegetables</p> <p>seasonal fresh fruit</p>		