**SC CATERING – A.I.P (Autoimmune Protocol) Diet**

**Section A: Learning about the A.I.P Diet**

**Focus:** This diet aids in reducing inflammation and help manage autoimmune disease. It is an intensive, healing focused version of the Paleo Diet. It is designed to help calm inflammation, heal the gut, and identify food triggers.

There are (3) main phases of this diet.

1. **Elimination phase** (strictest phase- usually last 30 to 90 days)

The goal of this phase is to eliminate foods that are common triggers for inflammation, gut irritation, and immune system overactivity. Also, to give the body time to heal.

**DON’T’S**: Some foods to avoid during this phase are grains (wheat, corn, and oats), legumes (beans, soy, and peanuts), dairy (milk, cheese, yogurt, artificial sweeteners, industrial seed oils (canola and soybean oil), eggs (both yolk and white), nuts and seeds (including coffee, cocoa, and spices like mustard and cumin), nightshades (tomatoes, peppers, eggplant, potatoes, paprika), alcohol, and food additives

**DO’S:** Some foods to focus on would be quality meats such as organic and grass-fed. Also include tons of veggies (minus the nightshade veggies), healthy fats (avocado, coconut, and olive oils), fermented foods (kombucha sauerkraut), bone broth, fruits (in moderation), and fresh herbs (basil, oregano, thyme).

Include good lifestyle factors during this stage such as sleep time, stress management, gentle movement, and emotional health.

1. **Reintroduction Phase** (slow and careful testing of foods)

The goal is to reintroduce eliminated foods one at a time to find out which one’s trigger symptoms and which are safe. You can identify your personalized “safe foods” during this process.

How does reintroduction work?

* Choose one food to test (a bite or two) and wait for 15 minutes. If there is no reaction, eat a slightly larger amount and monitor symptoms over the next 24-72 hours.
* If symptoms appear (bloating, rashes, joint pain, fatigue) stop and return to the elimination foods. If no symptoms, that food is considered “safe” and can stay in your diet.
* The common order of reintroduction would be to start with the least likely triggers first. Try egg yolks (before whole eggs), grass-fed ghee (before whole dairy), seeds (sunflower and chia), nuts (soaked), nightshades (carefully, one at a time), and gluten-free grains (later, if tolerated).
1. **Maintenance Phase** (personalized diet for life)

The goal of this phase is to maintain a diet that includes tolerated foods and avoids trigger foods. It focuses on long term gut health, lower inflammation, and immune balance.

*Apart of this journey as your chef would mean we together will curate awesome meal prep ideas based on your preferences. I can also offer suggestions based on my prior knowledge.*

**Section B: Key Points**

* These phases look different for everyone --- it’s personalized based on your body’s reactions.
* Clients may be able to reintroduce many foods or may continue avoiding certain categories long-term.
* Lifestyle factors (sleep, movement, stress) stay critically important.

**Section C: Health Benefits**

1. Reduces inflammation.
2. Supports gut healing.
3. Identifies personal food triggers.
4. Improves autoimmune symptoms
5. Balances the immune system.
6. Boosts nutrient intake
7. Supports hormonal balance
8. Encourage healthy lifestyle habits