



Getting Started with AIP



WHAT THINGS FROM THE LIST
WOULD YOU NORMALLY EAT?

WHAT FOODS DO YOU SUSPECT ARE
CAUSING INFLAMMATION IN YOUR
BODY?

How will you track your
symptoms?

- WHAT TIME COMMITMENT AM I WILLING TO MAKE TO COOK OR PREP MEALS?
- WILL THE WHOLE FAMILY BE INCLUDED?
- WILL YOU MAKE A MONTHLY PLAN FOR MEALS, OR WEEKLY PLAN?