



30-DAY AUTOIMMUNE HEPATITIS MEAL PLAN



Welcome! You're in the Right Place



If you've been diagnosed with Autoimmune Hepatitis (AIH), you already know how challenging it can be to figure out what to eat. Maybe you've searched online for AIH-friendly diets, only to find conflicting information. Or perhaps you've tried eating "healthier" but still struggle with fatigue, bloating, or discomfort after meals.

I get it—navigating food choices while managing a chronic condition can feel overwhelming. But this 30-day meal plan is here to change that. It's designed to take the stress out of meal planning, provide delicious and liver-friendly recipes, and most importantly, help you feel your best.

Over the next 30 days, you'll discover how to nourish your body with anti-inflammatory, nutrient-dense meals that not only support your liver but also energize you, reduce inflammation, and keep you feeling satisfied. And the best part? You don't have to be a master chef or spend hours in the kitchen!

Why Diet Matters for Autoimmune Hepatitis

Your liver plays a critical role in your overall health—it filters toxins, supports digestion, and regulates metabolism. But when you have Autoimmune Hepatitis, your immune system mistakenly attacks your liver cells, causing inflammation and damage.

While medications can help manage AIH, diet also plays a major role in reducing inflammation and supporting liver function.

Here's why:

- ✓ Certain foods fuel inflammation, making symptoms worse.
- ✓ Others support liver repair, aiding digestion and reducing stress on the liver.
- ✓ A balanced meal plan helps prevent nutrient deficiencies common in AIH patients.

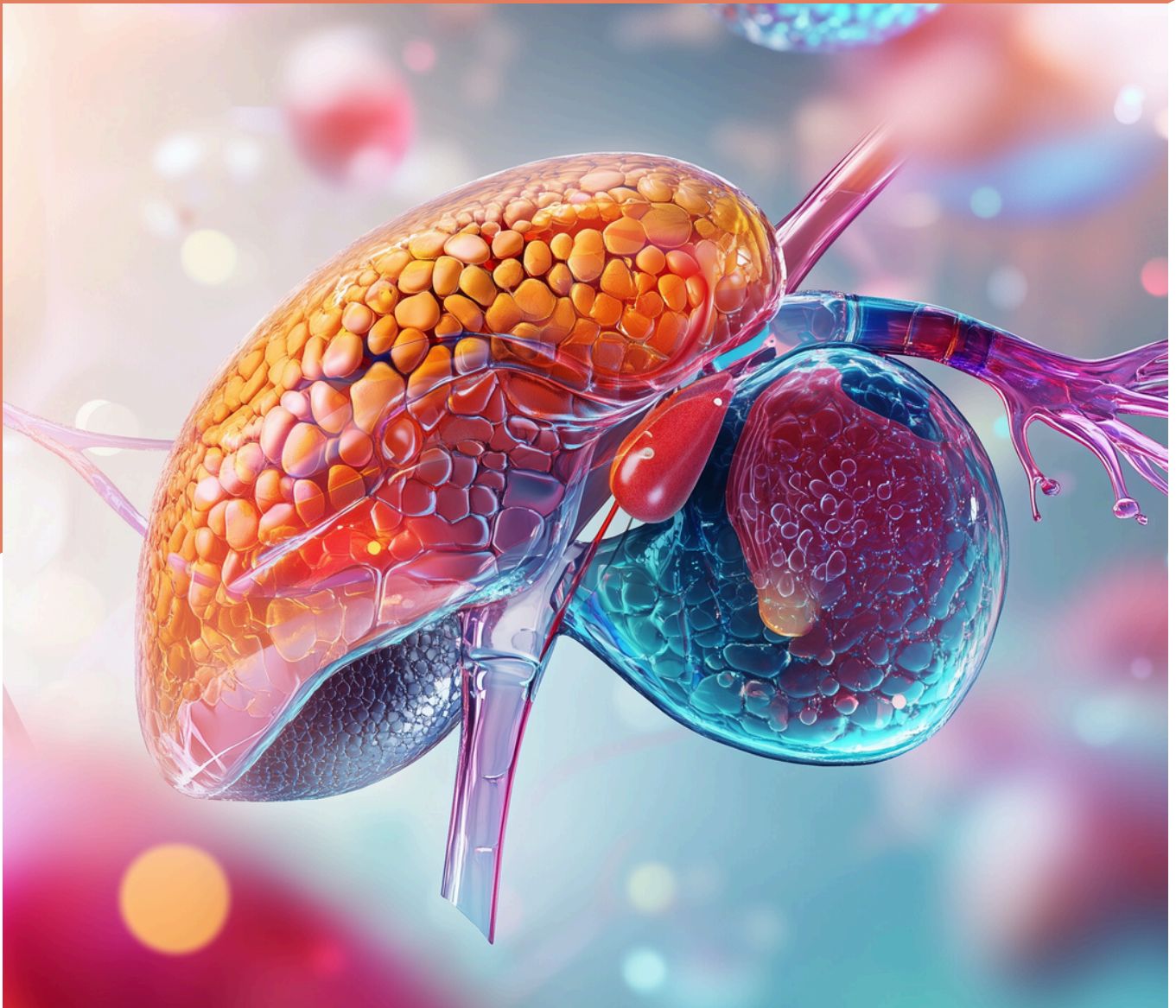
This meal plan focuses on the right foods—whole, unprocessed ingredients that provide essential nutrients while minimizing inflammation.

How This Meal Plan Can Help You

Following this plan for the next 30 days will:

- ✓ Remove the guesswork—so you never have to wonder, “What can I eat today?”
- ✓ Give your liver a break by focusing on easy-to-digest, nourishing meals.
- ✓ Reduce inflammation with anti-inflammatory, nutrient-rich foods.
- ✓ Help you feel more energized by balancing blood sugar and digestion.
- ✓ Improve gut health, which is closely linked to liver function and AIH symptoms.

This is more than just a meal plan—it’s a tool to help you build better long-term eating habits!



What You'll Find in This Book

This guide is designed to be simple, structured, and sustainable. Here's how it's laid out:

✦ **Part 1:** Understanding AIH & Meal Planning – Learn the basics of liver-supportive nutrition and how to set yourself up for success.

✦ **Part 2:** Prep & Cooking Strategies – Master AIH-friendly meal prep, discover liver-detox foods, and learn how to use your Airfryer for healthier cooking.

✦ **Part 3:** The 30-Day Meal Plan – Enjoy a full month of breakfast, lunch, and dinner ideas, with daily tips and prep suggestions.

✦ **Part 4:** Tools & Resources – Weekly shopping lists, a meal prep tracker, and ideas for customizing the plan to fit your needs.

✦ **Part 5:** Next Steps & Staying on Track – Advice on how to maintain these habits beyond 30 days and continue feeling your best.

This book is structured so you can jump straight into the meal plan or read through the prep tips first—whatever works best for you!

What Makes This Meal Plan Different?

You might have seen other “liver cleanse” or “AIH-friendly” meal plans, but many of them:

- ✗ Are too restrictive and unsustainable long-term.
- ✗ Don't account for real-life situations like dining out or busy schedules.
- ✗ Ignore taste and variety, leaving you bored with bland meals.

This plan is different because it's:

- ✓ Balanced, not extreme – No crazy detoxes or unrealistic restrictions.
- ✓ Flexible & easy to follow – You'll find swaps, shortcuts, and realistic meal options.
- ✓ Airfryer-friendly – Many recipes are quick, easy, and require minimal effort.
- ✓ Full of variety – A mix of comforting, satisfying meals so you never feel deprived.

How to Get the Most Out of This Plan

To set yourself up for success:

- ✓ Start with a positive mindset – Small, consistent changes add up!
- ✓ Don't stress about perfection – If you need to swap a meal or adjust portions, that's okay.
- ✓ Use the weekly shopping lists – They make grocery shopping a breeze.
- ✓ Follow the meal prep tips – Prepping ahead makes sticking to the plan much easier.
- ✓ Listen to your body – Take note of how certain foods make you feel and adjust accordingly.

A Quick Glimpse at What's Ahead

Breakfast Examples:

- Turmeric Chia Pudding (anti-inflammatory & gut-friendly)
- Banana Oat Pancakes (fiber-rich & easy to digest)
- Green Smoothie with Flaxseeds (omega-3 boost for liver support)

Lunch Examples:

- Quinoa & Roasted Veggie Bowl (nutrient-packed & satisfying)
- Airfryer Salmon with Cucumber Salad (healthy fats & easy to make)
- Chickpea & Avocado Wrap (high-protein & liver-friendly)

Dinner Examples:

- Airfryer Baked Chicken with Sweet Potato Mash (protein-packed & comforting)
- Zucchini Noodles with Pesto (light yet filling)
- Lentil & Mushroom Stew (fiber-rich & nourishing)

Plus daily meal prep tips, quick swaps, and easy snack ideas to keep you on track!

You've Got This! Let's Get Started

By committing to this 30-day meal plan, you're taking a powerful step toward supporting your liver health, improving digestion, and feeling better every day.

You don't have to be perfect—just consistent. Some days will be easier than others, but each liver-friendly choice you make is a step in the right direction.

☀️ Are you ready? Let's jump into Part 1 and set you up for success! ☀️

Autoimmune Hepatitis & Nutrition Basics

Autoimmune Hepatitis (AIH) is more than just a medical condition—it's a daily challenge that affects how you eat, how you feel, and how you live. But the good news? The right foods can help you manage symptoms, support your liver, and keep inflammation in check.

This section breaks down the basics of AIH nutrition in a simple, practical way, so you can make informed choices without feeling overwhelmed.

Why Diet Matters in Autoimmune Hepatitis

Your liver is a powerhouse—it filters toxins, processes nutrients, and plays a key role in digestion. But with AIH, your immune system mistakenly attacks liver cells, leading to inflammation, scarring (fibrosis), and possible liver damage over time.

A well-balanced, anti-inflammatory diet helps by:

- ✓ Reducing liver inflammation (less strain on your immune system)
- ✓ Supporting detoxification (helping your liver work efficiently)
- ✓ Providing essential nutrients (to fuel healing and energy levels)
- ✓ Balancing gut health (which is closely linked to autoimmune conditions)

Think of it this way: Every meal is an opportunity to either support or stress your liver. Let's focus on foods that nourish and protect.

The Core Principles of an AIH-Friendly Diet

When choosing foods, keep it simple: nourish, not overwhelm. Here are the guiding principles:

1 Prioritize Whole, Nutrient-Dense Foods

Processed foods often contain artificial additives, preservatives, and excess sugar—all of which can trigger inflammation. Instead, focus on:

- ✓ **Fresh vegetables & fruits** – Rich in antioxidants & fiber
- ✓ **Whole grains** – Brown rice, quinoa, millet (vs. white rice & refined grains)
- ✓ **Lean proteins** – Wild-caught fish, organic poultry, plant-based sources
- ✓ **Healthy fats** – Olive oil, avocado, nuts, seeds (avoid trans fats)

Quick Tip: When grocery shopping, stick to the outer aisles—where fresh produce, meats, and whole foods are found.

2 Reduce Inflammatory Foods

Certain foods increase inflammation and make symptoms worse. Here are some common culprits to avoid:

- ✗ **Refined sugars** – Spikes blood sugar & fuels inflammation
- ✗ **Processed foods** – Often high in additives, trans fats, and sodium
- ✗ **Alcohol** – Strains the liver and impairs healing
- ✗ **Dairy** – Can be inflammatory for some people (test your tolerance)
- ✗ **Gluten** – May trigger immune responses in sensitive individuals

Quick Swap: Instead of processed snacks, try homemade trail mix (nuts, seeds, and dried fruit) for a nutrient-rich energy boost.

3 Support Liver Detox Naturally

Your liver naturally detoxifies the body, but certain foods help it function at its best:

- ◆ **Leafy greens** (spinach, kale, arugula) – Rich in chlorophyll, which supports toxin elimination
- ◆ **Beets & carrots** – Help the liver flush out toxins
- ◆ **Garlic & onions** – Boost detox enzymes
- ◆ **Lemon & citrus fruits** – Support digestion & liver enzyme production
- ◆ **Turmeric & ginger** – Potent anti-inflammatory spices

Try This: Start your day with warm lemon water to support liver function.



4 Balance Blood Sugar Levels

Blood sugar spikes increase inflammation, which can worsen AIH symptoms. Keep your levels steady by:

- ✓ **Eating protein with every meal** (prevents sugar crashes)
- ✓ **Choosing complex carbs** (quinoa > white rice, whole fruit > fruit juice)
- ✓ **Avoiding sugary drinks** (opt for herbal tea, infused water)

Bonus Tip: If you're craving something sweet, go for dates or dark chocolate (70% cacao+).

The Best AIH-Friendly Foods to Eat Regularly

Use this go-to list when planning meals:

✓ **Liver-Supporting Foods**

- Leafy greens (spinach, kale, Swiss chard)
- Cruciferous vegetables (broccoli, Brussels sprouts, cauliflower)
- Beets & carrots
- Garlic, onions, leeks
- Citrus fruits (lemon, oranges, grapefruit)
- Nuts & seeds (walnuts, flaxseeds, chia seeds)
- Turmeric, ginger, cinnamon

✓ **Anti-Inflammatory Proteins**

- Wild-caught salmon & fatty fish
- Organic chicken & turkey
- Eggs (if tolerated)
- Lentils, chickpeas, and beans
- Tofu & tempeh

✓ **Healthy Fats**

- Extra virgin olive oil
- Avocados
- Nuts & seeds
- Coconut oil (in moderation)

✓ **Gut-Friendly Foods (for Immune Balance)**

- Probiotic-rich foods (kimchi, sauerkraut, plain yogurt)
- Prebiotic foods (asparagus, bananas, garlic, onions)

AIH Triggers: Foods to Limit or Avoid

Not everyone reacts the same way, but here are common triggers to be mindful of:

- **Ultra-processed foods** – Full of artificial ingredients
- **Fried & greasy foods** – Overloads the liver
- **Refined carbs** – White bread, pastries, sugary cereals
- **Dairy (for some people)** – Can worsen inflammation
- **Alcohol** – Even in small amounts, it's hard on the liver

Experiment & Observe: Keep a food journal for a week and note any symptom changes.

Practical Steps to Start Eating AIH-Friendly Today

You don't need to change everything overnight—small, consistent steps make the biggest difference.

✓ **Step 1: Add more greens** – Sneak spinach into smoothies, swap rice for cauliflower rice

✓ **Step 2: Upgrade your oils** – Ditch vegetable oils, switch to olive or avocado oil

✓ **Step 3: Reduce sugar** – Cut back on sugary snacks, try fresh fruit instead

✓ **Step 4: Plan your meals** – Use this meal plan to remove guesswork

Mini Challenge: Pick one unhealthy food to swap for a healthier option this week!

Final Thoughts: Focus on Progress, Not Perfection

Making dietary changes for Autoimmune Hepatitis isn't about perfection—it's about building habits that nourish your body over time.

Some days will be easier than others, and that's okay! Just remember:

✓ **Every healthy choice is a step toward better liver health.**

✓ **The goal isn't restriction—it's nourishment and balance.**

✓ **Listen to your body, adjust as needed, and keep going.**

Reflection Question: What's one simple change you can make today to support your liver health?

This guide is here to support you—one meal at a time! 

Meal Planning for Success

Meal planning can feel overwhelming, especially when managing Autoimmune Hepatitis (AIH). But having a structured approach removes the daily guesswork and helps you stay on track with nourishing, liver-friendly meals. This section will guide you through why meal planning is essential, how to create a plan that works for you, and how to stay consistent—even when life gets busy.

Why Meal Planning Matters for AIH

When you're managing AIH, what you eat directly affects your energy levels, inflammation, and liver function. The wrong foods can cause fatigue, digestive discomfort, or even flare-ups, while the right ones help support healing and overall well-being.

Here's why meal planning is a game-changer:

- ✓ **Less Stress:** No more last-minute scrambling to figure out what to eat.
- ✓ **Better Nutrition:** Ensures you're eating balanced meals that support your liver.
- ✓ **Saves Time & Money:** A plan means fewer unnecessary grocery trips and less food waste.
- ✓ **Helps Build Consistency:** Sticking to a structured diet is easier when you have a roadmap.

Think of it like this: If you're on a road trip, would you rather drive with a map or just guess which way to go? Meal planning is your map to better health.

How to Create a Meal Plan That Works for You

Step 1: Start with the Basics

A simple formula for AIH-friendly meals looks like this:

- 🥬 **Veggies** (50%) – Leafy greens, cruciferous veggies, and colorful produce
- 🍖 **Protein** (25%) – Lean meats, fish, tofu, beans
- 🍠 **Healthy Carbs** (25%) – Whole grains, sweet potatoes, quinoa
- 🌿 **Healthy Fats** (Moderation) – Olive oil, avocado, nuts

◆ Example Balanced Plate:

- Grilled salmon (protein) + roasted sweet potatoes (healthy carbs) + steamed broccoli & kale (veggies) + drizzle of olive oil (healthy fat)
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This simple balance ensures steady energy, better digestion, and reduced inflammation.

Step 2: Plan for the Week Ahead

Instead of deciding meals day by day, plan at least 5-7 days in advance. Here's a weekly meal planning approach that works:

- 1 Pick 2-3 breakfast options (rotate them throughout the week).
- 2 Choose 4-5 lunch & dinner recipes (double portions for leftovers).
- 3 Add snacks & drinks (smoothies, nuts, herbal teas).
- 4 Make a grocery list (stick to AIH-friendly foods).

◆ Example 3-Day Meal Plan:

- **Day 1:**

- 🥣 Breakfast: Turmeric Chia Pudding
- 🥗 Lunch: Grilled Chicken & Quinoa Salad
- 🍽️ Dinner: Airfryer Salmon with Roasted Brussels Sprouts

- **Day 2:**

- 🍳 Breakfast: Scrambled Eggs with Spinach
- 🥑 Lunch: Avocado & Chickpea Wrap
- 🍲 Dinner: Lentil & Sweet Potato Stew

- **Day 3:**

- 🥤 Breakfast: Berry Smoothie with Almond Butter
- 🥗 Lunch: Mediterranean Chickpea Bowl
- 🍽️ Dinner: Airfryer Tofu Stir-fry with Brown Rice
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🛒 **PRO TIP:** Plan meals with overlapping ingredients to minimize waste. (Example: Buy one bunch of spinach and use it for smoothies, egg scrambles, and salads.)

Step 3: Prep in Advance to Save Time

Spending 1-2 hours on meal prep each week makes daily cooking easier. Here's how:

✓ **Batch Cook Proteins:** Grill or roast chicken, fish, or tofu in advance.

✓ **Chop Veggies:** Pre-cut bell peppers, cucumbers, and carrots for quick salads.

✓ **Make a Big Pot of Grains:** Cook quinoa, brown rice, or millet for the week.

✓ **Prepare Snack Packs:** Portion out nuts, seeds, and dried fruit.

⌚ **Time-Saving Trick:** While one dish is cooking in the Airfryer, prep another on the stovetop.

How to Stick to Your Meal Plan

Even with the best plan, life happens—unexpected events, cravings, or simply a lack of motivation can throw you off. Here's how to stay consistent:

1. Keep It Flexible

Your meal plan should work for you, not stress you out. If a recipe feels too complicated, swap it for something simpler.

◆ Example: No time to make a homemade veggie burger? Have a quick avocado toast with a boiled egg instead.

2. Batch Cook & Freeze Extras

Cooking double portions means less work later. Freeze meals in portions so you always have a backup option.

❄️ Great Freezer-Friendly AIH Meals:

- ✓ Lentil Soup
- ✓ Airfryer Turkey Meatballs
- ✓ Sweet Potato & Black Bean Chili
- ✓ Green Smoothie Packs

3. Use a Meal Tracker to Stay on Course

Writing things down makes habits stick. Use a simple meal journal to track:

- ✂️ What you ate
- ✂️ How you felt afterward (energy, digestion)
- ✂️ Any symptoms or triggers

◆ Example Entry:

- Breakfast: Scrambled eggs & spinach 🌿
- Lunch: Quinoa & avocado bowl 🥑
- Dinner: Baked salmon & roasted veggies 🍷
- Notes: Felt energized, digestion was great!

Final Thoughts: Progress Over Perfection

The goal of meal planning isn't to be perfect—it's to make healthy choices easier and more automatic. Some days won't go as planned, and that's okay. Even small improvements in your diet will add up over time.

💡 Your Challenge:

Pick one meal today and make it AIH-friendly. Write it down, enjoy it, and take the next step tomorrow!

By following these meal planning strategies, you'll feel more in control, reduce food-related stress, and build sustainable habits that support your liver health and overall well-being.

Kitchen Essentials for an AIH-Friendly Diet

When you're managing Autoimmune Hepatitis (AIH), your kitchen setup can make all the difference in making healthy eating easier, more enjoyable, and sustainable. The right ingredients, tools, and strategies will save you time and effort while keeping your meals liver-friendly and delicious. Let's dive into the essential kitchen must-haves that will set you up for success.

Stocking Your AIH-Friendly Pantry

Having a well-stocked pantry means you're always prepared to cook nourishing meals without last-minute grocery runs. Here are the key categories to focus on:

1. Whole Grains & Fiber-Rich Carbs

Healthy carbohydrates help maintain energy levels without triggering inflammation. Keep these AIH-friendly grains and fiber sources on hand:

- ✓ **Quinoa** – A complete protein and easy to digest
- ✓ **Brown rice** – A great alternative to processed grains
- ✓ **Millet** – Gentle on digestion and packed with nutrients
- ✓ **Oats** (gluten-free) – Ideal for a hearty breakfast or baking
- ✓ **Sweet potatoes** – A fiber-rich, liver-supporting alternative to white potatoes

👉 **Tip:** Cook grains in bulk and store them in airtight containers for quick meal assembly.

2. Liver-Friendly Proteins

Protein is essential for maintaining muscle mass and supporting overall health. Opt for clean, anti-inflammatory sources:

- ✓ **Wild-caught salmon & sardines** – Rich in omega-3s, which help reduce liver inflammation
- ✓ **Organic chicken & turkey** – Lean and easy on digestion
- ✓ **Eggs** (pasture-raised if possible) – Full of choline, which helps the liver process fat

✓ **Plant-based proteins:**

- Lentils & chickpeas – High in fiber and protein
- Tofu & tempeh – Fermented and easier to digest
- Hemp seeds & chia seeds – Nutrient-dense and great for smoothies

👉 **Tip:** If you're transitioning to more plant-based meals, try lentil-based pasta or quinoa bowls as a simple protein-packed meal.

3. Healthy Fats & Oils

Not all fats are bad for your liver—some are essential for reducing inflammation and promoting healing. Stock up on these healthy fats:

- ✓ **Extra-virgin olive oil** – The gold standard for heart and liver health
 - ✓ **Avocados & avocado oil** – Great for cooking at high heat
 - ✓ **Coconut oil** – Use in moderation for baking or stir-frying
 - ✓ **Flaxseeds & walnuts** – High in omega-3s to support liver function
- 👉 **Tip:** Avoid vegetable oils like soybean, canola, and sunflower oil, which can be inflammatory.

Essential Spices & Flavor Boosters

Spices not only make food taste amazing, but they also contain powerful anti-inflammatory and detox-supporting properties. Here are the best ones for an AIH-friendly kitchen:

- ✓ **Turmeric** – A liver-loving superstar with curcumin, which fights inflammation
 - ✓ **Ginger** – Supports digestion and boosts immunity
 - ✓ **Garlic** – A natural detoxifier that supports liver function
 - ✓ **Cinnamon** – Balances blood sugar and enhances flavor without added sugar
 - ✓ **Cumin & coriander** – Aid digestion and add depth to meals
 - ✓ **Lemon juice & apple cider vinegar** – Help with digestion and add brightness to dishes
- 👉 **Tip:** Start your morning with a warm cup of water, lemon, and a pinch of turmeric to jumpstart liver detoxification.



AIH-Friendly Refrigerator & Freezer Staples

A well-organized fridge and freezer make it easy to grab healthy ingredients and cook nourishing meals on the fly. Here's what you should always have stocked:

1. Fresh & Frozen Vegetables

Eating a variety of colorful vegetables ensures you get antioxidants and fiber to support your liver. Some top choices include:

✓ **Leafy greens (spinach, kale, arugula)** – High in chlorophyll, which helps detox the liver

✓ **Broccoli, Brussels sprouts & cabbage** – Cruciferous vegetables that promote liver detox

✓ **Carrots & beets** – Loaded with beta-carotene, which helps protect the liver

✓ **Zucchini, bell peppers & cucumbers** – Versatile and hydrating

👉 **Tip:** Buy frozen veggies for convenience—they retain most nutrients and last longer!

2. Fresh & Frozen Fruits

Fruits provide natural sweetness without refined sugar, which is crucial for liver health. Best AIH-friendly fruits include:

✓ **Berries** (blueberries, raspberries, strawberries) – Packed with antioxidants

✓ **Apples** – High in pectin, which helps the body eliminate toxins

✓ **Bananas** – Easy to digest and great for quick energy

✓ **Pineapple & papaya** – Contain enzymes that aid digestion

✓ **Citrus fruits** (lemons, oranges, grapefruits) – Rich in vitamin C for liver detox

👉 **Tip:** Freeze banana slices and berries for quick smoothie prep!

Must-Have Kitchen Tools for Effortless AIH Cooking

The right tools make healthy cooking quicker, easier, and more enjoyable. Here's what every AIH-friendly kitchen should have:



1. Airfryer (Your Secret Weapon!)

✓ **Why?** It allows you to cook crispy, flavorful meals without excess oil, reducing inflammation and keeping meals light yet satisfying.

✓ **Best Uses:**

- Airfryer roasted veggies in minutes
- Crispy salmon or chicken
- Healthy "fries" using sweet potatoes or zucchini

👉 **Tip:** Line the Airfryer basket with parchment paper to reduce cleanup time!

2. Blender or Food Processor

✓ **Why?** Smoothies, soups, and sauces become effortless.

✓ **Best Uses:**

- Green smoothies with detox-friendly ingredients
- Homemade hummus or nut butters
- Blended soups like carrot-ginger or zucchini-basil

👉 **Tip:** Pre-portion frozen fruits in bags for grab-and-go smoothies!

3. Glass Storage Containers

✓ **Why?** Perfect for meal prep and leftovers while avoiding plastic toxins.

✓ **Best Uses:**

- Store pre-chopped veggies for quick meal assembly
- Keep homemade sauces and dressings fresh
- Portion out pre-cooked meals for the week

👉 **Tip:** Use Mason jars for overnight oats, salads, or homemade bone broth storage!

4. Cast Iron or Stainless Steel Cookware

✓ **Why?** Non-toxic, durable, and great for even cooking.

✓ **Best Uses:**

- Sautéing veggies and proteins
- Baking frittatas or casseroles

👉 **Tip:** Avoid non-stick cookware with Teflon, which can release harmful chemicals into your food.

Final Thoughts: Set Yourself Up for Success

By stocking your kitchen with the right ingredients and tools, you make AIH-friendly eating a simple, stress-free habit. Start small—pick one area to focus on each week, whether it's meal prepping grains, switching to healthier oils, or investing in a good blender.

Reflection Challenge:

What's one kitchen swap you can make today to set yourself up for success? Write it down and make it happen! 🚀

Mindset & Motivation: Setting Yourself Up for Success



Taking Control of Your Health, One Meal at a Time

Changing your diet to support your liver and manage Autoimmune Hepatitis (AIH) isn't always easy. There will be days when you feel motivated and in control, and other days when you just want to grab whatever is convenient. That's completely normal! The key is mindset—approaching this meal plan not as a short-term diet, but as a sustainable shift toward better health.

By focusing on progress, not perfection, you'll build habits that make eating for AIH second nature. Small, consistent changes are far more effective than extreme overhauls. If you stick with this plan, you'll not only notice improvements in how you feel, but you'll also gain confidence in making the right food choices long-term.

1. Embracing the 80/20 Mindset

Let's be honest—perfection is unrealistic. Instead of aiming for 100% adherence to this meal plan, give yourself some grace. The 80/20 rule is a practical way to stay on track without feeling deprived:

- ✓ **80% of the time**, focus on nutrient-dense, liver-supporting foods.
- ✓ **20% of the time**, allow yourself some flexibility. If you occasionally eat something outside the plan, don't stress—just return to healthy habits at the next meal.

This approach prevents guilt and burnout while ensuring that most of your meals are nourishing your liver.

💡 **Mindset Shift:** Instead of thinking, “I can't eat that,” reframe it as “I choose foods that make me feel good.”

2. Overcoming Challenges & Staying Motivated

It's natural to face challenges while following a new meal plan. Here's how to tackle some of the most common obstacles:

- ◆ **Lack of Time:** Feeling too busy to prepare meals? Try batch cooking on Sundays or using quick-prep options like overnight oats or Airfryer meals. Keep grab-and-go snacks on hand (like pre-cut veggies and hummus).

- ◆ **Cravings for Unhealthy Foods:** Cravings are normal, but they often pass within 10–15 minutes. Distract yourself with a short walk, drink water, or try a healthy alternative (like swapping fried chips for Airfryer sweet potato crisps).

- ◆ **Eating Out & Social Events:** Look up menus ahead of time and choose AIH-friendly options. If you're attending a gathering, bring a dish you can eat so you won't feel left out.

- ◆ **Energy Dips or Sluggishness:** It can take time for your body to adjust. Stay hydrated, get enough sleep, and make sure you're eating balanced meals with enough protein and healthy fats.

- ✨ **Mini Challenge:** Write down one challenge you expect to face and a solution you'll use to stay on track.

3. Building Lasting Healthy Habits

Creating a habit takes consistency, not willpower. The more you follow this meal plan, the more automatic healthy eating becomes. Try these simple strategies:

- ✓ **Anchor new habits to existing routines** – Example: If you already drink coffee in the morning, add a healthy habit like drinking a glass of water first or eating a protein-packed breakfast.

- ✓ **Meal prep at the same time each week** – Set a designated meal prep time (e.g., Sunday afternoons) so it becomes a routine.

- ✓ **Keep healthy foods visible** – Place fresh fruits and prepped veggies at eye level in the fridge.

- ✓ **Use positive reinforcement** – Celebrate small wins! Each time you complete a week of the meal plan, acknowledge your progress.

- 💡 **Mindset Shift:** Instead of thinking, "I have to follow this plan," tell yourself, "I get to nourish my body with foods that support my health."

4. Tracking Progress & Celebrating Wins

Success isn't just measured by weight or lab results—it's about how you feel. Keep a simple Meal & Mood Journal to track:

- ✓ Energy levels throughout the day
- ✓ How you feel after meals
- ✓ Any changes in digestion or inflammation
- ✓ Sleep quality
- ✓ Overall mood

If you notice positive trends—like more stable energy, fewer flare-ups, or better digestion—celebrate that progress! Small improvements add up over time.

✨ **Mini Challenge:** At the end of each week, write down one thing that's going well. It could be "I tried a new liver-friendly recipe," or "I had more energy in the afternoons." Recognizing wins keeps you motivated!

5. Shifting Your Identity: Becoming Someone Who Eats for Health

The biggest mindset shift comes when you stop seeing yourself as someone who is "on a diet" and start seeing yourself as someone who eats to heal and thrive. Instead of thinking of AIH-friendly eating as restrictive, embrace it as an empowering choice that supports your well-being.

💡 **Mindset Shift:** Rather than saying, "I can't eat that," say, "I choose to eat in a way that supports my body."

When healthy eating becomes part of your identity, it stops feeling like effort and starts feeling like second nature. You are not just following a plan—you are becoming the type of person who naturally fuels their body with foods that help them feel their best.

Final Words of Encouragement

You don't need to be perfect. You don't need to do everything at once. You just need to start.

This 30-day meal plan is here to support you, not stress you out. Take it one meal at a time, focus on progress over perfection, and most importantly—be kind to yourself.

You've got this. 🍋

AIH-Friendly Meal Prep Tips & Strategies



Meal prepping is one of the best ways to stay consistent with your Autoimmune Hepatitis (AIH)-friendly diet. When life gets busy, having meals ready to go means you'll always have a healthy option, reducing the temptation to grab something that might trigger inflammation. In this section, we'll cover simple and effective meal prep strategies that will save you time, energy, and stress, while ensuring your meals are delicious, nourishing, and aligned with your AIH needs.

1. Why Meal Prepping is a Game-Changer for AIH

Managing AIH requires intentional food choices, and meal prep ensures you always have the right foods on hand. Here's why it's a must:

- ✓ **Saves Time & Effort:** Spend a few hours prepping and enjoy stress-free meals all week.
- ✓ **Prevents Poor Food Choices:** When you're tired or in a rush, you won't have to scramble for AIH-safe options.
- ✓ **Supports Liver Health:** Ensures you consistently eat foods that help reduce inflammation and improve liver function.
- ✓ **Reduces Food Waste & Saves Money:** Planning your meals ahead prevents unnecessary purchases and helps you use everything efficiently.

Quick Tip: Think of meal prepping as an investment in your health. A little effort now saves you time, stress, and energy later!

2. The Basics of AIH-Friendly Meal Prepping

If you're new to meal prepping, start with these simple steps:

Step 1: Plan Your Meals

- Pick 3-5 recipes for the week that you can batch-cook.
- Choose versatile ingredients that can be used in multiple meals (e.g., roasted veggies for salads, grain bowls, and sides).
- Balance macronutrients: Include a mix of protein, healthy fats, and fiber-rich carbs to keep blood sugar stable and support digestion.

Example Plan for One Week:

- **Breakfasts:** Chia pudding, scrambled eggs with greens, smoothie packs
- **Lunches:** Quinoa bowls, Airfryer salmon with roasted veggies, lentil soup
- **Dinners:** Chicken stir-fry, zucchini noodles with pesto, baked sweet potato & black bean tacos

Step 2: Make a Shopping List

- List out all ingredients needed for the week.
- Organize by category (produce, protein, grains, spices, etc.) to make grocery shopping easier.
- Include AIH-friendly pantry staples like turmeric, garlic, leafy greens, and healthy fats (olive oil, avocado, flaxseeds).

Pro Tip: Stick to whole, unprocessed foods as much as possible and avoid high-sodium, packaged items.

Step 3: Prep Smart, Not Hard

- **Batch-cook grains** (quinoa, brown rice, millet) and store in portions.
- **Chop and store veggies** ahead of time for quick meals.
- Pre-marinate proteins (chicken, fish, tofu) for easy cooking later.
- **Make a big batch of soups or stews** to freeze for busy days.

Time-Saving Trick: Use an Airfryer to cook veggies and proteins faster while locking in flavor and nutrients!

3. AIH-Friendly Meal Prep Techniques

A. Batch Cooking (Best for Busy Weeks)

Batch cooking is when you prepare large portions of meals at once so you have ready-to-go meals throughout the week.

- **Cook a protein in bulk** (Airfryer chicken, salmon, tofu, or lentils).
- **Roast a variety of veggies** (sweet potatoes, zucchini, carrots, bell peppers).
- **Make a base grain** (quinoa, brown rice, millet).
- **Prepare a dressing or sauce** (olive oil with lemon, tahini dressing, turmeric vinaigrette).

Example: Roast a whole tray of seasoned veggies and chicken in the Airfryer. Use them in different ways:

- **Day 1:** Add to quinoa for a lunch bowl.
- **Day 2:** Toss into a wrap.
- **Day 3:** Mix into a salad with tahini dressing.

B. Freezer-Friendly Meal Prep (For Long-Term Convenience)

Some meals can be prepped and frozen for quick reheating:

- **Soups & Stews:** Freeze in portioned containers.
- **Smoothie Packs:** Pre-portion ingredients in bags and blend fresh.
- **Baked Goods:** Liver-friendly muffins or oat bars can be stored in the freezer.
- **Airfryer-Ready Meals:** Prep veggie patties or marinated proteins that can be cooked straight from frozen.

Best Freezer Foods for AIH: Lentil soup, veggie chili, roasted chickpeas, turkey meatballs, homemade hummus.

4. Quick & Easy Meal Prep Hacks

Even if you don't have time for full meal prep, these small habits make a difference:

- ◆ **Pre-wash & chop veggies** – Store in airtight containers for quick meals.
- ◆ **Make double portions** – Cook extra dinner servings for an easy lunch the next day.
- ◆ **Use the Airfryer to cut cooking time** – Roast veggies or proteins in minutes!
- ◆ **Portion snacks in advance** – Keep nuts, seeds, and fruits ready to grab and go.
- ◆ **Set up a meal prep station** – Designate one kitchen space for chopping and prepping.

Try This: Set a 15-minute timer and see how much meal prep you can get done—small efforts add up!

5. Staying Consistent with Meal Prep

Meal prep works best when it becomes part of your routine. Here's how to make it a habit:

🌱 **Keep it Simple:** Don't overcomplicate things—stick to easy, nourishing meals.

📅 **Set a Prep Day:** Pick one or two days per week to prep food.

⌚ **Start Small:** Begin with prepping just one meal per day (e.g., breakfasts or lunches).

🔄 **Rotate Recipes:** Prevent boredom by trying new recipes every few weeks.

📖 **Track What Works:** Keep a meal log and note which meals you enjoyed the most.

Bonus Tip: Put on a good playlist, podcast, or audiobook while you meal prep—it makes the process more enjoyable!

6. Your Meal Prep Challenge!

Now that you have the tools, let's put them into action!

✓ **Step 1:** Pick three AIH-friendly meals to prep this week.

✓ **Step 2:** Write out a grocery list and plan your prep day.

✓ **Step 3:** Set aside 1-2 hours to prepare ingredients or cook.

✓ **Step 4:** Try using your Airfryer to speed up cooking!

✓ **Step 5:** Reflect on how meal prepping made your week easier.

Let's do this! Prepping even one or two meals ahead can make a huge difference in your energy and well-being. Ready to start? Let's make your AIH meal plan work for you! 🚀



Understanding Liver Detox- Supporting Foods

Your liver is an incredible organ—it filters toxins, processes nutrients, and plays a crucial role in digestion. But when you have Autoimmune Hepatitis (AIH), your liver needs extra support to stay as healthy as possible. The good news? Food can be one of your most powerful tools in promoting liver function and reducing inflammation.

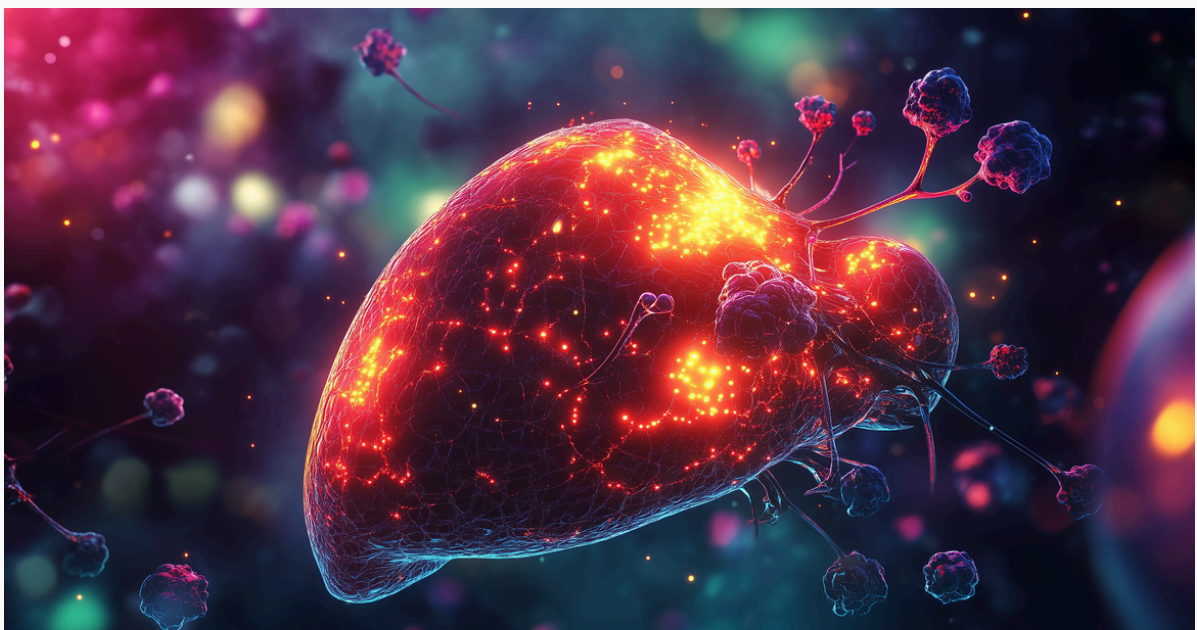
This section will walk you through key liver-friendly foods, how they work, and simple ways to incorporate them into your daily meals.

Why Detox-Supporting Foods Matter

Your liver is constantly working, breaking down everything from the food you eat to environmental toxins. For someone managing AIH, reducing your liver's workload and providing the right nutrients can make a huge difference in energy levels, digestion, and overall health.

Think of your liver as a busy office. If too much paperwork (toxins, processed foods, alcohol, medications) piles up, productivity slows down. But if you bring in a team of efficient assistants (nutrient-dense, anti-inflammatory foods), everything runs smoothly.

The goal is to eat foods that support detoxification while avoiding foods that increase inflammation or strain your liver.



Top Liver-Supporting Foods

Here are some of the best foods to include in your AIH-friendly meal plan:


1. Cruciferous Vegetables (Broccoli, Cauliflower, Brussels Sprouts, Kale)

✓ Why They Help:

- Rich in glucosinolates, which help your liver flush out toxins efficiently.
- High in fiber, which supports digestion and prevents excess fat buildup in the liver.

✓ How to Use Them:

- Roast Brussels sprouts in the Airfryer with olive oil and lemon.
- Add steamed broccoli to your lunch bowl.
- Toss kale into your morning smoothie.

 Pro Tip: Cooking cruciferous veggies lightly (steaming or air-frying) retains their detox properties better than boiling.

2. Leafy Greens (Spinach, Swiss Chard, Arugula)

✓ Why They Help:

- Packed with chlorophyll, which binds to toxins and helps flush them out.
- Provide magnesium and folate, essential for reducing liver inflammation.

✓ How to Use Them:

- Blend spinach into smoothies or soups.
- Use Swiss chard as a wrap for healthy fillings.
- Toss arugula into salads for a peppery, detox-boosting crunch.

3. Beets & Carrots

✓ Why They Help:

- Contain beta-carotene and nitrates, which stimulate liver enzyme activity.
- Improve bile flow, helping your liver break down fats more efficiently.

✓ How to Use Them:

- Roast beets and carrots in the Airfryer with garlic.
- Make a carrot-ginger soup for an anti-inflammatory boost.
- Shred raw beets into salads.

4. Turmeric

✓ Why It Helps:

- Contains curcumin, a powerful anti-inflammatory compound.
- Enhances liver detox enzyme production.
- Supports bile flow, aiding digestion.

✓ How to Use It:

- Add a pinch of turmeric to soups, stews, or teas.
- Sprinkle on roasted vegetables for a golden, earthy flavor.
- Mix with black pepper to enhance absorption (black pepper boosts curcumin's effects by 2,000%!).

 **Pro Tip:** Try a turmeric latte with almond milk and cinnamon for a soothing drink.

5. Garlic & Onions

✓ Why They Help:

- Contain sulfur compounds that activate liver detox enzymes.
- Rich in allicin, a natural liver protector.
- Support the immune system, which is crucial for AIH management.

✓ How to Use Them:

- Sauté garlic in olive oil and drizzle over veggies.
- Add onions to salads, stir-fries, or soups.
- Roast whole garlic cloves in the Airfryer for a mild, caramelized flavor.

6. Berries (Blueberries, Raspberries, Cranberries)

✓ Why They Help:

- High in antioxidants, which protect liver cells from damage.
- Help reduce oxidative stress, which contributes to liver inflammation.

✓ How to Use Them:

- Blend blueberries into smoothies.
- Sprinkle raspberries on yogurt or oats.
- Make a cranberry-chia jam with no added sugar.


7. Healthy Fats (Avocado, Nuts, Seeds, Olive Oil)

✓ Why They Help:

- Contain omega-3 fatty acids, which reduce liver inflammation.
- Help with fat metabolism, preventing fatty liver buildup.

✓ How to Use Them:

- Add avocado to salads or sandwiches.
- Snack on walnuts or almonds.
- Drizzle extra virgin olive oil over roasted vegetables.

 **Pro Tip:** Use olive oil cold or at low temperatures to preserve its health benefits.

What to Avoid for a Healthy Liver

Equally important as what you eat is what you avoid. Certain foods stress the liver and can worsen ALH symptoms. Here are the biggest culprits:

🚫 Highly Processed Foods

- Packaged snacks, fast food, and frozen meals often contain preservatives, additives, and unhealthy fats that overload your liver.

🚫 Refined Sugars & Artificial Sweeteners

- Excess sugar leads to fatty liver buildup, while artificial sweeteners can cause gut imbalances, affecting digestion and liver function.

🚫 Alcohol

- Even small amounts of alcohol can stress the liver and trigger inflammation. It's best to avoid it entirely with ALH.

🚫 Fried & Trans-Fat Foods

- Deep-fried foods and hydrogenated oils contribute to fatty liver and inflammation. Stick to Airfryer cooking with healthy oils instead!

Making Liver-Supporting Foods Part of Your Routine

Now that you know which foods help your liver thrive, here are some simple strategies to make them a daily habit:


- ✓ **Start Small** – If you're new to some of these foods, introduce one new ingredient per week.
- ✓ **Batch Cook** – Roast cruciferous veggies, prep a turmeric smoothie mix, or pre-chop garlic and onions for easy meals.
- ✓ **Flavor First** – Healthy eating doesn't have to be boring! Use herbs, citrus, and spices to keep meals exciting.
- ✓ **Listen to Your Body** – Keep track of how these foods make you feel—do you have more energy? Less bloating? Adjust accordingly!

Final Thoughts

Supporting your liver through food doesn't have to be complicated. By focusing on nutrient-dense, anti-inflammatory, and detox-supporting foods, you can give your liver the help it needs while enjoying delicious, nourishing meals.

Ready to start? In the next section, we'll dive into meal prep strategies that make incorporating these foods easier than ever! 🚀

Airfryer 101: Maximizing Health Benefits



Why the Airfryer is a Game-Changer for AIH-Friendly Cooking

If you're new to using an Airfryer or unsure whether it fits into an Autoimmune Hepatitis (AIH)-friendly diet, let me reassure you—it's one of the best tools you can have in your kitchen.

With AIH, we need to be mindful of inflammation, liver function, and nutrient-dense meals. The Airfryer makes it easier to create delicious, crispy, and satisfying dishes without excessive oil, unhealthy fats, or complicated cooking techniques.

But here's the best part: It's fast, easy to clean, and preserves nutrients better than deep-frying or even some oven-cooking methods. In this section, I'll show you how to get the most out of your Airfryer while ensuring your meals are liver-friendly, nutrient-rich, and flavorful.



1. Health Benefits of Cooking with an Airfryer

Unlike traditional frying or even some oven-cooked methods, the Airfryer offers several health benefits that align with an AIH-friendly diet.

✓ **Less Oil, Fewer Unhealthy Fats**

The Airfryer allows you to achieve crispy, golden textures without deep frying. Instead of submerging food in oil, it circulates hot air around the ingredients, requiring up to 85% less oil.

Why it matters: Too much fat can burden the liver—especially unhealthy trans fats and excessive saturated fats.

✓ **Retains Nutrients**

Overcooking or deep frying can destroy vital nutrients, especially in vegetables. The Airfryer cooks food quickly at high heat, helping preserve antioxidants and vitamins essential for liver health.

Example: Airfried broccoli retains more Vitamin C and sulforaphane, a compound that supports detoxification.

✓ **Reduces Harmful Compounds**

Deep frying at high temperatures creates harmful compounds like acrylamides, which have been linked to inflammation and other health concerns. Airfrying significantly lowers acrylamide formation, making it a safer cooking method.

✓ **Crispy Texture Without the Guilt**

One of the biggest challenges in eating healthier with AIH is feeling deprived of comfort foods. With an Airfryer, you can still enjoy crispy fries, crunchy chicken, and even baked treats—without overloading your liver.

2. Getting Started: Must-Know Airfryer Tips

To get the best results while keeping your meals AIH-friendly, follow these simple but effective tips.

1. Preheat Your Airfryer

Most models take 2–3 minutes to preheat. This ensures even cooking and better texture, especially for vegetables and proteins.


2. Don't Overcrowd the Basket

For perfect crispiness, allow hot air to circulate around the food. If you're making roasted vegetables or fries, shake the basket midway through cooking.

3. Choose the Right Oils

While the Airfryer requires less oil, using the right oils is key.

✓ **Best AIH-Friendly Oils for Airfrying:**

- Extra virgin olive oil (light mist)
 - Avocado oil (high smoke point)
 - Coconut oil (small amounts, great for baking)
-  Avoid processed vegetable oils like soybean or corn oil, as they can contribute to inflammation.

4. Season Smartly

Instead of pre-packaged seasoning mixes (which often contain preservatives and added sugars), make your own blends with liver-friendly spices:

- **Turmeric** (anti-inflammatory, supports detox)
- **Garlic powder** (immune-boosting)
- **Paprika** (rich in antioxidants)
- **Cinnamon** (balances blood sugar)

5. Use Parchment Paper or Silicone Mats for Easy Cleanup

Airfryer baskets can get messy, especially with sticky marinades. Using perforated parchment paper or silicone mats keeps things clean while still allowing airflow.

3. Best Foods to Cook in the Airfryer for an AIH-Friendly Diet

Not everything is ideal for an Airfryer, but here are some of the best AIH-friendly foods you can cook in it.

🥬 Vegetables

The Airfryer makes vegetables taste amazing—crispy on the outside, tender inside, and packed with nutrients.

- Broccoli & Cauliflower – High in sulforaphane, a powerful detox compound
- Brussels Sprouts – Helps flush out toxins from the liver
- Sweet Potatoes – A great fiber-rich, slow-digesting carb

🐟 Protein Sources

Cooking lean proteins in the Airfryer makes them juicy and flavorful without extra fat.

- Salmon & White Fish – Rich in Omega-3s for reducing inflammation
- Chicken Breast & Turkey – High in lean protein for muscle support
- Tofu & Tempeh – Great plant-based options

🌮 Healthy Snacks & Sides

The Airfryer allows you to enjoy classic comfort sides with a healthier twist.

- Zucchini Chips – Crunchy, light, and perfect for snacking
- Airfried Chickpeas – High in fiber & plant protein
- Baked Apple Slices – A natural sweet treat with cinnamon



🍞 Liver-Friendly Baked Goods

Yes, you can bake in your Airfryer!

- Almond Flour Muffins – Low-carb, nutrient-dense alternative to wheat-based muffins
- Banana Oat Cookies – Naturally sweetened with no added sugar

4. AIH-Friendly Airfryer Recipe Ideas

To help you get started, here are two quick and easy AIH-friendly Airfryer recipes.


Airfryer Lemon Herb Salmon (Serves 2)

Ingredients:

- 2 salmon fillets
- 1 tbsp olive oil
- 1 tsp garlic powder
- ½ tsp turmeric
- Juice of ½ lemon
- Salt & pepper to taste

Instructions:

- 1** Preheat Airfryer to 375°F (190°C).
- 2** Rub salmon with olive oil and seasoning.
- 3** Place in the Airfryer basket and cook for 8–10 minutes.
- 4** Squeeze fresh lemon juice before serving.

 **Tip:** Serve with a side of Airfried Brussels sprouts for a liver-boosting meal.

Crispy Sweet Potato Fries (Serves 2)

Ingredients:

- 1 large sweet potato, cut into fries
- 1 tbsp avocado oil
- ½ tsp paprika
- ½ tsp cinnamon
- ¼ tsp salt

Instructions:

- 1** Preheat Airfryer to 400°F (200°C).
- 2** Toss sweet potato fries in oil and seasoning.
- 3** Arrange in a single layer in the Airfryer basket.
- 4** Cook for 10–12 minutes, shaking halfway through.

 **Tip:** Pair with a yogurt-based dipping sauce for added creaminess.

5. Final Thoughts: Making the Airfryer Work for You

The Airfryer is one of the best tools for making AIH-friendly meals quickly, easily, and deliciously. By using the right ingredients, seasonings, and techniques, you can create meals that are liver-friendly, anti-inflammatory, and deeply satisfying.

✓ What's Next?

- Try using your Airfryer at least 3 times this week!
- Experiment with different vegetables and protein options.
- Find a favorite AIH-friendly seasoning blend and use it in multiple meals!

Your liver-friendly Airfryer journey starts now—happy cooking! 🍳🔥

Eating Out & Social Events: Sticking to the Plan

Eating out or attending social events while following an Autoimmune Hepatitis-friendly meal plan might seem tricky, but it's absolutely doable. With a little preparation, smart choices, and the right mindset, you can enjoy meals with friends and family without compromising your health. This section will guide you through strategies to confidently navigate restaurants, gatherings, and unexpected food situations—all while staying true to your goals.

Eating Out: How to Stay AIH-Friendly

Eating at restaurants doesn't have to be stressful. By knowing what to look for and how to modify orders, you can enjoy dining out without worrying about liver health setbacks.



1 Research the Menu in Advance

Before heading to a restaurant, check their menu online. Many restaurants provide ingredient lists or allow customizations. Look for grilled, baked, or steamed dishes, and avoid anything fried or covered in heavy sauces.

What to look for: ✓ Lean proteins (grilled chicken, fish, tofu)

✓ Steamed or roasted vegetables

✓ Whole grains (quinoa, brown rice, sweet potatoes)

✓ Simple salads with olive oil & lemon dressing

What to avoid:

✗ Fried foods, creamy sauces, processed meats

✗ Heavy sodium and artificial additives

✗ Excessive sugar (especially in dressings & condiments)

Pro Tip: If the menu lacks AIH-friendly options, call ahead and ask about modifications. Many restaurants are happy to accommodate dietary needs.

2 How to Customize Your Order

Most restaurants are flexible when it comes to substitutions. Don't hesitate to ask for adjustments!

◆ **Swap the sides** – Replace fries or white bread with steamed veggies or a salad.

◆ **Hold the sauce** – Request dressings and sauces on the side, or opt for olive oil & lemon instead.

◆ **Choose grilled over fried** – A simple but huge change for your liver health.

◆ **Ask about cooking methods** – Request meals cooked without butter or excess salt.

Example:

✖ Instead of: Chicken Alfredo Pasta

👉 Order: Grilled chicken with roasted vegetables & a side of quinoa

3 Hidden Ingredients to Watch Out For

Many dishes sound healthy but contain hidden triggers like sugar, gluten, dairy, or excessive sodium. Here are some sneaky offenders:

✖ **Salad Dressings** – Often loaded with sugar & preservatives. Choose olive oil & lemon.

✖ **Sauces & Marinades** – Soy sauce, BBQ sauce, and creamy sauces often contain sugar and gluten.

✖ **Breads & Wraps** – Many contain refined flour & preservatives. Ask if they have gluten-free options.

✖ **Soup Bases** – Many broths have MSG & artificial additives—opt for clear, homemade-style soups.

Pro Tip: When in doubt, keep it simple—a protein, a veggie, and a whole grain is always a safe bet.

Social Events: Enjoying Gatherings Without Stress

Parties, family gatherings, and holiday dinners can feel overwhelming when you're managing dietary restrictions. But with a little preparation, you can enjoy the event without worry.

1 Eat Before You Go

One of the easiest ways to avoid temptation is to have a small AIH-friendly meal before leaving. This ensures you won't be starving and more likely to eat foods that could trigger symptoms.

Try eating:

- ✓ A smoothie with hemp seeds, banana, and spinach
- ✓ A small bowl of quinoa and roasted veggies
- ✓ A handful of almonds and fresh berries


This keeps your blood sugar stable and makes it easier to pass on foods that might not suit your meal plan.

2 Bring a Dish You Can Eat

If you're attending a potluck or family gathering, offer to bring a dish that aligns with your AIH-friendly diet. This way, you'll have at least one safe option to enjoy.

Easy & crowd-pleasing options:

 **Quinoa & Roasted Veggie Salad** – Toss with lemon & olive oil


 **Airfryer Sweet Potato Wedges** – Season with herbs, no deep-frying needed


 **Lentil & Spinach Soup** – A warming, nourishing option


Pro Tip: Bring extra to share! Most people will love your healthy dish, and it removes awkward questions about your food choices.


3 How to Handle Peer Pressure

Well-meaning family or friends might pressure you to "just have one bite" or make comments about your food choices. Here's how to handle it without discomfort:

 **If someone says:** "Come on, just try this! One bite won't hurt."

 **Your response:** "I wish I could! I've been feeling so much better sticking to my plan, and I really don't want to mess that up."

 **If someone asks:** "Why aren't you eating the cake?"




 **Your response:** "I'm focusing on foods that help me feel my best, but that cake looks amazing—I bet it tastes great!"

Staying positive and lighthearted makes it easier to move the conversation along without conflict.




Alcohol & Beverages: What to Choose

Alcohol is harsh on the liver, so it's best to avoid it altogether if possible. But if you're in a social setting where drinks are flowing, here's how to make the best choices.

Best AIH-Friendly Drinks

-  Sparkling water with lime
-  Herbal tea (iced or hot)
-  Freshly squeezed juice (watch for added sugar)

Drinks to Avoid

-  Cocktails with sugary mixers
-  Beer & dark liquors (high in toxins for the liver)
-  Artificial sodas (high in chemicals & preservatives)

If you feel pressured to drink, hold a sparkling water with a lemon slice—it looks like a cocktail, and most people won't even ask!

Quick Survival Tips for Any Social Situation

- ◆ **Pick your battles** – If you're at a wedding or special occasion, focus on balance rather than strict perfection.
- ◆ **Stay hydrated** – Drink plenty of water before, during, and after the event to help your liver process any off-plan foods.
- ◆ **Move after meals** – A short walk after eating can aid digestion and prevent sluggishness.
- ◆ **Have a recovery plan** – If you eat something that doesn't sit well, go back to simple, nourishing meals the next day (soups, steamed veggies, herbal teas).

Final Thoughts

Eating out and attending social events doesn't have to mean derailing your progress. By planning ahead, making small adjustments, and focusing on balance over perfection, you can enjoy meals and celebrations while still prioritizing your health.

Remember: You're in control. Your health and well-being come first, and with these strategies, you can confidently navigate any dining situation without stress!

AIH Meal Planning FAQs: Common Challenges & Solutions

When starting a meal plan for Autoimmune Hepatitis (AIH), it's normal to have questions and run into challenges. Whether it's time constraints, cravings, or just feeling overwhelmed, I've got you covered with real solutions that fit into your daily routine.

“What if I don't have time to cook every meal?”

This is one of the biggest roadblocks for many people, and I completely understand. Between work, family, and daily responsibilities, cooking three fresh meals a day might seem impossible. But with a few smart strategies, it's entirely manageable.

Batch Cooking Saves Time

Instead of cooking every meal from scratch, prepare big batches of key ingredients at the start of the week.

- **Proteins:** Cook chicken, turkey, or tofu ahead of time and store it in portions.
- **Grains:** Make a big pot of quinoa, brown rice, or millet to use in different meals.
- **Vegetables:** Chop and store pre-cut veggies for quick stir-fries and salads.

One-Pan & Airfryer Recipes

- The Airfryer is a game-changer because it cooks faster and requires less cleanup than traditional methods.
- Sheet pan meals (like roasted veggies and protein) are another quick and easy solution.

Make Freezer Meals

- Double or triple recipes and freeze individual portions for busy days.
- Soups, stews, and Airfryer-baked items like muffins or veggie fritters freeze well and reheat quickly.

 **Try This:** Dedicate one hour on Sundays to prepping meals for the week. You'll thank yourself later!

“What if I don’t like some of the foods in this meal plan?”

No worries! Not every meal or ingredient will be a perfect match for everyone. The key is flexibility.

✓ Swap Ingredients for Similar Alternatives

- Don’t like quinoa? Try brown rice, buckwheat, or millet.
- Not a fan of fish? Substitute with chicken or plant-based proteins like lentils.
- Hate kale? Use spinach or Swiss chard instead.

✓ Focus on the Nutrient, Not the Food

Each food in this plan has a purpose—whether it’s reducing inflammation, supporting digestion, or fueling energy. If you swap an ingredient, make sure the replacement has similar benefits.

✓ Make Simple Adjustments

- Not a fan of smoothies? Turn them into smoothie bowls by thickening with chia seeds.
- Don’t enjoy roasted veggies? Try them steamed or blended into soups.

💡 **Try This:** Keep a “Favorites List” of meals you love. Over time, you’ll create a go-to rotation of AIH-friendly meals that fit your personal taste!

“What if I have cravings for unhealthy foods?”

Cravings are normal—especially when adjusting to a cleaner, liver-friendly diet. Instead of fighting them, let’s find healthier ways to satisfy them.

✓ Craving Something Sweet?

- Swap refined sugar for honey, dates, or mashed bananas in baking.
- Make an Airfryer Apple Crisp with cinnamon and oats.
- Try AIH-friendly dark chocolate (low in sugar, high in antioxidants).

✓ Craving Something Salty?

- Instead of chips, try crispy roasted chickpeas or homemade kale chips.
- Need a crunch? Airfry sweet potato fries with a pinch of sea salt.

✓ Craving Comfort Food?

- Want pizza? Make a gluten-free cauliflower crust pizza.
- Love pasta? Swap it for zucchini noodles or lentil pasta.
- Need a creamy sauce? Use avocado or cashew-based dressings.

💡 **Try This:** Keep healthy snack options available so you’re not tempted by processed foods!

“What if I feel tired or sluggish after meals?”

If you feel low energy or bloated, your body might be telling you something needs adjusting.

✓ Check for Trigger Foods

- Some AIH-friendly foods may still not work for you.
- Common culprits: Gluten, dairy, nightshades (tomatoes, peppers), or excess fat.
- Try eliminating one potential trigger at a time and see how you feel.

✓ Watch Your Portions

- Large meals can be harder to digest and make you feel sluggish.
- Try smaller, more frequent meals instead of three big meals.

✓ Stay Hydrated

- Dehydration can cause fatigue and brain fog.
- Sip on warm lemon water or herbal teas throughout the day.

💡 **Try This:** Keep a Food & Energy Journal to track what meals make you feel your best!

“What if I mess up or eat something off-plan?”

This is a huge concern for many people. But here’s the truth: one meal won’t ruin your progress.

✓ Don’t Be Too Hard on Yourself

- One slip does not mean failure. Just get back on track with your next meal.
- Stressing over food choices can actually worsen inflammation.

✓ Think Long-Term, Not Perfection

- AIH-friendly eating is a lifestyle, not a diet.
- Focus on consistency instead of trying to be “perfect” every day.

✓ Make a Plan for the Next Time

- If you went off-plan, why did it happen? Were you unprepared? Eating out?
- Plan ahead so you have better choices available next time.

💡 **Try This:** After an off-plan meal, drink extra water, load up on leafy greens, and move on. No guilt necessary!

Final Thoughts

Meal planning with Autoimmune Hepatitis isn't about restriction—it's about nourishing your body in a way that makes you feel your best.

✨ Remember:

- You don't have to be perfect—small, consistent changes lead to success.
- Meal prep & smart swaps make eating AIH-friendly meals easier.
- Cravings and setbacks are normal—just keep moving forward.

💡 Action Step:

Write down one small change you'll make this week to improve your meal planning. Even tiny steps matter!

👉 **You've got this!** Keep listening to your body, enjoying your food, and making progress at your own pace. 🚀

How to Use This 30-Day Meal Plan



Welcome to Your 30-Day AIH Meal Plan!

Congratulations on taking the first step toward supporting your liver and overall health through nourishing, balanced meals! This 30-day meal plan is designed to remove the guesswork from eating while managing Autoimmune Hepatitis (AIH).

Instead of stressing over what to cook each day, you'll have a clear, structured plan that prioritizes anti-inflammatory, nutrient-rich foods. Plus, with the help of the Airfryer, meal prep will be faster and easier than ever.


Let's dive into how to make the most of this plan so that you can stick with it, enjoy your meals, and feel your best.

What to Expect from This Plan

This plan is structured for ease, flexibility, and long-term success. Each day includes:

- ✓ **Breakfast** – Light yet nutrient-dense to kickstart digestion and energy levels.
- ✓ **Lunch** – A balanced mid-day meal with fiber, healthy fats, and proteins.
- ✓ **Dinner** – Hearty but easy-to-digest meals for restful sleep.
- ✓ **Daily Tip** – Helpful insights on meal prep, digestion, and staying motivated.

You'll also find weekly shopping lists and meal prep strategies to save you time and energy!

 **Key Reminder:** This plan is not about perfection—it's about progress. Some days may feel easy, while others may be more challenging. That's okay! The goal is to create a sustainable, liver-friendly lifestyle.

How to Follow This Plan Successfully

Here are a few simple ways to stay on track and make the most of your 30 days:


1. Start with Small, Manageable Steps

If making every meal from scratch feels overwhelming, that's normal! Ease into the plan by:

- ✓ Preparing one meal per day from the plan and gradually increasing.
- ✓ Batch-prepping a few key ingredients (like roasted veggies or quinoa) to mix and match.
- ✓ Using the Airfryer for quick, no-fuss meals that save time.

2. Stick to the Core Meal Structure but Customize as Needed


- If you don't like a specific ingredient, swap it out for an AIH-friendly alternative.
- If you're extra hungry one day, increase portions of vegetables and proteins.
- If you're pressed for time, rely on leftovers or quick meals like smoothies.

 **Pro Tip:** Keep a "Favorite Meals List" to track which recipes you love most. That way, you can easily create future meal plans based on what works best for you!

3. Prep Ahead to Make Life Easier

Prepping in advance can save hours in the kitchen. Here's how:

- ✓ Chop vegetables for the week in one go.
- ✓ Cook grains like quinoa or brown rice ahead of time.
- ✓ Batch-cook proteins (like grilled chicken or air-fried tofu) for multiple meals.
- ✓ Use leftovers smartly—yesterday's roasted veggies can become today's salad topping!

 **Meal Prep Challenge:** Choose one day per week (Sunday works great!) to batch-cook a few ingredients. You'll thank yourself later!

Frequently Asked Questions (FAQs) About This Plan

What if I have dietary restrictions or allergies?

No problem! This plan is naturally gluten-free and dairy-free friendly, but you can always modify recipes:

- ✓ Gluten-free? Stick to whole grains like quinoa, millet, or brown rice.
- ✓ Dairy-free? Use coconut yogurt, nut-based cheeses, or nutritional yeast.
- ✓ Vegetarian or vegan? Swap animal proteins for tofu, tempeh, or lentils.

What if I feel bloated or sluggish?

Some people need time to adjust to fiber-rich foods. If you feel bloated:

- ✓ Increase hydration—water helps fiber move through the digestive system.
- ✓ Chew food slowly and mindfully to aid digestion.
- ✓ Reduce raw vegetables and opt for cooked veggies instead.

What if I don't have time to cook every day?

Use the batch-cooking method:

- ✓ Make extra portions to have ready-to-eat leftovers.
- ✓ Use quick recipes like smoothies, soups, and Airfryer meals that cook in minutes.


How to Track Your Progress & Stay Motivated

Small, consistent changes lead to big results! Here are simple ways to track your success:

Keep a Meal & Symptom Journal

Write down:

- ✓ What meals you enjoyed
- ✓ How you felt after eating
- ✓ Any symptoms that improved or worsened

 **Challenge:** At the end of each week, review your journal and note patterns—are there meals that give you more energy? Foods that don't sit well? Adjust accordingly!

Set Weekly Goals


Instead of aiming for perfection, set one goal per week:

- ✓ Week 1: Try at least one new AIH-friendly recipe.
- ✓ Week 2: Meal prep for two days in advance.
- ✓ Week 3: Reduce processed foods and increase whole foods.
- ✓ Week 4: Identify your top 5 favorite meals for long-term planning.


How to Use the Weekly Shopping Lists

Each week, you'll find a shopping list broken down into:


 **Vegetables & Fruits** – Leafy greens, berries, cruciferous veggies.

 **Whole Grains & Legumes** – Quinoa, lentils, brown rice.

 **Proteins** – Lean meats, fish, eggs, tofu.

 **Herbs & Spices** – Turmeric, ginger, garlic, basil.

 **Healthy Fats** – Avocados, nuts, olive oil.

 **Pro Tip:** Stick to the outer aisles of the grocery store, where fresh foods are located, and avoid processed items in the middle aisles!

Final Words: You've Got This!

Starting a new meal plan can feel overwhelming, but you are not alone! This plan was created to make healthy eating simple, practical, and enjoyable. Here's what to remember:

✓ **Progress, not perfection** – One off-day won't ruin your progress!

✓ **Listen to your body** – Adjust portions and meals to suit your needs.

✓ **Celebrate small wins** – Every AIH-friendly meal is a victory!

Before You Start:

👉 Pick 3 meals from the plan that excite you the most.

👉 Write down a personal goal for these 30 days. (Example: "I want to feel more energized in the mornings.")

 **Let's do this!** Your journey to better health starts now!

Week 1

Gentle Detox & Nutrient Loading

This first week focuses on easing your body into the plan, incorporating anti-inflammatory foods, and supporting your liver's natural detoxification process.

Days 1–3: Foundational Meals for AIH Support

Welcome to Your First Three Days!

Congratulations on starting your AIH-friendly 30-day meal plan! These first few days are all about gently introducing your body to nutrient-rich, anti-inflammatory foods that support your liver while keeping meals easy and delicious.

- ✓ **Goal:** Establish a strong foundation with whole, minimally processed foods.
- ✓ **Focus:** Hydration, digestion-friendly ingredients, and balanced nutrients.
- ✓ **Tip:** Keep a food journal to track what meals make you feel best!



17 **Day 1: Starting with Nourishment & Hydration**

Your first day is all about supporting digestion and reducing inflammation with easy-to-digest meals packed with antioxidants and liver-supportive nutrients.

Breakfast: Turmeric Chia Pudding

Turmeric is a powerful anti-inflammatory, and chia seeds provide fiber and healthy fats.

Ingredients:

- 2 tbsp chia seeds
- 1 cup almond milk
- ½ tsp turmeric
- ½ tsp cinnamon
- 1 tsp honey (optional)
- ½ banana, sliced

Instructions:

1. Mix chia seeds, almond milk, turmeric, cinnamon, and honey. Let sit for 10 minutes (or overnight).
2. Stir well, top with banana slices, and enjoy!

Why This Works: Turmeric helps reduce liver inflammation, while chia seeds aid digestion.

Lunch: Airfryer Lemon Herb Salmon with Quinoa Salad

Omega-3s in salmon help lower inflammation and quinoa provides steady energy.

Instructions:

1. Season salmon with lemon juice, olive oil, and herbs.
2. Airfry at 375°F for 8–10 minutes.
3. Serve with a quinoa salad (quinoa + cucumbers + olive oil).

Quick Tip: Double the salmon and save some for tomorrow's lunch!

Dinner: Garlic Roasted Chicken with Sweet Potato Mash

This meal is high in vitamin A & antioxidants, crucial for liver function.

Instructions:

1. Airfry chicken thighs with garlic & herbs at 375°F for 15 minutes.
2. Boil or airfry sweet potatoes, mash with a splash of almond milk.
- 3.

Daily Reminder: Stay hydrated—aim for at least 8 cups of water today!

Day 2: Easing into Routine with Simple, Satisfying Meals

You made it through Day 1! Now, let's continue building momentum with balanced meals that provide steady energy and liver-friendly nutrients.

Breakfast: Green Smoothie with Spinach, Banana & Flaxseeds

A quick, nutrient-packed breakfast that's gentle on digestion.

Ingredients:

- 1 cup spinach
- ½ frozen banana
- 1 tbsp flaxseeds
- 1 cup almond milk
- ½ tsp cinnamon

Instructions:

1. Blend all ingredients until smooth. Enjoy!

Why This Works: Spinach is rich in antioxidants that support liver detoxification.

Lunch: Chickpea & Avocado Lettuce Wraps

This fiber-rich and protein-packed lunch is light but filling.

Instructions:

1. Mash chickpeas with avocado, lemon juice, and cumin.
2. Scoop into romaine lettuce leaves and roll up.

Daily Tip: Meal prep alert! Make extra chickpea mash for an easy snack!

Dinner: Baked Cod with Roasted Brussels Sprouts

Cod is lean and high in protein, while Brussels sprouts support liver detox.

Instructions:

1. Season cod with olive oil, lemon, and garlic. Bake at 375°F for 12 minutes.
2. Airfry Brussels sprouts at 380°F for 10 minutes.

Check-in Question: How do you feel after two days of AIH-friendly meals?

17 **Day 3: Building Comfort & Consistency**

By Day 3, your body is adjusting to nutrient-dense meals, and you may start feeling more energized.

Breakfast: Oatmeal with Almond Butter & Berries

A warm, comforting meal rich in fiber and antioxidants.

Ingredients:

- ½ cup oats
- 1 cup almond milk
- 1 tbsp almond butter
- ½ cup mixed berries

Instructions:

1. Cook oats in almond milk.
2. Stir in almond butter and top with berries.

Why This Works: Oats support gut health, which is crucial for AIH management.

Lunch: Grilled Zucchini Wrap with Hummus

A light, flavorful lunch with healthy fats and plant-based protein.

Instructions:

1. Slice zucchini thinly and grill for 5 minutes.
2. Spread hummus on a whole-grain wrap, add grilled zucchini, and roll up.

Daily Tip: Try prepping hummus in advance to save time!

Dinner: Airfryer Stuffed Peppers with Lentils

A high-fiber, protein-packed meal to keep you full.

Instructions:

1. Cut bell peppers in half and remove seeds.
2. Mix cooked lentils with tomatoes and herbs, stuff into peppers.
3. Airfry at 375°F for 12 minutes.

End-of-Day Reflection: What's your favorite meal so far?

Your First Three Days in Review

🌱 You Did It! You've completed the first 3 days of your AIH-friendly meal plan! Here's what you accomplished:

- ✓ Introduced anti-inflammatory foods to support liver health.
- ✓ Learned quick, delicious Airfryer meals to make meal prep easier.
- ✓ Focused on hydration and digestion-friendly meals.

Next Steps: Preparing for Days 4–7

- Look ahead at the next week's meals and make a shopping list.
- Reflect: Which meals did you love? What would you tweak?
- Stay motivated! Keep checking in with how your body feels.

💡 **Reminder:** Progress, not perfection! Each meal is a step toward better health and balance. Keep going! 🚀

Days 4–7: Strengthening Liver Function with Whole Foods

By now, you're getting into the rhythm of AIH-friendly eating. You've already had a few days of nutrient-dense, anti-inflammatory meals, and you might even be noticing small changes—more energy, less bloating, or better digestion.

Days 4–7 focus on deepening liver support by emphasizing whole foods, healthy fats, and high-fiber ingredients. This week, you'll start seeing more gut-friendly meals, protein-rich options, and powerful plant-based nutrients that help your liver function optimally.

Day 4: Protein & Fiber for Stable Energy

Liver health isn't just about avoiding certain foods—it's about fueling your body with the right balance of protein, fiber, and healthy fats. Today's meals are designed to give you sustained energy while keeping inflammation in check.

✓ **Breakfast: Scrambled Eggs with Sautéed Spinach**


A protein-packed breakfast with iron-rich spinach for better oxygen transport and energy levels.

✓ **Lunch: Quinoa Bowl with Tahini Dressing**

Quinoa is a complete protein (rare for plant foods), and tahini provides healthy fats for satiety.

✓ **Dinner: Airfryer Roasted Cauliflower Steaks with Garlic & Herbs**

Cauliflower contains glucosinolates, which help the liver break down toxins efficiently.

 **Daily Tip:** If you find yourself feeling tired in the afternoon, swap out processed snacks for fiber-rich nuts and seeds—they help maintain stable blood sugar levels.

Day 5: Anti-Inflammatory Powerhouses

Today's meals focus on powerful anti-inflammatory ingredients like turmeric, ginger, and leafy greens. These foods help reduce liver stress and support overall gut health.

✓ **Breakfast: Almond Pancakes with Blueberries**


Almond flour is naturally gluten-free, and blueberries are packed with antioxidants that fight inflammation.

✓ **Lunch: Black Bean & Avocado Salad**

Black beans provide plant-based protein while avocados deliver heart-healthy monounsaturated fats.

✓ **Dinner: Airfryer Sweet Potato Burgers with a Side Salad**

Sweet potatoes are rich in beta-carotene, which supports liver cell regeneration.

 **Daily Tip:** Try adding a sprinkle of turmeric to your meals (or tea!) for an extra liver-boosting punch.

Day 6: Supporting Digestion for a Healthy Liver

Your liver and gut work together—if digestion slows down, toxins can build up in the liver. Today's meals emphasize fermented foods, fiber, and probiotic-rich ingredients to keep everything moving smoothly.

✓ **Breakfast: Millet Porridge with Walnuts & Honey**


Millet is easier to digest than wheat, and walnuts help reduce liver fat accumulation.

✓ **Lunch: Tuna & Cucumber Rolls with Hummus**

A refreshing, high-protein lunch that's light on the digestive system.

✓ **Dinner: Roasted Garlic & Tomato Soup with Lentils**

Lentils are rich in prebiotic fiber, feeding healthy gut bacteria that support the liver.

 **Daily Tip:** Drink warm lemon water in the morning to naturally aid digestion and liver detoxification.

Day 7: Nourishing & Restoring

Your body has spent the past week adjusting to whole, nutrient-dense foods. Today, we're focusing on gentle, nourishing meals that provide vitamins and minerals without overloading digestion.

✓ **Breakfast: Greek Yogurt with Chia Seeds & Honey**


Greek yogurt offers gut-friendly probiotics, while chia seeds provide omega-3s for brain health.

✓ **Lunch: Brown Rice Bowl with Stir-Fried Vegetables**

Brown rice is rich in selenium, which protects liver cells from damage.

✓ **Dinner: Baked Lemon Chicken with Steamed Broccoli**

A light, protein-rich meal with sulfur compounds from broccoli that help flush out toxins.

 **End-of-Week Reflection:** What meals did you enjoy the most? Have you noticed changes in your energy levels?

Key Takeaways from Days 4-7

- Focus on whole foods that naturally support liver detoxification.
- Incorporate anti-inflammatory ingredients like turmeric, ginger, and leafy greens.
- Prioritize fiber-rich meals for better digestion and toxin elimination.
- Listen to your body—take note of which foods make you feel good and which don't.
-

Now that you've completed your first full week, you're ready to build on these habits and continue nourishing your liver with delicious, easy-to-make meals! 🚀

Week 2

Expanding Variety While Staying AIH-Friendly



Days 8-10: Keeping It Fresh & Exciting

You've successfully completed your first week of AIH-friendly meals! 🎉 By now, you should be feeling more comfortable with meal prepping, incorporating liver-supportive foods, and making conscious choices about what fuels your body.

As we move into Days 8-10, we'll focus on introducing more variety while keeping meals simple, delicious, and easy to prepare. This will help you avoid food fatigue and keep your motivation high.

Each day will bring a mix of fresh flavors, Airfryer-friendly meals, and nutrient-packed options that support digestion, energy levels, and overall liver health.

Day 8: Flavorful & Filling Meals

✓ **Breakfast: Scrambled Tofu with Turmeric & Spinach**


- **Why it works:** Packed with anti-inflammatory turmeric, plant-based protein, and leafy greens for liver detox.
- **How to make it:**
 - Sauté ½ cup of crumbled firm tofu in 1 tsp of olive oil.
 - Add ½ tsp turmeric, ¼ tsp garlic powder, and a pinch of black pepper (enhances turmeric absorption).
 - Stir in ½ cup fresh spinach until wilted.
 - Serve with a slice of gluten-free toast.

✓ **Lunch: Airfryer Falafel Bowl with Tahini Dressing**

- **Why it works:** Chickpeas are rich in fiber and protein, helping with digestion and energy.
- **How to make it:**
 - Blend 1 cup canned chickpeas, ¼ cup chopped parsley, 1 garlic clove, ½ tsp cumin, and 1 tbsp oat flour.
 - Form into small patties and Airfry at 375°F (190°C) for 12 minutes.
 - Serve with quinoa, cucumbers, cherry tomatoes, and tahini dressing.

✓ **Dinner: Baked Eggplant Parmesan (Gluten-Free & Dairy-Free)**

- **Why it works:** Eggplant is rich in antioxidants, and baking keeps it light.
- **How to make it:**
 - Slice 1 medium eggplant, coat lightly with almond flour, and Airfry at 375°F for 15 minutes.
 - Layer with sugar-free marinara sauce and top with nutritional yeast for a cheesy flavor.
 - Bake for an additional 10 minutes and serve with steamed broccoli.

 **Daily Tip:** Try making extra falafels and freeze them for quick lunches!

17 **Day 9: Light, Fresh & Nutrient-Dense**

Breakfast: Coconut Chia Pudding with Berries


- **Why it works:** High in omega-3s, fiber, and antioxidants for reducing inflammation.
- **How to make it:**
 - Mix ¼ cup chia seeds with 1 cup coconut milk and 1 tsp honey.
 - Let sit overnight in the fridge.
 - In the morning, top with blueberries, strawberries, and shredded coconut.

Lunch: Mediterranean Chickpea Salad

- **Why it works:** Full of healthy fats and fiber to keep you full and support digestion.
- **How to make it:**
 - Mix 1 cup chickpeas, ½ cup cherry tomatoes, ¼ cup diced cucumber, and ¼ cup red onion.
 - Dress with 1 tbsp olive oil, juice of ½ lemon, and a sprinkle of oregano.
 - Serve over a bed of fresh greens.

Dinner: Airfryer Salmon with Roasted Asparagus

- **Why it works:** Salmon is rich in omega-3s, which help fight inflammation.
- **How to make it:**
 - Season 1 salmon fillet with lemon juice, garlic powder, and a pinch of sea salt.
 - Airfry at 375°F for 8-10 minutes.
 - Serve with Airfryer asparagus and a side of quinoa or brown rice.

 **Daily Tip:** Double your salmon portion and use leftovers for a salad tomorrow!

17 Day 10: Comforting & Nourishing

✓ **Breakfast: Cinnamon Apple Oatmeal with Almond Butter**


- **Why it works:** Oats provide slow-releasing energy, while cinnamon helps regulate blood sugar.
- **How to make it:**
 - Cook ½ cup gluten-free oats with 1 cup almond milk.
 - Stir in ½ tsp cinnamon and ¼ tsp vanilla extract.
 - Top with ½ sliced apple and 1 tbsp almond butter.

✓ **Lunch: Zucchini & Hummus Wrap**

- **Why it works:** This light meal provides fiber and healthy fats without being too heavy.
- **How to make it:**
 - Spread 2 tbsp hummus on a gluten-free wrap.
 - Add sliced zucchini, shredded carrots, and spinach.
 - Roll up and slice in half.

✓ **Dinner: Airfryer Chicken Tenders with Sweet Potato Fries**

- **Why it works:** A fun, comforting meal that's still liver-friendly!
- **How to make it:**
 - Coat chicken tenders in a mixture of almond flour, garlic powder, and smoked paprika.
 - Airfry at 375°F for 10–12 minutes, flipping halfway.
 - Serve with Airfryer sweet potato fries and a side of steamed greens.

 **Daily Tip:** Batch cook sweet potato fries for a quick side dish later in the week!

Reflection & Adjustments

After these three days, take a moment to check in with yourself:

- ✓ Did you enjoy these new flavors?
- ✓ Do you feel more confident in using the Airfryer?
- ✓ Are there any meals you'd like to repeat or modify?

If any meal wasn't your favorite, feel free to swap it with another from previous days. This plan is about flexibility and enjoyment!

By now, you're officially one-third of the way through the meal plan—keep up the great work! 🚀

Days 11–14: Building Sustainable Habits

You're Almost Halfway—Keep Going!

You've made it through the first 10 days of this meal plan, and that's a huge accomplishment! By now, you've likely started noticing changes—maybe you have more energy, better digestion, or fewer cravings.

This next phase focuses on building sustainable habits so that AIH-friendly eating becomes second nature. The goal is to make meal prep easier, introduce more variety, and help you stay on track even when life gets busy.

Day 11: Finding a Routine That Works for You

✓ **Breakfast: Spinach & Mushroom Omelet** with a side of roasted cherry tomatoes

✓ **Lunch: Airfryer Veggie Fritters** with a lemon tahini dip

✓ **Dinner: Grilled Chicken with Quinoa & Roasted Peppers**

Daily Tip: Create a Meal Prep Ritual

Consistency is key! Setting aside a dedicated time for meal prep (even if it's just 30 minutes) makes staying on track so much easier.

💡 **Try This:** Pick one prep day (Sunday works well for many) and use it to chop vegetables, batch-cook grains, or portion out snacks.

Reflection Question: Do you prefer prepping everything in advance, or do you like cooking fresh meals each day?

Day 12: Keeping Meals Exciting

✓ **Breakfast: Berry Smoothie Bowl** topped with chia seeds and walnuts

✓ **Lunch: Roasted Butternut Squash Soup** with a side of air-fried chickpeas

✓ **Dinner: Lentil & Kale Stir-Fry** with turmeric and garlic

Daily Tip: Combat Food Boredom with New Spices

One of the easiest ways to keep meals exciting without extra effort is by switching up your seasonings.

Spice Guide for AIH-Friendly Meals:

✓ **Turmeric:** Anti-inflammatory, pairs well with soups, stews, and eggs

✓ **Cumin:** Supports digestion, great in roasted veggies & lentil dishes

✓ **Cinnamon:** Helps regulate blood sugar, perfect for oatmeal & smoothies

✓ **Ginger:** Soothes digestion, enhances stir-fries and warm drinks

💡 **Try This:** Choose a new spice this week and experiment with it in different meals!

Reflection Question: Which spices or herbs do you enjoy the most?

Day 13: Meal Planning for Busy Days


- ✓ **Breakfast: Peanut Butter & Banana Toast on whole-grain bread**
- ✓ **Lunch: Tuna Salad with Avocado & Cucumber**
- ✓ **Dinner: Airfryer Turkey Meatballs** with a side of roasted carrots

Daily Tip: Have a Go-To Emergency Meal

We all have those days when cooking feels like too much. That's why having a backup meal ready to go can be a lifesaver!

Build Your AIH Emergency Meal Kit:

- Pre-cooked grains (quinoa, brown rice, or millet)
- Protein options (boiled eggs, canned tuna, cooked lentils)
- Chopped vegetables (bell peppers, cucumbers, or spinach)
- Healthy fats (avocado, nuts, or olive oil)

 **Try This:** Identify one meal you can throw together in under 10 minutes and keep those ingredients stocked.

Reflection Question: What's your favorite quick meal when you're short on time?

Day 14: Reflecting on Your First Two Weeks


- ✓ **Breakfast: Baked Oatmeal** with Almonds & Blueberries
- ✓ **Lunch: Chickpea & Tomato Stew** with a side of roasted sweet potatoes
- ✓ **Dinner: Coconut-Crusted Fish** with a side of steamed greens


Daily Tip: Take a Moment to Reflect

You've been following this plan for two full weeks, and that's a huge accomplishment! Let's take a moment to check in with how you're feeling.

Reflection Questions:

- ✓ What meals have you enjoyed the most so far?
- ✓ Have you noticed any improvements in how you feel?
- ✓ Is there anything you'd like to tweak or adjust?

 **Try This:** Take five minutes to jot down your thoughts in a journal or note on your phone.

 **Challenge:** Pick one meal you LOVED from the past two weeks and plan to make it again next week!

Final Thoughts on Days 11–14

This week is all about making AIH-friendly eating work for your lifestyle. You don't have to be perfect—you just need to keep showing up for yourself, one meal at a time.

- ✓ Find a meal prep system that works for you
- ✓ Experiment with new spices to keep things exciting
- ✓ Identify your go-to quick meal for busy days
- ✓ Celebrate your progress—you're doing amazing!

Next Up: In Week 3, we'll focus on portion control, meal prep mastery, and making AIH eating effortless! 🚀

Week 3

Meal Prep Mastery & Portion Control



Days 15–17: Finding Your Routine

You've officially made it to the halfway point of your 30-day meal plan—congratulations! By now, you've established a rhythm with your meals, experimented with new flavors, and started to notice how certain foods make you feel.

This phase of the plan is all about solidifying your routine so that AIH-friendly eating becomes second nature. It's no longer just about following a set plan—it's about making it your own.

This week, we'll continue focusing on variety, balance, and simplicity, ensuring you have go-to meals that fit your lifestyle while keeping your liver nourished.

17 **Day 15: Nourishing & Energizing Foods**

Breakfast: Buckwheat Pancakes with Almond Butter & Berries

- **Why it works:** Buckwheat is naturally gluten-free and rich in antioxidants, making it a great AIH-friendly grain.
- **Quick Tip:** Make extra pancakes and freeze them for an easy grab-and-go breakfast later in the week!

Lunch: Asian-Inspired Tofu Bowl with Brown Rice & Steamed Broccoli

- **Why it works:** Tofu is a plant-based protein powerhouse that's easy to digest, while broccoli supports detoxification.
- **Quick Tip:** Drizzle with a homemade ginger-tahini dressing for extra flavor and liver-boosting benefits.

Dinner: Baked Chicken with Mashed Cauliflower & Sautéed Greens

- **Why it works:** This meal is high in protein and fiber, making it satisfying without being heavy.
- **Quick Tip:** If you don't eat chicken, swap it for baked tempeh or grilled fish.



Daily Reflection:

- How did today's meals make you feel?
- Did any food leave you feeling bloated or sluggish?



Day 16: Strengthening Your Digestive System

Breakfast: Almond Butter & Date Smoothie

- **Why it works:** Dates add natural sweetness and fiber, while almond butter provides healthy fats and protein.
- **Quick Tip:** Add a sprinkle of cinnamon for extra anti-inflammatory benefits.

Lunch: Lentil Wraps with Avocado & Spinach

- **Why it works:** Lentils are a fantastic source of plant-based protein and iron, crucial for liver health.
- **Quick Tip:** Use collard greens or a gluten-free tortilla instead of wheat wraps.

Dinner: Airfryer Herb-Crusted Salmon with Roasted Carrots & Quinoa

- **Why it works:** Salmon is rich in omega-3 fatty acids, which help reduce inflammation and support overall well-being.
- **Quick Tip:** If you're vegetarian, swap the salmon for grilled tofu or chickpeas.



Daily Reflection:

- Are you feeling more energized after meals?
- Have you found any meal-prep shortcuts that make cooking easier?

Day 17: Keeping Meals Simple & Satisfying

Breakfast: Scrambled Eggs with Avocado & Whole-Grain Toast

- Why it works: Eggs are packed with choline, an essential nutrient for liver function.
- Quick Tip: If you prefer plant-based options, swap the eggs for scrambled tofu with turmeric.

Lunch: Roasted Veggie Buddha Bowl with Hummus & Quinoa

- Why it works: A mix of fiber, healthy fats, and protein keeps you full and satisfied without spiking blood sugar.
- Quick Tip: Roast a big batch of veggies at the beginning of the week so you can quickly assemble meals like this one.

Dinner: Coconut Curry with Chickpeas & Brown Rice

- Why it works: Coconut milk contains healthy fats that help with nutrient absorption, while chickpeas provide plant-based protein and fiber.
- Quick Tip: Double the batch and save leftovers for lunch tomorrow!



Daily Reflection:

- What meal today was the easiest to prepare?
- Which one did you enjoy the most?

Meal Prep & Mindset Check-In

At this point, your routine is becoming second nature. You've built a solid foundation of meals you enjoy, and you're learning how to adjust portions and flavors to fit your preferences.

Here are some key things to focus on as you fine-tune your meal routine:

✓ **Keep meals simple.** The best meals are often the easiest to prepare. Focus on whole, minimally processed foods rather than complicated recipes.

✓ **Plan for leftovers.** If you're short on time, double batch meals so you always have something ready.

✓ **Listen to your body.** If a meal makes you feel great, take note. If something leaves you feeling bloated or sluggish, adjust accordingly.

✓ **Make AIH-friendly eating enjoyable.** This is a long-term lifestyle, not a restrictive diet. Experiment with spices, herbs, and different textures to keep things interesting.



Challenge for the Week: Try swapping one meal with a recipe of your own creation using AIH-friendly ingredients. Get creative and have fun with it!


By the end of this phase, you'll feel more confident in meal prepping, cooking, and making adjustments based on your body's unique needs. You're well on your way to turning these healthy habits into a long-term lifestyle! 🚀

Days 18–21: Creating Balanced, Enjoyable Meals

By this stage in the meal plan, you've established a solid foundation of liver-supportive, ALH-friendly meals. You've explored different food combinations, learned about meal prepping, and adapted to a more structured eating routine. Now, it's time to focus on balance and enjoyment—making meals not just nutritious but also satisfying, delicious, and effortless.

This section will guide you through Days 18–21, ensuring your meals remain varied, easy to prepare, and full of flavors you love.

Day 18: Energizing Your Day with Simple, Nutritious Foods

 **Focus:** Quick meals that fuel your body without requiring too much prep.

Breakfast: Millet Porridge with Walnuts & Cinnamon

- Why it's great: Millet is easy to digest, gluten-free, and rich in fiber—a great alternative to oats.
- Quick Prep: Cook millet in almond milk, add cinnamon, and top with chopped walnuts for extra omega-3s and healthy fats.

Lunch: Greek Salad with Airfryer Chickpeas

- Why it's great: Packed with plant-based protein, fiber, and healthy fats from olives and olive oil.
- Quick Prep: Toss cucumbers, tomatoes, red onion, and lettuce with olive oil and lemon juice. Add crispy Airfryer chickpeas for crunch.

Dinner: Garlic Shrimp with Quinoa & Roasted Veggies

- Why it's great: Lean protein, essential minerals, and anti-inflammatory garlic.
- Quick Prep: Marinate shrimp in garlic and lemon juice, air fry for 5–7 minutes, and serve with roasted bell peppers and zucchini.

◆ **Daily Tip:** If you haven't already, prep some extra quinoa—it's a lifesaver for quick meals!

Day 19: Focusing on Fiber & Gut Health

 **Focus:** Incorporating fiber-rich foods for gut health and better digestion.

Breakfast: Blueberry Muffins (Gluten-Free & AIH-Friendly)

- Why it's great: Made with almond flour, flaxseeds, and honey, these muffins support gut health without refined sugar.
- Quick Prep: Bake a batch on the weekend and enjoy them for quick grab-and-go breakfasts!

Lunch: Airfryer Zucchini Fries & Avocado Dip


- Why it's great: Zucchini is easy on digestion, and avocado provides healthy fats to support liver function.
- Quick Prep: Slice zucchini into sticks, coat with almond flour and spices, air fry for 10 minutes. Serve with mashed avocado.

Dinner: Baked Stuffed Peppers with Lentils & Spinach

- Why it's great: Lentils offer protein, fiber, and essential minerals that help reduce inflammation.
- Quick Prep: Sauté onions, spinach, and lentils, stuff into bell peppers, and bake for 20 minutes.

◆ **Daily Tip:** If you struggle with bloating, introduce fiber-rich foods gradually and chew your food well!

Day 20: Protein-Packed Meals for Lasting Energy

 **Focus:** Boosting protein intake to maintain muscle and energy levels.

Breakfast: Protein Smoothie (Banana, Almond Butter & Hemp Seeds)

- Why it's great: Hemp seeds provide a complete plant-based protein source, while almond butter adds healthy fats.
- Quick Prep: Blend banana, almond milk, almond butter, hemp seeds, and a dash of cinnamon.

Lunch: Carrot & Lentil Soup with Cumin


- Why it's great: Lentils and carrots provide iron, fiber, and vitamin A—perfect for immune and liver support.
- Quick Prep: Sauté onions, garlic, and cumin, add lentils and carrots, and simmer for 20 minutes.

Dinner: Airfryer Roasted Tofu with Stir-Fried Vegetables

- Why it's great: Tofu is a plant-based protein that supports muscle health, while veggies add color and antioxidants.
- Quick Prep: Cube tofu, marinate in tamari and sesame oil, air fry for 10 minutes, and serve with stir-fried bell peppers and mushrooms.

◆ **Daily Tip:** Want extra crunch? Coat tofu in a little almond flour before air frying!

Day 21: Comfort Foods Made AIH-Friendly

 **Focus:** Enjoying healthier versions of classic comfort foods.

Breakfast: Overnight Oats with Almond Milk & Chia Seeds

- Why it's great: Chia seeds offer omega-3s and fiber, and oats help with steady energy release.
- Quick Prep: Soak oats in almond milk overnight, top with berries and a drizzle of honey.

Lunch: Avocado Toast on Gluten-Free Bread with Tomato & Basil

- Why it's great: Avocado provides healthy fats, while tomatoes add lycopene, an antioxidant that supports liver function.
- Quick Prep: Mash avocado on gluten-free toast, add sliced tomatoes and fresh basil.

Dinner: Baked Lemon Herb Fish with Sweet Potato Mash

- Why it's great: Fish like salmon or cod are high in omega-3s, which reduce inflammation, while sweet potatoes offer complex carbs and vitamin A.
- Quick Prep: Bake fish with lemon, garlic, and herbs. Mash cooked sweet potatoes with olive oil.

◆ **Daily Tip:** Try batch roasting sweet potatoes so they're ready for quick meals throughout the week!

Bringing It All Together: Reflections & Next Steps

At this stage in the meal plan, you should feel more confident in your food choices, meal prep, and ability to maintain an AIH-friendly diet.

Take a moment to reflect on:

- ✓ Which meals did you enjoy the most?
- ✓ Did any foods seem to cause discomfort?
- ✓ What recipes will you continue to use beyond this plan?
- ◆ Mini-Challenge: Write down three meals from the past 21 days that you want to repeat next week!

Final Thoughts on Days 18–21

By focusing on balance, variety, and enjoyment, you're creating a lifestyle that supports your health long-term.

Even though the 30-day plan is nearing its end, the habits you're building will stay with you far beyond this month. Keep tweaking, adjusting, and finding joy in the foods that nourish you! 🚀

Week 4

Reinforcing Long-Term Healthy Eating




Days 22–24: Mastering Your AIH-Friendly Kitchen

You've made it to the final stretch of this meal plan, and by now, preparing AIH-friendly meals is becoming second nature. The next three days will focus on efficiency in the kitchen, optimizing meal prep, and reinforcing sustainable habits. The goal is to make cooking feel effortless so that eating for your health is something you genuinely enjoy, not a daily struggle.

Day 22: Building Your AIH-Friendly Kitchen Routine

- ✓ Breakfast: Banana Nut Muffins (Airfryer)
- ✓ Lunch: Spinach & Tofu Wrap with Lemon Dressing
- ✓ Dinner: Airfryer Stuffed Peppers with Lentils & Herbs

 **Daily Tip:** "Routine makes everything easier. Set aside 10 minutes today to organize your fridge and pantry for easy access to AIH-friendly ingredients."

Kitchen Routine for AIH-Friendly Living

Creating a smooth kitchen routine means less time spent wondering what to cook and more time enjoying nourishing meals. Here's how to make your cooking process as effortless as possible:

1. Organize Your Kitchen for Efficiency

- Keep your go-to AIH-friendly ingredients in an easy-to-reach space (e.g., quinoa, turmeric, olive oil, fresh veggies).
- Use clear storage containers for meal-prepped ingredients so you can quickly grab and cook.
- Keep a running shopping list to restock essentials before you run out.


2. Batch Cooking for Stress-Free Meals

- Cook a big batch of grains (quinoa, millet, brown rice) at the start of the week.
- Pre-chop vegetables so they're ready to go.
- Double recipes for leftovers that can be frozen or eaten later in the week.

◆ **Small Challenge:** Take a few minutes today to reorganize your fridge and pantry—put the healthiest foods in the most visible spots to encourage better choices!

Day 23: Smart Substitutions & Ingredient Swaps

- ✓ Breakfast: Millet Porridge with Walnuts & Cinnamon
- ✓ Lunch: Black Bean Salad with Avocado & Cumin
- ✓ Dinner: Zucchini Noodles & Pesto with Roasted Chickpeas

 **Daily Tip:** "Not every meal needs to be made from scratch—learn a few simple swaps to keep variety in your diet without added stress!"

Mastering Ingredient Swaps

Eating for AIH doesn't mean you have to feel restricted. Making smart swaps allows you to enjoy your favorite meals in a way that supports your liver.

1. Healthy Carbohydrate Replacements

- Swap white rice → quinoa, millet, or cauliflower rice
- Swap white bread → whole-grain, gluten-free, or sprouted bread
- Swap pasta → zucchini noodles, spaghetti squash, or lentil pasta

2. Protein Enhancements

- Swap red meat → chicken, turkey, tofu, or lentils
- Swap fried proteins → Airfryer-baked versions with a light, crispy coating
- Swap processed meats → fresh, unprocessed alternatives (e.g., homemade turkey patties instead of deli meat)

3. Cooking Oil Adjustments

- Swap butter → extra virgin olive oil or avocado oil
- Swap vegetable oil → coconut oil for baking or sesame oil for stir-fries

Quick Meal Prep Tip: Freezing Individual Portions

One of the best ways to reduce cooking stress is by making freezer-friendly meals. Try:

- ✓ Cooked quinoa or brown rice: Portion into single servings in zip-top bags.
- ✓ Soup or stews: Freeze in individual containers for quick reheating.
- ✓ Bananas & berries: Perfect for smoothies—just toss them in the blender frozen!

◆ **Small Challenge:** Choose one ingredient you frequently use and find a healthier alternative that works for you!

Day 24: Cooking in Less Time Without Sacrificing Nutrition

- ✓ Breakfast: Scrambled Eggs with Roasted Sweet Potato
- ✓ Lunch: Roasted Chickpea Bowl with Lemon Tahini Dressing
- ✓ Dinner: Airfryer Chicken Drumsticks with Steamed Greens

💡 Daily Tip: "Cooking doesn't have to take all day—learn a few time-saving tricks to make meal prep faster and more enjoyable!"

Time-Saving Kitchen Hacks

Busy days happen. But eating well doesn't have to take hours. Here are some quick hacks to reduce cooking time:

1. Use the Airfryer to Cut Down on Cook Time

- Roasted veggies? 10–15 minutes in the Airfryer vs. 40 minutes in the oven.
- Crispy chickpeas? 15 minutes instead of waiting for the oven.
- Baked salmon or chicken? Cuts cooking time in half with perfect results.

2. One-Pan Meals for Minimal Cleanup

- Stir-fries, sheet pan meals, and soups are your best friends for fast, flavorful cooking.
- Try roasting your protein + veggies together on one sheet pan to reduce dishes.

3. Prepping Breakfast the Night Before

- Overnight oats, chia pudding, and pre-made smoothie packs make mornings effortless.
- Hard-boil eggs in advance for quick grab-and-go breakfasts.

◆ **Small Challenge:** Try setting a timer while cooking today—see how quickly you can prepare a full meal!

Final Thoughts: You're Building a Sustainable Routine

These three days focused on mastering efficiency, and by now, you're well-equipped to make meal planning, cooking, and prep a natural part of your lifestyle.

- ✓ You've learned how to keep your kitchen organized.
- ✓ You know how to make smart ingredient swaps.
- ✓ You've picked up time-saving cooking hacks to make healthy eating easier.

As you move into the final days of this plan, take a moment to reflect—what skills or habits have helped you the most? Which ones will you continue using after this 30-day challenge ends?

💡 **Your Turn:** Write down three meal prep strategies you plan to continue using beyond this meal plan!

Final Takeaways from Days 22–24

- 🌟 Organize your kitchen so healthy choices are effortless.
- 🌟 Master ingredient swaps to keep meals interesting without compromising your diet.
- 🌟 Use time-saving hacks like batch cooking, Airfryer shortcuts, and overnight prep.

By applying these skills, you're not just following a meal plan—you're creating a lifestyle that supports your long-term health. Keep going, you're almost at the finish line! 🚀

Week 5


Mastering Meal Planning



Days 25–28: Refining Your Preferences

You're in the final stretch of your 30-day meal plan! By now, you've built a solid foundation of AIH-friendly meals, learned how to balance nutrients, and likely discovered a few favorite dishes.

These last four days are about refining your preferences and making this meal plan work for your long-term lifestyle. Rather than just following a set list of meals, use this time to pay close attention to what your body responds to best.

 **Mini-Challenge:** Over the next four days, take notes on which meals make you feel the most energized and satisfied. This will help you customize your own meal plan moving forward!

Day 25: Balancing Comfort & Nutrition

Even when eating for health, food should still be enjoyable and satisfying. Today's meals offer a mix of comfort food flavors while keeping ingredients AIH-friendly.

✓ **Breakfast: Apple & Nut Butter Toast**


- A simple but nutrient-dense meal that provides fiber and healthy fats.
- Quick Tip: Opt for sprouted or gluten-free bread if you're sensitive to gluten.

✓ **Lunch: Lentil & Quinoa Bowl with Lemon Dressing**

- Lentils provide plant-based protein, while quinoa offers a complete amino acid profile.
- Make It Your Own: Add roasted veggies like zucchini or bell peppers.

✓ **Dinner: Garlic Butter Shrimp with Roasted Asparagus**

- A light but flavorful dish rich in omega-3s and antioxidants.
- Airfryer Option: Roast asparagus and shrimp together for an easy one-pan meal.

 **Daily Tip:** Start thinking about your post-30-day meal routine. Which of these meals would you keep on rotation?

Day 26: Simple & Satisfying Meals

The key to sustaining an AIH-friendly diet is simplicity. Today's meals focus on quick, no-fuss recipes that you can easily replicate.

✓ **Breakfast: Smoothie Bowl with Berries, Almonds & Chia Seeds**


- Packed with antioxidants, fiber, and healthy fats.
- Time-Saving Tip: Pre-portion smoothie ingredients in freezer bags for easy mornings.

✓ **Lunch: Chickpea & Cucumber Salad with Lemon-Tahini Dressing**

- Chickpeas offer protein and fiber, while cucumber adds hydration and crunch.
- Boost It: Add pumpkin or sunflower seeds for extra nutrients.

✓ **Dinner: Baked Falafel Wrap with Garlic Yogurt Sauce**

- Falafel is a great plant-based protein option and is easy to make in the Airfryer.
- Airfryer Hack: Bake falafel at 375°F for 12-15 minutes until golden brown.

 **Daily Tip:** What's one meal from the past 26 days that you'd love to keep as a weekly staple?

Day 27: Nourishing & Wholesome Choices

By now, your body has adjusted to cleaner, anti-inflammatory foods. Today's meals focus on nourishing ingredients that keep you feeling great.

✓ **Breakfast: Oat Pancakes with Cinnamon & Walnuts**


- Oats are gut-friendly and anti-inflammatory, while cinnamon helps balance blood sugar.
- Swap Option: Use buckwheat or millet flour if avoiding oats.

✓ **Lunch: Airfryer Tofu Nuggets with Roasted Sweet Potatoes**

- Tofu is protein-rich, and sweet potatoes provide vitamin A and fiber.
- Crispy Tip: Coat tofu in almond flour before air frying for extra crunch.

✓ **Dinner: Roasted Squash & Black Beans with Cilantro Dressing**

- A simple but fiber-packed, nutrient-dense dish perfect for gut and liver health.
- Alternative: Swap black beans for chickpeas or lentils.

 **Daily Tip:** Think about how you feel physically and mentally compared to Day 1. Any changes in digestion, energy, or mood?

Day 28: Bringing It All Together

You're just two days away from completing the 30-day plan! Now is the time to solidify habits and identify which meals and strategies will work for you long-term.

✓ **Breakfast: Scrambled Eggs with Spinach & Avocado**


- A high-protein breakfast that helps keep blood sugar stable.
- Meal Prep Tip: Hard-boil eggs in advance for a quick grab-and-go option.

✓ **Lunch: Roasted Veggie Bowl with Tahini Drizzle**

- Roasted vegetables provide fiber and essential minerals.
- Make It Your Own: Try using a different grain base, like millet or quinoa.

✓ **Dinner: Herb-Roasted Chicken with Cauliflower Mash**


- A classic comfort meal that's easy to make in the Airfryer.
- Airfryer Method: Roast chicken at 375°F for 20 minutes, flipping halfway through.

 **Daily Tip:** Start thinking about your next steps—what's one habit from this meal plan that you want to commit to beyond Day 30?

Refining Your AIH-Friendly Diet: Final Thoughts

Now that you're near the end of this meal plan, take a few moments to reflect on what you've learned:

- 1 Which meals made you feel your best?
- 2 Which ones were easiest to prepare and fit into your schedule?
- 3 Are there any foods you now prefer to avoid?
- 4 Do you feel more confident in planning AIH-friendly meals?

 **Final Challenge:** Using the meals from the past 28 days, create your own personal AIH meal plan for the next week. Pick your favorite breakfasts, lunches, and dinners and write them down. This will help you transition into maintaining this lifestyle effortlessly.

You're almost there—just two more days to go! 

Days 29–30: Wrapping Up & Looking Forward

You Made It! What's Next?

Congratulations! You've reached the final two days of your 30-day AIH meal plan. This is a major milestone—you've spent an entire month nourishing your body, exploring new flavors, and building sustainable habits that support your liver health.


Now that you're at the finish line, it's time to reflect on your progress, celebrate your success, and plan your next steps. This is about more than just food—it's about creating a lifestyle that helps you feel your best every day.

Day 29: Strengthening Your AIH-Friendly Routine

By now, you've probably found a rhythm that works for you. You've learned which meals keep you feeling energized, how to navigate AIH-friendly eating with ease, and what meal prep strategies save you time.

Your Meals for Day 29

- Breakfast: Yogurt with granola and fresh berries
- Lunch: Lentil soup with warm whole-grain bread
- Dinner: Airfryer-baked salmon with roasted Brussels sprouts


 **Daily Tip:** Start a "Favorite Meals" list to keep track of the recipes you loved most!

Reflecting on Your Journey

Before moving forward, take a few minutes to answer these questions:

- ✓ How do you feel compared to Day 1?
- ✓ Which meals were your absolute favorites?
- ✓ Did you experience more energy, better digestion, or fewer AIH symptoms?
- ✓ What challenges did you face, and how did you overcome them?

Taking the time to reflect on your experience will help you solidify your progress and identify the habits you want to carry forward.


 **Pro Tip:** If certain foods made you feel sluggish or caused discomfort, make a note of them. Over time, you'll develop a personalized AIH-friendly meal plan that works uniquely for you!

Day 30: Transitioning Beyond the Meal Plan

The biggest question now is: What happens next? You've followed a structured plan for 30 days, but how do you ensure these healthy habits stick?

Your Meals for Day 30

- Breakfast: Banana chia pudding with cinnamon
- Lunch: Quinoa stir-fry with chickpeas and roasted veggies
- Dinner: Lemon garlic shrimp with sautéed greens

 **Daily Tip:** Start planning your meals for next week using your newfound knowledge and experience!

How to Maintain Your AIH-Friendly Lifestyle

Now that you've built a foundation, it's time to think about long-term sustainability. Here's how you can continue eating in a way that supports your health:

1. Keep Rotating Your Favorite Meals

- Stick to the meals you enjoyed most while experimenting with new variations.
- Plan your meals one week at a time to stay organized without feeling overwhelmed.

2. Use the 80/20 Rule


- 80% of the time: Stick to AIH-friendly, whole foods that nourish your body.
- 20% of the time: Allow for flexibility and occasional indulgences—without guilt!

3. Continue Meal Prepping for Success

- Set aside a dedicated meal prep day (e.g., Sunday) to make the week easier.
- Keep your pantry stocked with AIH-friendly staples to avoid last-minute unhealthy choices.

4. Adapt the Plan to Your Lifestyle

- Not every week will be perfect—life happens! If you fall off track, don't stress. Just get back to what makes you feel good.
- Adjust portion sizes, cooking methods, and meal schedules based on your personal needs.

 **Pro Tip:** If you're short on time, batch-cook meals and freeze portions for easy, AIH-friendly meals on busy days!

Looking Ahead: Your Next Steps

Now that you've completed this 30-day journey, here are a few ways to keep the momentum going:

1. Customize Your Own Meal Plan


- Mix and match your favorite meals from this book to create your own weekly rotation.
- Use the included meal planning template to structure your meals in a way that works for you.

2. Continue Learning & Expanding Your Recipe Collection

- Try new AIH-friendly cookbooks to keep things fresh and exciting.
- Experiment with different herbs, spices, and global cuisines to expand your palate.

3. Track Your Progress Over Time

- Keep a food journal to identify which meals work best for your body.
- Monitor how your energy levels, digestion, and symptoms change with different foods.

 **Pro Tip:** Use a simple weekly reflection sheet to check in with yourself and make adjustments as needed!

Final Thoughts: You've Got This!

You've taken an incredible step toward better health by following this 30-day plan. More than just a meal plan, this journey has helped you build confidence, gain knowledge, and develop habits that support your well-being.

Remember, this isn't about perfection—it's about progress. You now have the tools to continue eating in a way that makes you feel your best, and you're in complete control of your health journey.

Whenever you need a refresher, come back to this book—it's always here to guide, support, and inspire you. Keep going, keep experimenting, and most importantly, keep nourishing yourself with care.

Here's to your health and happiness—cheers to a future of feeling your best! 🎉

Weekly Shopping Lists

Making Shopping Easy & Stress-Free

I know that meal planning for Autoimmune Hepatitis (AIH) can feel overwhelming—especially when you're unsure what ingredients to buy. That's why I've put together easy-to-follow, categorized shopping lists for each week of the 30-day meal plan. These lists will help you save time, minimize waste, and ensure you always have the right foods on hand to support your liver health.

Here's how to get the most out of these shopping lists:

- ✓ **Shop once per week** to stay organized and avoid last-minute stress.
- ✓ **Stock up on pantry staples** so you always have the essentials.
- ✓ **Use the substitution tips** in case you can't find a specific ingredient.
- ✓ **Batch cook when possible** to make meal prep effortless.

Now, let's dive into the weekly shopping lists!





Week 1 Shopping List

Fresh Produce

- Leafy greens (spinach, kale, arugula) – 3-4 bunches
- Cruciferous vegetables (broccoli, cauliflower, Brussels sprouts) – 2 heads/bags
- Sweet potatoes – 3 medium
- Zucchini – 3 medium
- Bell peppers (red, yellow, green) – 4 total
- Carrots – 4 large
- Avocados – 2
- Lemons – 3
- Bananas – 4
- Berries (blueberries, raspberries, strawberries) – 2 cups
- Apples – 3

Proteins

- Wild-caught salmon – 2 fillets
- Organic chicken breast – 2 lbs
- Ground turkey – 1 lb
- Tofu or tempeh – 1 block
- Eggs – 1 dozen

Whole Grains & Legumes

- Quinoa – 1 cup
- Brown rice – 1 cup
- Lentils – 1 cup
- Chickpeas – 1 can or 1 cup dried
- Oats (gluten-free, if needed) – 1 cup

Pantry Staples & Seasonings

- Olive oil – 1 bottle
- Coconut oil – small jar
- Apple cider vinegar – 1 small bottle
- Turmeric – 1 tsp
- Cumin – 1 tsp
- Garlic powder – 1 tsp
- Black pepper – ½ tsp
- Sea salt – ½ tsp
- Raw honey or maple syrup – 2 tbsp

Dairy & Dairy Alternatives

- Unsweetened almond or coconut milk – 1 carton
- Plain Greek yogurt (or coconut yogurt for dairy-free) – 1 small tub

Substitution Tips

✗ No quinoa? ➡ Use brown rice instead.

✗ Can't find wild-caught salmon? ➡ Try mackerel or sardines for similar benefits.

✗ No chickpeas? ➡ Swap for black beans or lentils.



Week 2 Shopping List

Fresh Produce

- Mixed greens – 3-4 bunches
- Beets – 2 medium
- Asparagus – 1 bunch
- Green beans – 1 cup
- Cucumber – 2 large
- Cherry tomatoes – 1 pint
- Sweet potatoes – 2 medium
- Blueberries – 1 cup
- Oranges – 2
- Apples – 3

Proteins

- Wild-caught cod – 2 fillets
- Free-range chicken thighs – 1 lb
- Eggs – 1 dozen
- Tempeh or tofu – 1 block

Whole Grains & Legumes

- Millet – 1 cup
- Black beans – 1 can or 1 cup dried
- Lentils – 1 cup

Pantry Staples & Seasonings

- Coconut aminos (soy sauce alternative) – 1 small bottle
- Ground ginger – 1 tsp
- Paprika – 1 tsp
- Cinnamon – 1 tsp

Dairy & Dairy Alternatives

- Unsweetened oat milk – 1 carton



Week 3 Shopping List

Fresh Produce

- Kale – 2 bunches
- Collard greens – 1 bunch
- Butternut squash – 1 medium
- Cauliflower – 1 head
- Bell peppers – 3
- Zucchini – 2
- Lemons – 2
- Bananas – 3
- Pears – 2
- Berries – 1 cup

Proteins

- Wild-caught shrimp – 1 lb
- Free-range turkey breast – 1 lb
- Eggs – 1 dozen
- Tofu – 1 block

Whole Grains & Legumes

- Quinoa – 1 cup
- Brown rice – 1 cup
- Lentils – 1 cup

Pantry Staples & Seasonings

- Tahini – 1 small jar
- Apple cider vinegar – 1 small bottle
- Garlic – 2 cloves

Dairy & Dairy Alternatives

- Unsweetened cashew milk – 1 carton



Week 4 Shopping List

Fresh Produce

- Spinach – 3-4 bunches
- Broccoli – 1 head
- Sweet potatoes – 3
- Carrots – 4
- Avocados – 2
- Grapefruit – 1
- Berries – 1 cup

Proteins

- Wild-caught salmon – 2 fillets
- Organic chicken breast – 2 lbs
- Eggs – 1 dozen

Whole Grains & Legumes

- Quinoa – 1 cup
- Black beans – 1 cup

Pantry Staples & Seasonings

- Olive oil – 1 bottle
- Raw honey – 2 tbsp
- Chia seeds – ½ cup
- Ground flaxseeds – ½ cup

Final Tips for Success

- **Stick to the lists** – Having a plan reduces decision fatigue!
- **Plan for substitutions** – No stress if something's unavailable—just swap smartly.
- **Keep it simple** – The more you practice, the easier grocery shopping becomes.

By following these weekly shopping lists, you'll always have the right ingredients on hand to make delicious, liver-friendly meals—without last-minute stress. Happy shopping! 🛒✨

AIH Meal Prep & Tracking Journal

Why Tracking Your Meals Matters

When you're managing Autoimmune Hepatitis (AIH), food plays a significant role in how you feel each day. Some meals will leave you energized and balanced, while others may trigger discomfort or fatigue. Keeping a meal tracking journal helps you recognize patterns, make better food choices, and stay consistent in your AIH-friendly diet.

Think of this as your personal roadmap to discovering what works best for your body. By logging what you eat, how you feel, and any symptoms that arise, you'll start seeing clear connections—making meal planning easier and more intuitive over time.


What to Track in Your AIH Meal Journal


A well-structured meal journal goes beyond just writing down what you eat. It should also capture how your body reacts and any external factors that might affect digestion or symptoms. Here's what to include:


- ✓ **Meals & Snacks:** Write down everything you eat and drink, including portion sizes.
- ✓ **Time of Day:** Noting when you eat can help spot patterns—like feeling sluggish after late-night meals.
- ✓ **Symptoms & Energy Levels:** Did a meal leave you feeling energized or bloated? Track any digestive issues, fatigue, or discomfort.
- ✓ **Mood & Mental Clarity:** Certain foods can affect not just digestion but also mental well-being.
- ✓ **Water Intake:** Staying hydrated supports liver function—track how much water you drink daily.
- ✓ **Sleep Quality:** Poor sleep can trigger inflammation—note if certain foods help or hurt your rest.
- ✓ **Exercise & Activity Levels:** Gentle movement can aid digestion and energy levels—track any workouts or physical activity.


Daily Meal Tracking Template


Here's a simple format for logging your daily meals:


 **Date:** _____


 **Breakfast:** _____


 **Lunch:** _____


 **Dinner:** _____


 **Snacks & Drinks:** _____


 **Water Intake:** _____ cups

 **Meal Timing:** (e.g., "8:00 AM, 12:30 PM, 7:00 PM")

 **How I Felt After Meals:** (e.g., "Energized, sluggish, bloated")

 **Sleep Quality:** (e.g., "Deep sleep, restless")

 **Activity/Exercise:** (e.g., "30-minute walk")

 **Notes:** (Triggers, cravings, digestion changes, etc.)

Weekly Reflection: Spotting Patterns & Making Adjustments

At the end of each week, take 5 minutes to reflect on your journal entries. Ask yourself:

1. Which meals left me feeling my best?
2. Did I notice any food sensitivities or triggers?
3. Did I have more energy on certain days?
4. Am I drinking enough water daily?
5. What changes can I make next week to improve how I feel?

Example:

"I felt great after eating quinoa-based meals but noticed bloating after dairy. Next week, I'll swap dairy for a plant-based alternative."

Meal Prep Journal: Planning Ahead for Success

Tracking what you eat is great, but planning ahead makes sticking to an AIH-friendly diet even easier. A Meal Prep Journal helps you:

- ✓ Save time during busy weekdays
- ✓ Ensure balanced, liver-friendly meals
- ✓ Avoid last-minute unhealthy choices

Example: Weekly Meal Planning Template

Week of : _____

Meal	Planned Recipe	Prep Notes
Monday	Airfryer Salmon & Roasted Veggies	Pre-cut veggies Sunday
Tuesday	Turmeric Oatmeal & Berries	Soak oats overnight
Wednesday	Chickpea Wrap & Avocado	Make hummus in advance
Thursday	Lentil Soup & Sweet Potato Toast	Batch cook soup Tuesday
Friday	Zucchini Noodles & Pesto	Spiralize zucchini ahead
Saturday	Airfryer Chicken & Quinoa	Marinate chicken Friday
Sunday	Mediterranean Bowl	Pre-chop ingredients



Bonus: AIH-Friendly Food & Symptom Tracker

If you're new to tracking symptoms, use this food sensitivity tracker to spot possible triggers:

Food Category	Specific Food	Reaction? (Y/N)	Symptoms Experienced
Dairy	Yogurt	N	-
Gluten	Whole Wheat Bread	Y	Bloating, fatigue
Legumes	Chickpeas	N	-
Fats	Olive Oil	N	-
Sugars	Honey	Y	Headache


Over time, you'll see clear patterns in how your body reacts to different foods, helping you fine-tune your AIH-friendly diet.

Final Thoughts: Making Meal Tracking a Habit

Tracking your meals doesn't have to feel like a chore. Keep it simple, quick, and consistent by:

- ✓ **Using a notebook or an app**—choose what works best for you.
- ✓ **Spending just 2–3 minutes daily** writing down meals & symptoms.
- ✓ **Being honest with yourself**—your journal is a judgment-free zone!
- ✓ **Adjusting as you learn**—this is about progress, not perfection.

Over time, you'll gain a deeper understanding of how food affects your body, making meal planning second nature.

Remember: You're not just tracking meals—you're learning how to fuel your body for health, energy, and balance. Keep going! 

Adapting the Plan

Customization Options

By now, you've got a solid foundation for following this 30-day meal plan, but life doesn't always fit neatly into a schedule. Maybe you have specific dietary needs, prefer different flavors, or want to adapt meals based on how you're feeling. That's perfectly okay! The key to long-term success is flexibility—adjusting the plan so it works for you rather than the other way around. In this section, I'll walk you through easy ways to customize meals without compromising your health goals.

Swapping Ingredients for Dietary Preferences

Everyone has different food preferences or dietary restrictions, and that shouldn't stop you from enjoying delicious, AIH-friendly meals. Here's how to make simple swaps:

Gluten-Free Options

Many people with autoimmune conditions feel better avoiding gluten. Luckily, this plan already minimizes gluten, but if a recipe calls for:

- Whole wheat pasta → Swap with chickpea, lentil, or brown rice pasta.
- Soy sauce (contains wheat) → Use tamari or coconut aminos.
- Flour-based thickener in sauces → Try arrowroot powder or tapioca starch.

Dairy-Free Substitutions

Dairy can be inflammatory for some people, so if a recipe calls for:

- Greek yogurt → Use coconut or almond yogurt.
- Cheese → Try nutritional yeast or cashew-based cheese.
- Milk → Replace with almond, oat, or coconut milk.

Vegan & Plant-Based Adjustments

You can easily modify this plan to be completely plant-based while still getting enough protein:

- Eggs → Replace with flax or chia "eggs" (1 tbsp ground flax + 3 tbsp water).
- Chicken/turkey → Swap with lentils, chickpeas, or tempeh.
- Fish → Use jackfruit, heart of palm, or tofu for similar textures.

Low-Carb or Keto Adjustments

If you're looking to reduce carbs, here are easy tweaks:

- Quinoa or rice → Swap with cauliflower rice.
- Legumes → Replace with zucchini noodles or spaghetti squash.
- Sweet potatoes → Try roasted radishes or turnips.

Adjusting Meals for Energy Levels & Symptoms

Your energy levels may fluctuate throughout the month, and certain foods might sit better (or worse) depending on how you're feeling. Here's how to adjust:

On Days You Feel Fatigued

Some days, cooking a full meal feels exhausting. That's normal. Instead of skipping meals, try:

- Prepping ahead: Make extra portions on a good day and store them in the fridge/freezer.
- Keeping it simple: Choose one-pot meals or smoothies for easy digestion.
- Prioritizing protein & healthy fats: These provide longer-lasting energy than carb-heavy meals.

On Days You Have Digestive Issues

If you're experiencing bloating, nausea, or discomfort:

- Choose easy-to-digest foods: Steamed veggies, blended soups, and simple grains (quinoa, millet).
- Reduce fiber temporarily: Avoid raw greens, beans, or cruciferous veggies (broccoli, cabbage) until symptoms ease.
- Stick with gentle proteins: Eggs, white fish, or tofu instead of heavier meats.

When You're Feeling Great

On days when you feel energetic, use that time to:

- Batch cook meals for later (freeze soups, marinate proteins).
- Try new recipes that require a little more prep.
- Load up on nutrient-dense foods like colorful veggies, nuts, and seeds.

Flavor & Texture Modifications

If you're someone who loves bold flavors or prefers milder tastes, you can easily tweak recipes:

✓ **Making Meals More Flavorful**

If you find meals too bland:

- Add fresh herbs like basil, cilantro, or mint.
- Use more spices (turmeric, cinnamon, smoked paprika) for depth.
- Try acid for brightness – a squeeze of lemon or apple cider vinegar can elevate flavors.

✓ **Adjusting Textures**

If you dislike a certain texture:

- Prefer crunch? Roast veggies instead of steaming.
- Like softer foods? Blend soups, mash sweet potatoes, or use creamy dressings.

Time-Saving & Convenience Adjustments

Let's be honest—not every day allows for full-on cooking. If you're busy, here's how to keep things simple:

✓ **Shortcuts for Meal Prep**

- Pre-chop veggies and store them in airtight containers for the week.
- Use pre-cooked grains like frozen quinoa or microwavable brown rice.
- Make double portions – leftovers save you time!

✓ **Store-Bought AIH-Friendly Foods**

When you're short on time, look for:

- Pre-washed salad greens for quick meals.
- Frozen wild-caught fish for easy protein options.
- Unsweetened nut butters & hummus as instant snack add-ons.

Keeping Meals Interesting: Rotation & Seasonal Adjustments


Eating the same thing every week can get boring, so make use of seasonal produce and ingredient swaps:

- **Summer:** Light salads, grilled veggies, fresh herbs.
- **Winter:** Hearty soups, warm spices, root vegetables.
- **Spring/Fall:** Transitional meals like warm grain bowls and roasted squash.

You can also swap meals in the 30-day plan! If you love a specific recipe, feel free to repeat it more often. If there's a meal you don't enjoy, replace it with one from another week.

Final Takeaway: The Plan is YOURS to Make Work for You

At the end of the day, this meal plan is a guide, not a rulebook. You should feel empowered to tweak it based on your tastes, lifestyle, and energy levels. The most important thing is consistency—even small, daily changes will support your health in the long run.

So go ahead—make it your own, enjoy your meals, and celebrate every small win along the way! 

FINAL THOUGHTS & NEXT STEPS

Celebrating Your 30-Day Progress

You Did It! A Month of Positive Changes

Congratulations! You've completed 30 days of AIH-friendly eating, and that's no small achievement. Whether you followed the plan perfectly or had a few bumps along the way, what matters most is that you've taken intentional steps toward better health.

At the beginning of this journey, meal planning and eating for Autoimmune Hepatitis may have felt overwhelming. But now? You have 30 days of experience making nourishing choices, trying new recipes, and learning how food affects your body. That's worth celebrating!

Let's take a moment to reflect on your progress, acknowledge the benefits you may already be feeling, and look ahead to what's next.

Signs of Progress: What You Might Be Experiencing

After a month of consistently eating nutrient-dense, liver-friendly meals, you might be noticing:

- ✓ **More Energy** – Many people report feeling less fatigue after cutting out inflammatory foods.
- ✓ **Better Digestion** – Bloating, discomfort, or irregular digestion may have improved.
- ✓ **Reduced Brain Fog** – Stable blood sugar and liver-supportive nutrients can help with mental clarity.
- ✓ **Fewer Flare-Ups or Symptoms** – While AIH is complex, diet plays a major role in reducing inflammation.
- ✓ **More Confidence in Meal Prep** – Cooking for your health now feels easier and more intuitive.
- ✓ **Greater Awareness of Food's Impact** – You're more in tune with how different foods make you feel.

Take a moment to write down what's changed for you. Even small improvements matter. Over time, these benefits add up!

Reflection Exercise:

- What positive changes have you noticed in your body?
- What's one habit from this plan you want to continue?
- How has your relationship with food changed over the last 30 days?

Overcoming Challenges: Give Yourself Grace

If you had difficult days during this journey, that's completely normal. Maybe you:

- Struggled with cravings.
- Had moments where you reverted to old habits.
- Found it hard to stay consistent when life got busy.

Guess what? That's okay. Progress isn't about perfection—it's about long-term consistency.

If you had setbacks, here's what to do:

✓ **Acknowledge them without guilt.** One less-than-ideal meal won't undo your progress.

✓ **Identify triggers.** Did stress, social events, or lack of prep time throw you off?

✓ **Learn from the experience.** What can you do differently moving forward?

This meal plan wasn't about strict rules—it was about learning what works for you. Every challenge was an opportunity to gain insight into your habits and refine your approach.

What Comes Next? Keep Up the Momentum

Now that you've completed 30 days, you might be wondering: What do I do now?

Here are three ways to maintain your progress:

1. Keep Using Your Favorite Recipes & Routines

Not every meal from this plan needs to stay in your routine, but some probably stood out as favorites. Identify the meals you enjoyed the most and repeat them regularly.

- ✓ Make a list of go-to breakfasts, lunches, and dinners.
- ✓ Continue meal prepping if it helped you save time and reduce stress.
- ✓ Stick to a grocery shopping routine to ensure you always have AIH-friendly foods on hand.

2. Customize Your Own Meal Plans

Now that you've seen how structured meal planning can help, you can create your own customized plans using the AIH-friendly foods and principles you've learned.

Here's how to do it:

- ◆ Choose 3-5 breakfast options you love and rotate them.
- ◆ Plan simple, balanced lunches and dinners with a protein, healthy fat, and fiber.
- ◆ Keep healthy snacks ready to go (nuts, fresh fruit, homemade energy bites).
- ◆ Stay flexible—adjust portion sizes and ingredients based on how you feel.

Pro Tip: If a full 30-day plan feels like too much to manage long-term, try planning just one week at a time instead!

3. Continue Listening to Your Body

The most important thing you've gained from this plan isn't just recipes—it's a deeper understanding of how food affects you.

- What meals gave you the most energy?
- Which foods triggered bloating or discomfort?
- How did different eating patterns impact your mood or sleep?

Moving forward, use this awareness to fine-tune your diet. Your body is always giving you feedback—keep listening!

A Few Final Words of Encouragement

You've come a long way in just one month. Whether you noticed major improvements or just small shifts, what matters most is that you've taken action toward better health.

🚀 You've proven that eating well for AIH is possible.

❤️ You've built habits that will serve you for years to come.

🎯 You have the knowledge to make informed choices about your health.

And most importantly: this isn't the end—it's just the beginning.

Keep making choices that support your health. Keep experimenting, learning, and adjusting as needed. Most of all, celebrate how far you've come!

Final Thought: What's one small step you can take today to continue your journey? 💡 Write it down and commit to it!

🌟 **You've got this.** 🎉

Congratulations! You've Completed the 30-Day AIH Meal Plan

Take a moment to recognize your achievement. You've just spent an entire month nourishing your body with foods that support your liver, reduce inflammation, and help you feel your best. That's no small feat!


But the journey doesn't stop here. The real goal is sustainability—finding a way to keep these healthy habits going long after this 30-day plan ends. Let's explore how to continue building on your success and making AIH-friendly eating a lifelong practice.

1. Keep the Momentum Going

You now have 30 days of balanced, nutritious meals under your belt. You've tried new recipes, discovered foods that make you feel good, and built a routine around healthy eating. Now, ask yourself:

- ✓ Which meals did you enjoy the most?
- ✓ What meals were easiest to prepare?
- ✓ Did you notice any foods that triggered symptoms?
- ✓ How do you feel compared to before you started?

Take a few minutes to reflect on what worked best for you. The key to long-term success is customizing your approach based on what you've learned about your body.

 **Pro Tip:** Save your favorite meals in a dedicated journal or meal planner. That way, you can easily revisit them whenever you need inspiration!

2. Create Your Own AIH-Friendly Meal Plan

Now that you're familiar with AIH-friendly eating, try designing your own weekly meal plans based on what works best for you. Here's a simple way to do it:

Step 1: Pick Your Core Meals

- Choose 3-4 breakfast options you love (e.g., turmeric chia pudding, scrambled eggs with spinach).
- Pick 4-5 go-to lunches (e.g., quinoa salad, grilled fish with roasted veggies).
- Select 5-6 dinner favorites (e.g., air-fried chicken with sweet potato mash, zucchini noodles with pesto).

Step 2: Plan for Variety

- Rotate different proteins (chicken, fish, legumes).
- Switch up vegetables based on what's in season.
- Experiment with new flavors to keep meals exciting.

Step 3: Prep in Advance

- Batch-cook grains and proteins for the week.
- Chop vegetables ahead of time.
- Store meals in portioned containers for quick access.

 **Pro Tip:** Use the weekly meal planning template included in this book to make meal prep effortless!

3. Adjusting the Plan for Your Needs

No two people experience AIH the same way. As you continue your journey, you might find that some foods work better for you than others. That's completely normal! Here's how to adjust your diet based on your body's signals:

- ✓ **If you need more energy:** Increase healthy fats (avocados, nuts, seeds).
- ✓ **If you experience bloating:** Reduce high-fiber foods and reintroduce them gradually.
- ✓ **If you're craving sweets:** Stick to natural sweeteners like honey or dates in moderation.
- ✓ **If you're short on time:** Focus on batch cooking and simple, 5-ingredient meals.

The key is to listen to your body and make small tweaks based on what makes you feel best.

4. Dealing with Setbacks & Staying Motivated

Let's be honest—life happens. There will be days when you don't feel like cooking, forget to meal prep, or just crave comfort foods that might not be AIH-friendly. That's okay! The important thing is not to dwell on setbacks but to get back on track as soon as possible.




Here's how to stay motivated even when things get tough:

- ✓ **Keep AIH-friendly snacks on hand.** This helps prevent impulsive choices when hunger strikes.
- ✓ **Follow the 80/20 rule.** Aim for 80% nutrient-dense foods and allow yourself some flexibility.
- ✓ **Focus on progress, not perfection.** One imperfect meal doesn't erase all your hard work!
- ✓ **Remind yourself why you started.** Think about how much better you feel compared to before.

💡 **Pro Tip:** If you ever feel stuck, revisit the "Meal Prep & Motivation" section of this book for extra encouragement!

5. Expanding Your AIH-Friendly Recipe Collection




By now, you've mastered a handful of delicious, liver-friendly meals—but why stop there? Keep things exciting by trying new AIH-friendly recipes each week. Here are some ways to expand your repertoire:


-  Follow AIH-friendly food bloggers for fresh meal ideas.
-  Invest in additional AIH cookbooks to keep things varied.
-  Modify your favorite traditional recipes using AIH-approved ingredients.

If you loved the Airfryer recipes in this book, consider exploring my AIH Comfort Foods Made Healthy in the Airfryer cookbook for even more easy, delicious, and guilt-free meal ideas!

6. Building a Support System

Staying consistent is much easier when you have a community supporting you. Consider:

-  Joining an AIH support group to connect with others on the same journey.
 -  Cooking with family & friends to make meal prep fun.
 -  Sharing your journey online to inspire others and stay accountable.
- Having people who understand your challenges can make all the difference in sticking with your new habits!

 **Pro Tip:** If you have a favorite AIH-friendly meal, share it with someone you love—it's a great way to build support while spreading awareness.

7. What's Next? Taking the Next Step in Your Health Journey

Now that you've completed this 30-day plan, you're ready to take the next step in your health journey. Here are some ideas:

- ✓ Revisit the meal plan and repeat your favorite weeks.
- ✓ Challenge yourself to create a full week of custom AIH-friendly meals.
- ✓ Explore other areas of wellness, such as stress management and gentle exercise.

Most importantly, remember: You are in control of your health. Every meal, every choice, and every small habit you build is a step toward feeling your best.

Final Words: You've Got This!

I hope this book has made your journey with AIH-friendly eating easier, more enjoyable, and more sustainable. You've proven to yourself that you can take control of your health, one meal at a time.

If you ever need a refresher, come back to this book—it's always here for you. Keep experimenting, keep learning, and most importantly, keep nourishing yourself with love and care.

Here's to your health and happiness! 🎉🚀