



Family Dietary Needs Information

One of the challenges of making changes to your diet can be figuring out how to eat when you are traveling, attending a conference, or visiting friends and family. We were inspired by one of our patients to put together the attached form for you to use as you see fit for you and your family. Feel free to make changes to it as appropriate for your needs. We have also included a sample below of the types of information that might be helpful to include on the form. Please let us know if you would like an electronic copy of this form and we can email it to you.

Name: Sample Family Member
Known Food Allergies and/or Foods I Cannot Eat
<ul style="list-style-type: none">• Soy• Eggs• Gluten—Please be aware of cross-contamination with gluten. For example, do not touch Sample’s foods with a utensil or cooking surface that has touched gluten since it was last washed, e.g. a section of the grill that had a bun on it.• Dairy• Processed sugar
What I Can Eat
<ul style="list-style-type: none">• Meat, fish, shellfish• Vegetables and fruits• Brown rice noodles or brown rice crackers• Sweet potatoes, squash, plantains, and cauliflower (for filling starches)• Herbs and spices• Sweeteners: Maple syrup, honey, coconut sugar, maple sugar• Fats: bacon fat, olive oil, coconut oil, avocado oil
What Work’s Best for My Meals
<ul style="list-style-type: none">• Meat, sweet potato or cauliflower (roasted or fried in bacon fat, or a baked sweet potato), and vegetables (preferably including at least one green vegetable)• Sample Breakfast or Lunch –Bacon or leftover meat from dinner, sweet potato (left over from the night before is fine), vegetables and/or salad (no dressing) and Avocado is always great, too – nice and filling!

Helpful Tips and Strategies for Feeding Me

- Breakfast can be like any other meal. A meal of cold leftovers works great, as long as there is enough filling food to last the morning.
- The biggest challenge for Sample is feeding her enough food – and enough fat – to keep her satisfied. That’s why sweet potatoes (especially fried or roasted, because of the fat) and avocados are helpful.
- Helpful tips for feeding Sample:
 - Roast, fry, or bake 2-3 sweet potatoes for dinner and then she will have enough to eat one for dinner, breakfast, and lunch
 - Vegetables can be roasted with bacon fat, coconut oil, or olive oil with a little salt and pepper
 - Avocados on salads or on the side with meals
 - Use leftovers of meat for breakfast or lunch
 - No dressings on salads
- Lunch can be as easy as putting meat, sweet potatoes, veggies, and salad in a lunch box.
- Nuts and fruit make a good snack.
- Water is the best beverage option for Sample.
- Another option for meals is to order premade food from Paleo On The Go (paleoonthego.com). Most of the “AIP Friendly” items on their website will work for Sample.

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There are members of our family that have specific dietary needs and food allergies. Please review this important information for help with our meal preparation. Please note that these are health-related needs. If you have any questions or would like additional information, please call or email

_____ at _____ or _____.

Thank you for your help and we appreciate your attention to these details!

Name: (Insert family member name here)
Known Food Allergies and/or Foods I Cannot Eat
<ul style="list-style-type: none">• (Insert any food allergies or foods this family member cannot eat.)•••••
What I Can Eat
<ul style="list-style-type: none">• (Insert list of foods this family member is able to eat and prefers.)•••••
What Work's Best for My Meals
<ul style="list-style-type: none">• (Insert meal ideas for this family member.)•••••
Helpful Tips and Strategies for Feeding Me
<ul style="list-style-type: none">• (Insert tips and strategies for feeding this family member.)••••

Name: (Insert family member name here)

Known Food Allergies and/or Foods I Cannot Eat

- (Insert any food allergies or foods this family member cannot eat.)
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What I Can Eat

- (Insert list of foods this family member is able to eat and prefers.)
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What Work's Best for My Meals

- (Insert meal ideas for this family member.)
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Helpful Tips and Strategies for Feeding Me

- (Insert tips and strategies for feeding this family member.)
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