

AIP PROTEIN GUIDE

Autoimmune Protocol Compliant Food List

LAND POULTRY

- Chicken Breast, Thighs
- Turkey Ground, Whole
- Duck Breast
- Quail Whole

RUMINANT MEATS

- Beef Grass-fed preferred
- Lamb Chops, Shank
- Bison Steak, Ground
- Venison Roast

SEAFOOD & FISH

- Salmon Wild-caught
- Sardines In water/brine
- Mackerel Fresh/Canned
- Shrimp & Scallops Plain

ORGAN MEATS

- Beef Liver Nutrient Dense
- Chicken Hearts High Zinc
- Tongue Slow Cooked
- Sweetbreads Pan-seared

ELIMINATION PHASE: AVOID

- All Dairy Milk, Cheese, Yogurt, Whey
- Legumes Beans, Lentils, Soy, Peanuts
- Eggs Whites & Yolks
- Nuts & Seeds All varieties & Seed-based spices

TEMPLATE ONLY Æ CONSULT A MEDICAL PROFESSIONAL BEFORE DIETARY
CHANGES