

AIP PALEO DIET REFERENCE CHART

Autoimmune Protocol Guide

- Grass-fed Beef & Lamb
- Pastured Poultry
- Wild-caught Fish & Seafood
- Organ Meats (Offal)
- Glycine-rich meats (Joints/Skin)

- Leafy Greens (Kale, Spinach)
- Cruciferous (Broccoli, Cabbage)
- Root Veg (Sweet Potato, Carrots)
- Alliums (Onions, Garlic)
- Sea Vegetables

- Extra Virgin Olive Oil
- Avocado & Avocado Oil
- Coconut Oil & Coconut Milk
- Lard & Tallow (Animal Fats)

NO: Eliminate

- Grains (Wheat, Rice, Corn, Oats)
- Legumes (Beans, Soy, Peanuts)
- Dairy (Milk, Cheese, Yogurt)
- Nightshades (Tomato, Potato, Pepper)
- Nuts & Seeds (including Spices)
- Eggs (Whites & Yolks)
- Processed Sugars & Sweeteners
- Seed & Vegetable Oils
- Alcohol & Food Additives

- Low-Glycemic Fruit (Berries)
- Fresh Herbs (Basil, Cilantro)
- Bone Broth
- Fermented Foods (Sauerkraut)
- Apple Cider Vinegar

Note: Focus on nutrient density and gut health. Reintroduce foods one at a time after the elimination phase.