

# AIP ALLOWED FOODS

## VEGETABLES

- Leafy Greens
- Broccoli
- Carrots
- Sweet Potatoes
- Zucchini
- Cabbage
- Cucumber
- Asparagus

## PROTEINS

- Grass-fed Beef
- Wild-caught Fish
- Poultry
- Organ Meats
- Lamb
- Shellfish
- Game Meats
- Pork

## HEALTHY FATS

- Avocado Oil
- Olive Oil
- Coconut Oil
- Lard (Pastured)
- Tallow
- Avocados

## FRUITS (LOW FRUCTOSE)

- Berries
- Apples
- Citrus
- Peaches
- Melons
- Bananas

## FERMENTED FOODS

- Kombucha
- Sauerkraut
- Kimchi
- Kefir (Coconut)
- Pickled Ginger
- Water Kefir

## **PANTRY & HERBS**

- Apple Cider Vinegar
- Coconut Flour
- Cassava Flour
- Honey (Limited)
- Fresh Herbs
- Sea Salt

**Print Checklist**