

# AIP ELIMINATION PHASE

## Quick Reference Guide

### FOODS TO AVOID

- Grains (Wheat, Corn, Rice, Oats, etc.)
- Legumes (Beans, Soy, Peanuts, Lentils)
- Nightshades (Tomatoes, Peppers, Potatoes)
- Dairy (Milk, Cheese, Butter, Yogurt)
- Eggs (Whole, Whites, or Yolks)
- Nuts & Seeds (Including Seed Spices)
- Processed Vegetable Oils
- Refined Sugars & Sweeteners
- Alcohol & Food Additives

### FOODS TO INCLUDE

- Vegetables (Except Nightshades)
- Fruits (Limit to 10-20g fructose daily)
- High-Quality Meats & Poultry
- Wild-Caught Fish & Seafood
- Organ Meats (Offal)
- Healthy Fats (Avocado, Olive, Coconut)
- Fermented Foods (Kombucha, Kefir, Kraut)
- Fresh Herbs & Non-Seed Spices
- Bone Broth & Herbal Teas

*This chart is for informational purposes only. Focus on nutrient density and gut health during the elimination period (typically 30-90 days).*