

AIP GROCERY LIST

Autoimmune Protocol Compliant

VEGETABLES (NIGHTSHADE FREE)

Leafy Greens (Kale, Spinach)

Cruciferous (Broccoli, Cauliflower)

Root Veg (Sweet Potato, Carrots)

Alliums (Onions, Garlic)

Cucumber & Zucchini

PROTEINS (GRASS-FED/WILD)

Beef & Lamb

Poultry (Chicken, Turkey)

Wild Caught Fish

Organ Meats

Shellfish

FERMENTED FOODS

Sauerkraut (Raw)

Coconut Kefir

Kombucha (Low Sugar)

HEALTHY FATS & PANTRY

Extra Virgin Olive Oil

Coconut Oil / Avocado Oil

Avocado

Apple Cider Vinegar

Coconut Aminos

FRUITS (LIMIT 2-3 SERVINGS)

Berries (Blue/Raspberry)

Citrus (Lemon, Lime)

Green Apple

HERBS & SPICES (SEED FREE)

Turmeric & Ginger

Basil, Oregano, Thyme

Sea Salt

ADDITIONAL NOTES