

AIP PANTRY STAPLES

FATS & OILS

- Extra Virgin Olive Oil
- Refined/Virgin Coconut Oil
- Avocado Oil
- Grass-fed Tallow or Lard

FLOURS & THICKENING

- Cassava Flour
- Tapioca Starch
- Arrowroot Powder
- Coconut Flour
- Tigernut Flour

VINEGARS & LIQUIDS

- Apple Cider Vinegar
- Balsamic Vinegar
- Coconut Aminos
- Full-fat Coconut Milk (Can)
- Bone Broth

DRY GOODS & SNACKS

- Plantain Chips (AIP safe)
- Dried Figs or Dates
- Shredded Coconut (Unsweetened)
- Beef Jerky (Nightshade free)
- Sea Salt (Pink/Grey)

HERBS & SPICES

- Turmeric & Ginger
- Garlic & Onion Powder
- Cinnamon & Cloves
- Dried Oregano, Basil, Thyme
- Nutritional Yeast

BAKING ESSENTIALS

- Gelatin (Grass-fed)
- Baking Soda
- Cream of Tartar
- Honey or Maple Syrup