

AIP SHOPPING LIST

Autoimmune Protocol Compliant Foods

- Leafy Greens
 - Broccoli
 - Cauliflower
 - Carrots
 - Sweet Potatoes
 - Zucchini
 - Cucumber
 - Squash
 - Asparagus
 - Cabbage
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- Grass-fed Beef
 - Wild-caught Fish
 - Pastured Poultry
 - Organ Meats
 - Lamb
 - Shellfish
 - Venison
 - Pork
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- Avocado Oil
 - Extra Virgin Olive Oil
 - Coconut Oil
 - Lard (Pastured)
 - Tallow
 - Avocados
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- Berries
 - Apples
 - Bananas
 - Citrus
 - Melons
 - Peaches

- Apple Cider Vinegar
- Coconut Aminos
- Sea Salt
- Fresh Basil
- Fresh Cilantro
- Ginger
- Turmeric
- Garlic

- Sauerkraut
- Kombucha
- Kefir (Coconut)
- Kimchi (No Nightshades)
- Coconut Yogurt

Note: Avoid grains, legumes, dairy, eggs, nightshades, nuts, seeds, and processed sugars.