

AIP DIET QUICK REFERENCE

Autoimmune Protocol Elimination Phase

FOODS TO INCLUDE

VEGETABLES

- Leafy Greens (Kale, Spinach, Lettuce)
 - Cruciferous (Broccoli, Cauliflower)
 - Root Veggies (Sweet Potato, Carrots)
 - Alliums (Onions, Garlic, Leeks)
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PROTEINS

- Grass-fed Beef & Lamb
 - Wild-caught Fish & Seafood
 - Organic Poultry
 - Organ Meats (Offal)
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HEALTHY FATS

- Avocado & Avocado Oil
 - Extra Virgin Olive Oil
 - Coconut Oil & Coconut Milk
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PANTRY

- Apple Cider Vinegar
 - Fresh Herbs (Basil, Cilantro)
 - Low-glycemic Fruits (Berries)
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FOODS TO AVOID

NIGHTSHADES

- Tomatoes & Potatoes
 - All Peppers (Bell, Chili, Paprika)
 - Eggplant
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GRAINS & LEGUMES

- Wheat, Rice, Corn, Oats
- Beans, Lentils, Soy

- Peanuts
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DAIRY & EGGS

- Milk, Cheese, Yogurt, Butter
 - Chicken & Duck Eggs
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PROCESSED & SEEDS

- All Nuts & Seeds
 - Seed-based Spices (Cumin, Mustard)
 - Refined Sugars & Stevia
 - Processed Vegetable Oils
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Consult with a healthcare provider before starting a restrictive elimination diet.