

AIP SHOPPING LIST

Autoimmune Protocol Compliant Essentials

VEGETABLES (NON-NIGHTSHADE)

- Leafy Greens (Kale, Spinach, Arugula)
- Cruciferous (Broccoli, Cauliflower, Cabbage)
- Root Vegetables (Carrots, Beets, Parsnips)
- Sweet Potatoes / Yams
- Alliums (Onions, Garlic, Leeks)
- Squash (Zucchini, Butternut, Pumpkin)
- Asparagus & Celery

PROTEINS (GRASS-FED/WILD)

- Beef, Lamb, Bison
- Pork (Nitrate-free)
- Poultry (Chicken, Turkey, Duck)
- Wild-Caught Fish (Salmon, Sardines)
- Shellfish (Shrimp, Scallops, Clams)
- Organ Meats (Liver, Heart)

HEALTHY FATS

- Extra Virgin Olive Oil
- Avocado Oil
- Coconut Oil (Virgin)
- Lard / Tallow / Duck Fat
- Avocados

FRUITS (LOW GLYCEMIC)

- Berries (Blueberries, Raspberries)
- Apples & Pears
- Citrus (Lemon, Lime, Orange)
- Green Bananas / Plantains
- Melons

PANTRY & FERMENTS

- Apple Cider Vinegar
- Coconut Aminos (Soy Sub)

- Bone Broth (No Nightshades)
- Sauerkraut / Kimchi (No Chili)
- Cassava / Tigernut Flour
- Sea Salt (Unrefined)

HERBS & SPICES

- Basil, Cilantro, Parsley
- Rosemary, Thyme, Oregano
- Ginger & Turmeric (Fresh/Powder)
- Cinnamon & Cloves
- Horseradish

OTHER ESSENTIALS

- Herbal Teas (Non-Seed)
- Coconut Milk (Guar Gum Free)
- Gelatin / Collagen Peptides

Avoid: Grains, Legumes, Dairy, Eggs, Nuts, Seeds, Nightshades, and Processed Sugars.