

AIP PROTOCOL FOOD GUIDE

Autoimmune Protocol Elimination Phase Reference

FOODS TO INCLUDE

VEGETABLES

- Leafy Greens (Kale, Spinach, Arugula)
- Cruciferous (Broccoli, Cabbage)
- Root Veggies (Carrots, Sweet Potato)
- Alliums (Onions, Garlic, Leeks)
- Sea Vegetables (Nori, Kelp)

PROTEINS & FATS

- Grass-fed Meats (Beef, Lamb)
- Wild-caught Fish & Seafood
- Organ Meats (Liver, Heart)
- Healthy Fats (Avocado, Olive Oil)
- Coconut Products (Milk, Aminos)

OTHER

- Low-Fructose Fruits (Berries)
- Fermented Foods (Kefir, Kimchi)
- Fresh Herbs (Basil, Cilantro)
- Bone Broth
- Apple Cider Vinegar

FOODS TO AVOID

GRAINS & LEGUMES

- Wheat, Rye, Barley, Spelt
- Rice, Corn, Oats, Quinoa
- Beans (Black, Kidney, Soy)
- Lentils & Chickpeas
- Peanuts

NIGHTSHADES & DAIRY

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

- Milk, Cheese, Butter, Yogurt
- Eggs (Whites & Yolks)

PROCESSED & SEEDS

- Refined Sugars & Stevia
- Seed Oils (Canola, Soy, Corn)
- Nuts (Almonds, Walnuts, Cashews)
- Seeds (Chia, Flax, Sunflower)
- Coffee & Alcohol

Note: This is a template for informational purposes. Always consult a medical professional before starting a restrictive diet.