

AIP PROTOCOL FOOD REFERENCE

Autoimmune Protocol Elimination Phase Quick-Guide

^FOODS TO INCLUDE

PROTEINS

- Grass-fed Beef & Lamb
- Wild-caught Fish & Seafood
- Organ Meats (Offal)
- Poultry (No skinless breast)

VEGETABLES (EXCEPT NIGHTSHADES)

- Leafy Greens (Kale, Spinach)
- Cruciferous (Broccoli, Cabbage)
- Root Vegetables (Sweet Potato, Yam)
- Alliums (Garlic, Onions)

FATS & PANTRY

- Extra Virgin Olive Oil
- Avocado Oil & Coconut Oil
- Apple Cider Vinegar
- Bone Broth (Homemade)

FRUITS & HERBS

- Low Glycemic Fruits (Berries)
- Fresh Herbs (Cilantro, Basil)
- Fermented Foods (Sauerkraut)

^FOODS TO AVOID

GRAINS & LEGUMES

- Wheat, Corn, Rice, Oats
- Beans, Lentils, Soy, Peanuts
- Pseudo-grains (Quinoa, Chia)

DAIRY & EGGS

- Milk, Cheese, Butter, Yogurt

- Whole Eggs and Egg Whites

NIGHTSHADES

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

PROCESSED & SEEDS

- Processed Sugars & Stevia
- Nuts and Seeds (All types)
- Seed-based Spices (Cumin, Mustard)
- Alcohol & Coffee