

AIP QUICK REFERENCE

Autoimmune Protocol Nutrition Guide

FOODS TO INCLUDE

Vegetables

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

Proteins & Fats

- Grass-fed Meats & Poultry
- Wild-caught Seafood
- Organ Meats (Liver)
- Avocado & Olive Oil
- Coconut Products

Fermented Foods

- Sauerkraut & Kimchi
- Kombucha
- Coconut Kefir

FOODS TO AVOID

Grains & Legumes

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

Nightshades

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

Processed & Dairy

- All Dairy (Milk, Cheese, Butter)
- Refined Sugars
- Eggs
- Nuts & Seeds
- Alcohol

Note: This is a general template for the AIP elimination phase. Consult a healthcare provider before starting a new dietary protocol.