

HOLISTIC AIP FOOD REFERENCE

Autoimmune Protocol Guide

Vegetables (Include)

Leafy Greens (Kale, Spinach) ✓
Cruciferous (Broccoli, Cabbage) ✓
Root Vegetables (Carrots, Beets) ✓
Allium (Garlic, Onions) ✓
Sweet Potatoes / Yams ✓

Proteins & Fats

Grass-fed Meats ✓
Wild-caught Fish ✓
Organ Meats ✓
Extra Virgin Olive Oil ✓
Avocado & Coconut Oil ✓

Avoid (Inflammatory)

Grains (Wheat, Corn, Rice) ✗
Dairy (Milk, Cheese, Yogurt) ✗
Nightshades (Potato, Tomato) ✗
Legumes (Beans, Soy, Lentils) ✗
Processed Sugars / Stevia ✗
Eggs ✗
Nuts & Seeds ✗

Pantry Staples

Apple Cider Vinegar ✓
Coconut Aminos ✓
Herbal Teas (Non-Seed) ✓
Honey / Maple (Limited) ✓
Focus on nutrient density, gut health, and lifestyle balance.