

NUTRIENT DENSE AIP FOOD LIST

Organ Meats & Proteins

- Beef/Lamb Liver (Limit 2x weekly)
- Heart, Kidney, Sweetbreads
- Wild-Caught Fatty Fish (Salmon, Sardines)
- Shellfish (Oysters, Mussels, Clams)
- Pasture-Raised Beef, Bison, Pork
- Glycine-rich cuts (Oxtail, Shanks)

Vegetables (Non-Nightshade)

- Leafy Greens (Kale, Spinach, Chard)
- Cruciferous (Broccoli, Cauliflower, Cabbage)
- Root Vegetables (Carrots, Beets, Parsnips)
- Sweet Potatoes & Yams
- Alliums (Garlic, Onions, Leeks)
- Sea Vegetables (Kelp, Nori)

Healthy Fats

- Extra Virgin Olive Oil
- Avocado & Avocado Oil
- Coconut Oil & Coconut Manna
- Lard & Tallow (Pastured)
- Duck Fat

Fermented & Functional

- Bone Broth (Homemade)
- Sauerkraut & Kimchi (Nightshade-free)
- Kombucha & Water Kefir
- Coconut Milk Yogurt
- Turmeric & Ginger

Fruits (Moderate)

- Berries (Blueberries, Raspberries)
- Citrus (Lemon, Lime, Orange)
- Avocado
- Apples & Pears

Pantry & Herbs

- Apple Cider Vinegar
- Fresh Herbs (Basil, Cilantro, Thyme)
- Carob Powder
- Pink Himalayan Salt

Focus on diversity and high-quality sourcing. Avoid grains, dairy, legumes, nightshades, nuts, seeds, and processed sugars.