

AUTOIMMUNE PROTOCOL (AIP) FOOD REFERENCE

Elimination Phase Quick-Guide

INCLUDE

Grass-fed beef, lamb, wild game, poultry, organ meats, wild-caught fish, shellfish.

Olive oil, coconut oil, avocado oil, lard, tallow, duck fat.

AVOID

Eggs (all parts), processed meats with nitrates/sugar, soy-based proteins.

Butter, ghee, margarine, seed oils (canola, corn, soybean, sunflower).

INCLUDE

Leafy greens, cruciferous, root vegetables (sweet potato, cassava), squash, alliums.

AVOID

Nightshades (potatoes, tomatoes, peppers, eggplant), legumes (beans, lentils, peas).

INCLUDE

Coconut flour, cassava flour, tigernuts, honey (limited), maple syrup (limited).

AVOID

Grains (wheat, corn, rice, oats, quinoa), nuts, seeds, chia, flax.

INCLUDE

Fresh herbs, ginger, garlic, turmeric, sea salt, apple cider vinegar.

AVOID

Seed-based spices (cumin, coriander, mustard), nightshade spices (paprika, cayenne).

Bone broth, herbal tea, kombucha (low sugar).

Coffee, alcohol, chocolate, stevia, artificial sweeteners.

Note: This chart is for educational purposes only. Consult a healthcare provider before starting a restrictive diet.