

AIP FOOD LIST

Foods to Include

VEGETABLES

Artichoke	Carrots	Lettuce
Arugula	Cauliflower	Mushroom
Asparagus	Chard	Onion
Beets	Cucumber	Parsnip
Broccoli	Fennel	Rutabaga
Brussels	Jicama	Spinach
Bok Choy	Kale	Squash
Cabbage	Leek	Sweet potato

PROTEINS

Beef	Lamb
Bison	Shellfish
Chicken	Pork
Duck	Turkey
Fish	Venison

FRUITS

Apple	Dates	Persimmon
Apricot	Figs	Plum
Avocado	Grapes	Pineapple
Banana	Kiwi	Pomegranate
Berries	Mango	Watermelon
Cherry	Melons	
Citrus	Peach	
Coconut	Pear	

FATS

Avocado oil	Coconut oil
Beef tallow	Olive oil
Chicken fat	Palm oil

HERBS & SPICES

Basil	Mint
Bay	Parsley
Chives	Peppermint
Cilantro	Rosemary
Cinnamon	Saffron
Dill	Sage
Ginger	Thyme
Garlic	Turmeric

PANTRY

Apple cider vinegar	Coconut sugar
Arrowroot starch	Dried fruit
Carob powder	Honey
Cassava flour	Tapioca starch
Coconut flour	Tigernut flour