

AIP FOODS TO EAT

Vegetables

Artichoke
Arugula
Asparagus
Avocado
Bok Choy
Beet Broccoli
Brussel Sprouts
Butternut Squash
Cabbage
Carrot
Cassava
Cauliflower
Celery
Collard Greens
Cucumbers
Endive
Fennel
Garlic
Jicama
Kale
Lettuce
Mushrooms
Okra
Onion
Parsnip
Pumpkin
Radish
Rutabaga
Spaghetti Squash
Shallot
Spinach
Sweet Potato
Swiss chard
Turnip
Yam
Zucchini

Fruit

Apples
Apricots
Bananas
Blackberries
Blueberries
Cherry
Cantaloupe
Coconut
Dates
Figs
Grapes
Grapefruit
Honeydew
Kiwi fruit
Lemons
Limes
Mandarins
Mangoes
Nectarines
Oranges
Passionfruit
Pears
Peaches
Plantain
Plums
Raspberries
Strawberries
Watermelons

Meats

Beef
Buffalo
Game (Venison, Elk, etc.)
Lamb
Pork (bacon, ham, salami, etc.)
Poultry (chicken, duck, turkey, etc.)
Seafood (octopus, squid, etc)
Shellfish (crabs, lobster, shrimp, etc)
Fish (cod, salmon, tuna, etc)
Offal (bone broth, heart, liver, etc)

Herbs & Spices

Basil
Bay Leaves
Cilantro Leaves
Chives
Cinnamon
Cloves
Dill
Garlic
Ginger
Horseradish
Lavender
Mint
Oregano
Rosemary
Sage
Saffron
Salt
Tarragon
Thyme
Turmeric
Vanilla
Wasabi

Sweeteners

Honey
Maple Syrup
Molasses
Coconut Sugar

Oils / Fats

Avocado Oil
Coconut Oil
Duck fat
Lard
Palm Oil
Olive Oil
Tallow

Fermented Foods

Kombucha
Olives
Pickles
Pickled vegetables
Sauerkraut
Water kefir

Pantry Items

Apple Cider Vinegar
Balsamic Vinegar
Cassava Flour
Coconut Flour
Gelatin
Tapioca Starch

AIP FOODS TO AVOID

Grains

Amaranth	Oats
Barley	Quinoa
Buckwheat	Rice
Bulgar	Rye
Corn	Sorghum
Farrow	Spelt
Einkorn	Teff
Millet	Wheat

Nightshades

All peppers (bell, cayenne, jalapeno, etc.)
Ashwagandha
Eggplant
Goji Berries
Ground Cherries
All red spices (red peppers, paprika, etc.)
Potato
Tomato
Tomatillo

Sweeteners

Agave	Stevia
Aspartame	Sucralose
Brown Sugar	Truvia
Corn Syrup	Turbinado Sugar
Erythritol	White Sugar
Monk Fruit	Xylitol

Seed & Nut Oils

Almond Oil	Peanut Oil
Canola Oil	Pumpkin Seed
Corn Oil	Rapeseed Oil
Cottonseed Oil	Safflower Oil
Flax Oil	Sesame Oil
Hazelnut Oil	Soybean Oil
Grape Seed Oil	Sunflower Oil
Hemp Oil	Vegetable Oil
Macadamia Oil	Walnut Oil

Legumes

Beans (pinto, lima, soy, etc.)
Lentils
Peas (chickpeas, snow, snap, etc.)
Peanuts

Other Foods

Alcohol (wine, liquor, beer, etc.)
Additives (gums, dyes, etc.)
Eggs
Peppercorns

Nuts

Almonds	Macadamia
Brazil Nuts	Pecan
Cacao	Pili Nuts
Cashews	Pine Nuts
Chestnuts	Pistachios
Hazelnuts	Walnuts

Seeds & Seed Spice

Allspice	Flax
Anise	Mustard
Caraway	Poppy
Chia	Pumpkin
Cocoa	Safflower
Coffee	Sesame
Cucumin	Sunflower

Dairy

Butter	Ghee
Cheese	Milk
Cream	Yogurt

Resources: <https://aipcolab.com/about-aip> // <https://livewell365.net/functional-food-plans>