

EAT

OR

AVOID

AN AIP QUICK ELIMINATION GUIDE



Meats: Beef, bison, venison/game, wild caught fish/seafood, chicken, turkey

NO EGGS

Avocado, Avocado Oil, Coconut Oil, Lard, Fat, Olive Oil

NO SUGAR/OTHER SWEETENER

NO GRAINS

NO DAIRY

NO NUTS/SEEDS

Snap Peas, String Beans

All Fruits

All other veggies, except nightshades.

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Farmed/factory meats, farmed seafood

AVOID EGGS

All Butter & ghee, all Margarines, Canola Oil & all other seed oils

NO SUGAR/OTHER SWEETENER

GLUTEN, Oats, Rice, Millet, Quinoa, Wheat

Coconut Milk-no additives

AVOID NUTS/SEEDS

Soy, edamame, peanuts, all beans

Limit to 2-3 servings/day.

Avoid Nightshades, Eggplant, Tomatoes, White Potatoes, Peppers, all pepper based spices

All Butter & ghee, all Margarines, Canola Oil & all other seed oils