

Grocery List - AIP

Animal Proteins

****Antibiotic/Steroid Free,
Pasture-raised, & Grass Fed/
Finished is preferred***

Anchovies
Beef
Bison
Bone Broth (AIP)
Chicken
Duck
Lamb
Organs
Rabbit
Salmon (Wild Caught)
Sardines
Turkey

Micronutrients

****Biodynamic, Local, Organic &
Eating Seasonal is preferred***

Artichokes (*FODMAP)
Asparagus (*FODMAP)
Bitter Leaf
Bok Choy (*goitrogen)
Broccoli (*FODMAP & *goitrogen)
Brussel Sprouts (*FODMAP & *goitrogen)
Cabbage (*FODMAP & *goitrogen)
Cauliflower (*FODMAP & *goitrogen)
Celery (*FODMAP)
Chard (*high oxalates)

Cilantro
Collard Greens (*goitrogen)
Cucumbers
Endive
Escarole
Fennel
Garlic (*FODMAP)
Ginger Root
Kale (*goitrogen)
Leeks (*FODMAP)
Lettuce
Mustard Greens
Onions (*FODMAP)
Okra (*FODMAP, *goitrogen, & *high oxalates)
Parsley
Seaweed
Spinach (*high oxalates)
Sprouts
Turnips
Zucchini

Fats / Oils

****Antibiotic/Steroid Free,
Pasture-raised, & Grass Fed/
Finished is preferred***

****Biodynamic, Local, Organic &
Eating Seasonal is preferred***
Avocados (*FODMAP)
Avocado Oil (*FODMAP)
Coconut Manna
Coconut Oil
Lard

Olives
Olive Oil (*local only)
Tallow

Carbohydrates

****Biodynamic, Local, Organic &
Eating Seasonal is preferred
Apples (*FODMAP)***

Apricots (*FODMAP)
Bananas
Beets (*FODMAP & *high oxalates)
Berries (*FODMAP)
Carrots
Cassava/Yuca (*FODMAP & *goitrogen)
Cherries (*FODMAP)
Cranberries
Dates (*FODMAP)
Oranges
Plantains
Pumpkin (No skin or seeds)
Raspberries
Squash (No skin or seeds)
Sweet Potatoes (*FODMAP & *goitrogen)
Watermelon (*FODMAP)
Yams

Fermented Foods

****Consume 1-3 servings daily***

Fermented Fish
Fermented Vegetables (*goitrogen)

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Pickles (*FODMAP)

Sauerkraut (*FODMAP & *goitrogen)

Fluids

***Consume about half your body weight in ounces of water daily**

Bone Broth (AIP recipes)

Herbal Teas (no caffeine/no stevia)

Juices (fresh homemade only)

Water (lemon and/or sea salt okay)

Dressings, Marinades, Spices

***No Seed Based Spices**

Basil

Chives

Cilantro

Cinnamon

Coriander

Cumin

Dill

Garlic

Ginger

Himalayan Salt

Lemon

Mint

Oregano

Parsley

Rosemary

Sage

Sea Salt

Thyme

Turmeric

Definitions

***estrogenic:** foods that mimic estrogen and may cause hormone disruption

***FODMAP's:** fermentable foods; may cause GI irritation especially if bacterial overgrowths are present

***goitrogens:** prevent iodine uptake to the thyroid; may be cooked to reduce goitrogens

***lectins:** toxic plant proteins; may be pressure cooked or fermented to reduce lectins

***nightshades:** a category of plants that produce alkaloid toxins as a defense mechanism; may cause inflammation and or joint pain

***oxalates:** are chemicals that cause histamine release; may cause inflammation, chronic pain, and or kidney stones

AVOID FOR NOW

***Avoid any foods that cause personal reaction**

Alcohols

Caffeine

Cocoa (*FODMAP & *high oxalates)

Coffee

Corn

Dairy (*FODMAP)

Eggs

Ghee (*FODMAP)

Gluten (*FODMAP)

Goji Berries (*nightshade & *FODMAP)

Grains/Wheat (*FODMAP)

Legumes (*FODMAP, *high lectins & oxalates)

Nightshades (*high lectins)

Nuts/Seeds (*high lectins & oxalates)

Okra (*nightshade & *FODMAP)

Pepper(s) (*nightshade)

Processed Foods

Seed Oils

Shellfish

Soy (*estrogenic, *FODMAP, *goitrogen, & *high oxalates)

Sweeteners (*FODMAP)

Tomatillos (*nightshade & *high oxalates)

Tomatoes (*nightshade & *high oxalates)

White Potatoes (*nightshade & *high oxalates)