

# *Foods* AIP ELIMINATION PHASE *to Include*

## LEAFY GREENS



## VEGETABLES

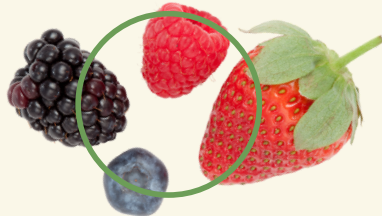


## TUBERS

*(sweet potatoes included)*



## FRUIT



## HONEY & MAPLE SYRUP



## OLIVES

*(and high quality oil)*



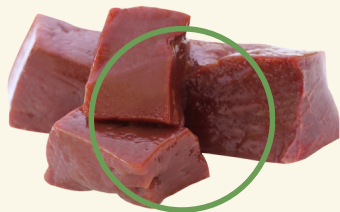
## RED MEAT & POULTRY



## FISH & SEAFOOD



## ORGAN MEATS



## FERMENTED FOODS



## BONE BROTH



## HERBS & SPICES

*(from leaves, flowers, roots)*



## COCONUT

