

Foods to Include

AIP ELIMINATION PHASE

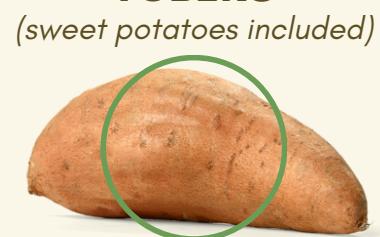
LEAFY GREENS



VEGETABLES



TUBERS



FRUIT



HONEY & MAPLE SYRUP



OLIVES

(and high quality oil)



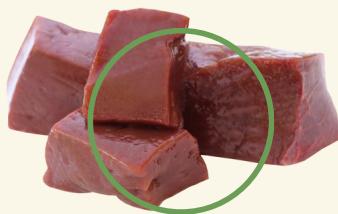
RED MEAT & POULTRY



FISH & SEAFOOD



ORGAN MEATS



FERMENTED FOODS



BONE BROTH



HERBS & SPICES

(from leaves, flowers, roots)



COCONUT

