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| **PROTEIN** | Notes |
| **Red meat (grass-fed/organic)** |  |
| Beef, lamb, pork, rabbit, veal, offal (blood, brain etc. or in bone broth) |  |
| **Poultry (**hormone-free) |  |
| Wild caught **fish, seafood** (salmon, tuna, sardines) |  |
| **Eggs**  (organic) | Non AIP friendly |
| **Legumes** (beans, chickpeas, lentils, peanuts) | Always soak in water with vinegar, non AIP friendly |
| Raw **nuts and seeds** (almonds, walnuts, sunflower seeds, sesame seeds, pumpkin seeds, pecans, hazelnuts, brazil nuts, cashews) | Soak in salty water, non AIP friendly except coconut |
| Natural **nut butters** (almond, cashew, peanut, hazelnut) | No added ingredients, non AIP friendly |
| Protein powder (plant based or grass-fed whey...) |  |
| **VEGETABLES** (organic) |  |
| Leafy greens and salad veggies, roots, cruciferous vegetables, sea vegetables, fermented vegetables | Seasonal, nightshades (tomato, eggplant should not be eaten on AIP) |
| Olives, artichokes, mushrooms |  |
| **FRUIT** (organic) |  |
| Berries, avocado, citrus fruit, all fruit | seasonal |
| **BEVERAGES** |  |
| Water | filtered |
| Unsweetened almond, coconut milk |  |
| Herbal tea, green tea |  |
| Kombucha |  |
| Coconut water |  |
| **DAIRY** | Non AIP friendly |
| Raw milk | If you support diary |
| Fermented dairy (kefir, yoghurt) |  |
| Raw cheese |  |
| **HEALTHY FATS** |  |
| Animal fats |  |
| Ghee |  |
| Virgin olive oil, hemp seed oil, poppy seed oil, avocado oil, grapeseed oil, hazelnut oil, walnut oil | Do not heat above given temperature |
| Coconut oil |  |
| **SEASONINGS, CONDIMENTS** |  |
| Wheat-free tamari soy sauce |  |
| Sugar substitutes (maple syrup, raw honey, coconut sugar) |  |
| Fresh herbs, garlic, freshly ground pepper and other spices |  |
| Ginger root, turmeric |  |
| Raw organic apple cider vinegar, balsamic vinegar |  |
| Sea salt, Himalayan salt |  |
| Baking soda |  |
| Seeds: chia, flax, hemp, poppy, pumpkin, sesame, sunflower | Non AIP friendly |
| **GRAINS** | Non AIP friendly |
| Brown rice, brown rice pasta |  |
| Quinoa, millet, buckwheat, oats, amaranth, pasta made from them |  |
| Einkorn, spelt, emmer wheat | If you support gluten |
| **FREEZER SECTION** |  |
| Organic veggies and organic fruit |  |
| Wild caught fish or seafood |  |
| **PERSONAL CARE** |  |
| Shampoo, body soap, hand liquid soap, body lotion | Without parabens and laurel sulphates, no fragrance or perfume |
| toothpaste | Without fluoride |
| Organic cosmetics (make up, lipstick etc.) |  |
| **OTHER** |  |
| Toilet paper | No fragrance |
| Organic baby diapers | Or use cloth diapers |
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