

AUTOIMMUNE PROTOCOL

CHEAT SHEET

WHAT IS AIP?

AIP diet is known as the Autoimmune Protocol. This is a nutrition approach to help people with autoimmune conditions lessen symptoms and improve their quality of life.

WHO IS IT FOR?

Those who have an autoimmune condition and looking to lower symptoms. Also great for those who want to lower inflammation in general.

PHASES

Elimination
Maintenance
and
Reintroduction

HOW DOES THE AIP WORK?

Restore Gut Health
Increases Nutrient Density
Stabilizes Blood Sugar
Balances Immune System
Lowers Inflammation

FOODS TO EXCLUDE

Grains and pseudo-grains like quinoa. Eggs, alcohol, milk, cheese, yogurt, ghee, and other dairy products. Lentils, chickpeas, beans, and other legumes (including soy & peanuts) Tomatoes, eggplants, peppers, & other nightshades. All processed foods & refined carbohydrates. Sugars & artificial sweeteners. Nut oils, seed oils & refined vegetable oils. Spices made from nightshades. Coffee, cocoa (including chocolate) Nuts & seeds. Ibuprofen, aspirin, & other NSAIDs. Preservatives, thickeners, flavorings, emulsifiers, coloring, & other additives.

Notes: Avoid any foods you already know you're allergic/sensitive to or I highly recommend running our [Food Sensitivity Panel](#). Create a journal and note all reactions to the foods that you may have.

FOODS TO ENJOY

- Meats, organ meats, fish, and shellfish
- Kombucha, sauerkraut, and other fermented foods
- Spinach, chard, kale, and other leafy green vegetables
- Cauliflower, broccoli, and Brussels sprouts
- Asparagus, zucchini and cucumbers
- Sweet potatoes, carrots, parsnips, & other root vegetables
- Avocado oil, coconut oil, olive oil
- Duck fat, lard, tallow, and other healthy fats
- Basil, bay leaf, cinnamon, and other AIP-approved herbs and spices
- Coconut flakes, coconut aminos, & apple cider vinegar
- Fruits (but only 1-3 servings per day)

Notes: This is just a cheat sheet. A lot goes into following this diet. Please connect with us or do more research before starting or check out the books we suggest in our [Nourish Shop](#).