

AIP Approved Ingredients

Protein

- Grass-Fed Beef
- Pasture-Raised Poultry
- Wild-Caught Fish
- Organ Meats
- Shellfish
- Gelatin & Collagen



Vegetables

- Leafy Greens
- Cruciferous Veggies
- Sweet Potatoes & Squash
- Carrots & Beets
- Onions & Mushrooms



Fruits

- Berries
- Apples & Bananas
- Pineapple & Mango
- Pears & Papaya



Healthy Fats

- Avocado & Coconut
- Olive Oil & Duck Fat



Herbs & Spices

- Turmeric & Ginger
- Basil & Oregano
- Thyme & Rosemary
- Cinnamon & Mint



AIP-Friendly Flours

- Cassava & Tigernut Flour
- Coconut & Plantain Flour
- Arrowroot Starch



Non-Dairy & Sweeteners

- Coconut Milk & Yogurt
- Honey, Maple Syrup, Coconut Nectar



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