

# Modified AIP Diet:

## Autoimmune Protocol/Anti-Inflammatory Diet

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*Note: This is similar to the Paleo Diet and Whole30. I am including beans, which are often avoided in the AIP diet, as well as seeds (including nut-like seeds, grain-like seeds, and seed spices), and a few other odds and ends that are not allowed on a strict AIP or Paleo diet.*

**Quick Overview:** This diet is designed to reduce inflammation and the inflammatory response. It also may help control blood sugar, yeast infections, SIBO, leaky gut, and dysbiosis. It avoids common unhealthy foods, food allergens, and otherwise reactive foods. Although often followed for 4-12 months or longer, it is *not* a “forever diet” as foods are reintroduced to determine which foods are actually problematic for the individual.

### The Avoid List:

- Short Term (after 1 month, we’ll gradually reintroduce one by one as they’re otherwise healthy)
  - Eggs
  - Nightshades (a plant family of foods and herbs that some people react to)
    - Tomatoes
    - Tomatillos & Ground Cherries
    - Eggplant
    - Potatoes (potato starch is a common food additive, sweet potatoes are fine – different plant family)
    - Goji/Lycii Berries
    - Tobacco
    - Peppers – bell, green and hot as well as paprika, pimentos, cayenne (but not black pepper - different plant family)
    - Ashwagandha
  - Seed “Grains” – once reintroduced, keep them in moderation and make sure they’re organic to avoid glyphosate residue!
    - Quinoa
    - Buckwheat
    - Teff
    - Amaranth
    - Millet
    - Wild Rice
- Moderately Long Term (after 1-3 months, we’ll gradually reintroduce)
  - Rice (often the best tolerated of the various grains, explore the various non-white types)
  - Oatmeal
  - Corn
  - Soy
  - Alcohol (once reintroduced still keep it minimal, ie: 1-2 glasses of red wine/week)
  - Coffee
- Long Term (after 4-6+ months, we’ll gradually reintroduce in very limited amounts)
  - Dairy
  - Gluten/wheat
  - Sugar, processed food, white food

**Note that a formal AIP diet** will often limit or avoid seed grains, beans/legumes, peanuts, and the “moderately long-term” list for much longer, several months to a year. Nuts and seeds may also be limited for a month or more before being reintroduced. In the AIP diet, nuts, eggs, and nightshades are often reintroduced more quickly than the rest. Learn more at <https://www.thepaleomom.com/start-here/the-autoimmune-protocol/> and <https://aiplifestyle.com/what-is-autoimmune-protocol-diet/>

# PALEO AIP “YES” FOODS



## ORGAN MEAT

bone broth  
heart  
kidney  
liver  
tongue



## MEAT & POULTRY

beef  
bison  
chicken  
lamb  
mutton  
pork  
turkey  
wild game



## FISH

anchovies  
catfish  
cod  
halibut  
herring  
mackerel  
mahi mahi  
salmon  
sardines  
snapper  
tilapia  
trout  
tuna



## SHELLFISH

clams  
crab  
crawfish  
lobster  
mussels  
octopus  
oysters  
prawns  
scallops  
shrimp  
squid



## SEA VEGETABLES

aramé  
dulse  
kombu  
nori  
wakame



## LEAFY GREENS

arugula  
beet greens  
bok choy  
carrot tops  
collard greens  
dandelion greens  
endive  
herbs  
kale  
lettuce  
mustard greens  
napa cabbage  
spinach  
Swiss chard  
turnip greens  
watercress



## CRUCIFEROUS VEGETABLES

arugula  
broccoli  
Brussels sprouts  
cabbage  
cauliflower  
collard greens  
kale  
kohlrabi  
mustard greens  
napa cabbage  
radishes  
radicchio  
turnips  
watercress



## ROOT VEGETABLES & WINTER SQUASH

arrowroot  
beets  
carrots  
cassava (tapioca, yuca)  
jicama  
pumpkins  
squash  
rutabagas  
sweet potatoes  
taro  
yams



## BERRIES

blackberries  
blueberries  
cranberries  
currants  
grapes  
raspberries  
strawberries



## CITRUS FRUIT

clementines  
grapefruit  
lemons  
limes  
Mandarin  
oranges  
oranges



## OLIVES & OTHER HIGH-FAT FRUITS

avocados  
black olives  
coconuts  
green olives



## ONIONS, GARLIC & OTHER ALLIUMS

chives  
garlic  
leeks  
onions  
scallions  
shallots  
spring onions

## OTHER FRUITS & VEGGIES



apples  
apricots  
artichokes  
asparagus  
bananas  
cantaloupes  
capers

celery  
cherries  
coconuts  
cucumbers  
dates  
figs  
honeydew melons

kiwis  
mangoes  
nectarines  
okra  
papayas  
peaches  
pears

pineapples  
plantains  
plums  
pomegranates  
watermelons  
zucchini

# Marias Modified List of Foods to Enjoy & Focus On

(*ital items* are only once reintroduced, if tolerated)

- **Vegetables!** All non-nightshade vegetables, especially leafy greens (1/2+ of plate)
- **Mushrooms:** fully cooked as desired (they'll give a meaty flavor, protein, fiber, and some vitamins and minerals)

**Carbs**, up to 1/4 of plate:

- **Roots & Carb Veg:** winter squash, sweet potatoes, beets, rutabaga, turnip, carrots, parsnips... (these are also good spiralized as noodles)
- **Fruit:** in moderation
- **Gluten-Free Seeds Carbs (quinoa, etc):** *once reintroduced*, if tolerated, in moderation
- It can be helpful to use non-starchy vegetables to replace part of the carbs (ie: zucchini noodles, cauliflower rice, and if/once you get nightshades back, a bell pepper "cup") – get tips and recipes for this [here](#).

**Protein**, 1/4+ plate

- **Beans, Lentils, Peas** (preferably soaked first) (bean flours might be ok later in the diet, but they are more apt to contain anti-nutrients and are more difficult to digest)
- **Nuts, seeds, nut/seed "butters," almond milk** (unsweetened, without weird ingredients)
- **Fish/Seafood:** Low-mercury, preferably wild, fish/seafood/shellfish
  - Especially **emphasize omega 3 rich fish:** wild salmon, sardines, mackerel (small, not king), herring/kippers, wild trout, sablefish/black cod, anchovies (that are like sardines, not the really salty stuff)
- **Poultry:** Chicken, turkey, wild game birds – preferably pasture-raised, organic
- **Red Meat & Pork in Moderation:** wild game, lamb, beef, bison - seek wild or organic, pasture-raised
- **Eggs** if tolerated *once reintroduced* are fine 1-2 per day
- **Soy** only occasionally if tolerated *once reintroduced*

**Good Fats**, a little bit

- **Olive oil & olives**
- **Coconut oil, coconut, coconut milk** (unsweetened, without weird ingredients)
- **Avocado** (1/4 to 1/2 per serving)
- **Nuts, seeds, fatty fish** are also sources of good fats
- **Ghee** (and maybe later *butter*) might be fine even though it's technically dairy

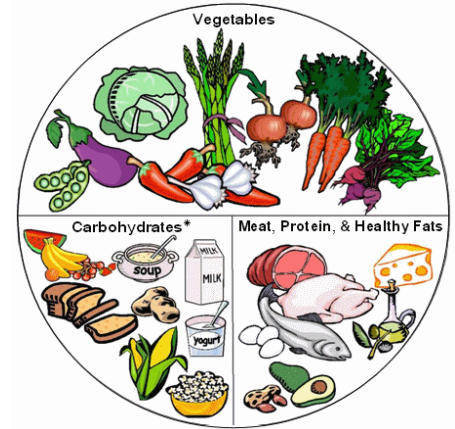
**Other good foods**

- **Garlic, onions, ginger, herbs, spices**
- **Fermented vegetables** like kimchi, kraut if tolerated (later, if dairy and soy are tolerated, yogurt, kefir, miso... kombucha is not recommended except later as an alcohol alternative treat as contains a fair amount of yeast, sugar, alcohol, and caffeine)
- **Homemade bone broth** – daily is great! Make with [chicken](#), [beef](#) or whatever bones you've got (you can keep it simple with just bones, water, salt, and maybe vinegar) and freeze the extras – note that store-bought broth (even organic) tends to be full of MSG, glutamate, and other junk – **see recipes in my book** pages 42 and 213
- **Vinegar, mustard, fire cider, mayo** (if eggs and soy are ok, preferably homemade)
- **Salt and/or seaweed** in moderation
- **Fruit juice in small amounts** as a sweetener (ie: a splash in a marinade or in seltzer)
- Arrowroot or kudzu starch as a thickener if needed
- Stevia as a sweetener if needed as well as sparse amounts of honey and maple syrup
- Chocolate is best avoided in the first month but may be reintroduced later

**Good Drinks**

- Water or seltzer, plain or infused with herbs or fruit, natural flavor extract, or splash of juice
- Herbal teas (cinnamon, tulsi, hibiscus...)
- Broth (real/homemade... even most store-bought organic broth has MSG/glutamate)
- Unsweetened, all-natural almond, coconut, hemp, or flax milk are best of the non-milk options
- Green, white, or decaf green tea in moderation in the morning

*In Moderation, if at all, later in the diet: coffee/black tea, kombucha, water kefir, alcohol*



## Meal Ideas

It's often easiest to keep it simple

- Meat/Fish + approved carb + vegetable side
- Soup/Stew/Chili rich in vegetables, beans, perhaps some meat and good carbs
- A stir fry with onions + veggies + protein + carb(maybe cauliflower rice or sweet potato noodles) + seasonings
- Salad loaded with veggies topped with Protein + Carb (or small side carb) and homemade dressing

Breakfast can be a high protein smoothie (ie: berries + almond/coconut milk + almond butter) or soup/stew/chili leftovers. Once eggs are reintroduced, if tolerated, they're a great breakfast, too. Also dinner leftovers, even a salad for breakfast.

Feel free to google Whole30, Paleo, AIP recipes, for example [here](#), [here](#), [here](#), and [here](#) – watch for things like potatoes, butter, eggs, and nightshades, which might be in recipes. Also check out [these](#) recipes but note that some may still contain grains, beans, etc.

## Healthy, Allergy-Free Eating on the Go Guide

**Well-Stocked Salad Bars** at co-ops, natural food stores, grocery stores, and some restaurants can be a godsend, though it doesn't always promise no additives. You can usually get a bunch of greens and vegetables to top with beans, chicken/salmon, or nuts and vinegar-olive oil dressing. Use caution with options that are not single ingredients (ie: a pilaf or other prepared food in a slot) since you never know what's in them.

**Natural Food Store prepared foods** may or may not be a place for safe easy food on the go – read the ingredients list.

**Chain Restaurants** with gluten-free menu options that may also be able to accommodate other dietary restrictions (not a complete list):

- 99
- Restaurants
- Bertucci's
- Boston Market
- Burger King
- Carraba's Italian Grill
- Chili's
- Chipotle
- Fratello's
- Legal Seafood
- Outback SteakHouse
- Panera's
- PF Chang's
- Tavern 27 (Laconia)
- Uno Chicago Grill
- Wendy's

Also see the ICanEat Fast Food Gluten and Allergy Free phone app ~\$5 to download

## General "Safe" Choices

**Gluten & Dairy Free** – ask to be sure, it can be harder to get soy free, grain free, etc.

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- Thai – usually dairy free, often gluten-free
- Vietnamese - usually dairy free, often gluten-free
- Indian or Nepalese - usually dairy free, often gluten-free
- Chinese/Japanese/Asian/Sushi/Korean - usually dairy free, often gluten-free (bring your own GF soy sauce, watch fried wrappers/wantons, breadings) – often not healthy (except Sushi/Japanese) – often a lot of soy
- Steakhouse – steak, potato/fries, veg side (hold the butter/sour cream/cheese, if avoiding dairy)
- Vegan options will always be dairy-free
- Carbs: Potatoes, sweet potatoes, rice (not pilaf), rice noodles, bean thread/cellophane noodles, quinoa
- Protein: Steak, grilled chicken, grilled salmon, shrimp, tofu (watch breading/fried)
- Salad bar – veggies, meat, beans, fruit, Italian dressing (watch croutons, cheese, creamy dressing)
- Vegetable sides, steamed veggies, etc.
- Fast Food (NOT IDEAL) – burger w/o bun or cheese, French fries (not healthy!), chili w/o cheese, salad
- Mexican food made with corn tortillas or in a lettuce wrap – careful with sauces, usually high in dairy and corn

## **NOT Usually Safe:**

- Italian fare (unless they have substitutes)
- Fried food (fries are usually fine on occasion – though not healthy – but most other fried food is breaded)
- Creamy dressings/sauces/soups, cheese unless they are vegan
- Pasta, bread, buns, sandwiches, wraps, pilaf
- Ask if sauces/soups are thickened with flour or cornstarch

## **Snacks to Pack**

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\* - in moderation - still high carb, semi-processed, seek sugar-free, all-natural options

- Fruit
- Vegetables match sticks
- Nuts
- Nut Butter (ie, w/apple, banana, celery, carrots, *GF chips\**)
- Larabars (still high in carbs from the fruit/dates)
- KIND bars (some are lower in grams of sugar but contain refined sweeteners)
- Hummus/bean dip w/Veg Sticks or *GF Chips\**
- *Mary's Gone Crackers*
- *Brown Rice Crackers\**
- *Org Blue Corn Tortilla Chips\**
- Cocoa Nibs, dark chocolate, Enjoy Life chocolate chips
- *Organic Popcorn\**
- Dried fruit\* - high sugar, balance with nuts
- *Oatmeal Packets\** - choose all natural, organic, low sugar or DIY with quick oats
- Canned salmon, sardines, herring/kippers, mackerel
- *GF crackers and chips\**: see substitutes below, many are still not ok in early AIP diet but others like kale chips, roasted chickpeas, and flax crackers are great

## **Better-Than-Average Substitutes** (in moderation – most aren't really whole foods or super healthy)

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\*\*\*These still may contain ingredients that are off-limits in the early stages of the AIP diet and most are still processed foods\*\*\*

It will be much easier to find “safe” foods (and the staff will be more helpful) at a natural food store/co-op

**Ice Cream:** Homemade frozen smoothie popsicles, frozen mashed banana, sorbet, coconut ice cream (ie: So Delicious, Luna & Larry's Coconut Bliss) - still high-sugar

**Bread:** whole grain options from Food For Life or Udi's, [glutenfreesourdough.com](http://glutenfreesourdough.com)

**Flour/Mix:** Bob's Red Mill, bean flours (but hard to digest), nut/seed flours, grind your own from GF grains in a bullet

**Pasta:** Tinkyada, 100% buckwheat soba noodles, rice noodles or bean treads (Asian section)

**Bread Crumbs:** grind nuts/seeds, dry GF bread, Quinoa Flakes

**Butter:** olive oil, coconut oil, mayo, Earth Balance, ghee

**Yogurt:** So Delicious Plain Coconut Yogurt

**Milk:** Almond, coconut, or hemp milk (homemade or unsweetened Califia, New Barn, Almond Breeze, So Delicious)

**Eggs:** A tablespoon of ground flax in water will work in many recipes

**Cheese:** All are over-processed, but Daiya tastes good as a treat, or homemade “cheese” from cashews/nuts

**Tortillas/Wraps:** regular (all natural) corn tortillas, Food for Life Sprouted Corn or Brown Rice Tortillas

**Chips/Crackers:** popcorn, flax crackers, kale chips, veggie chips, oven-roasted chickpeas, nuts, tortilla chips, potato chips, seaweed chips, Mary's Gone Crackers, Brown Rice Crackers, Crunch Master, Nut-Thins, Mediterranean Rose Lentil Crackers, bean chips/crackers

Note that most “gluten-free” processed foods are still pretty junky and processed and often even higher on the glycemic index and lower in nutrients than their wheat-based alternatives.