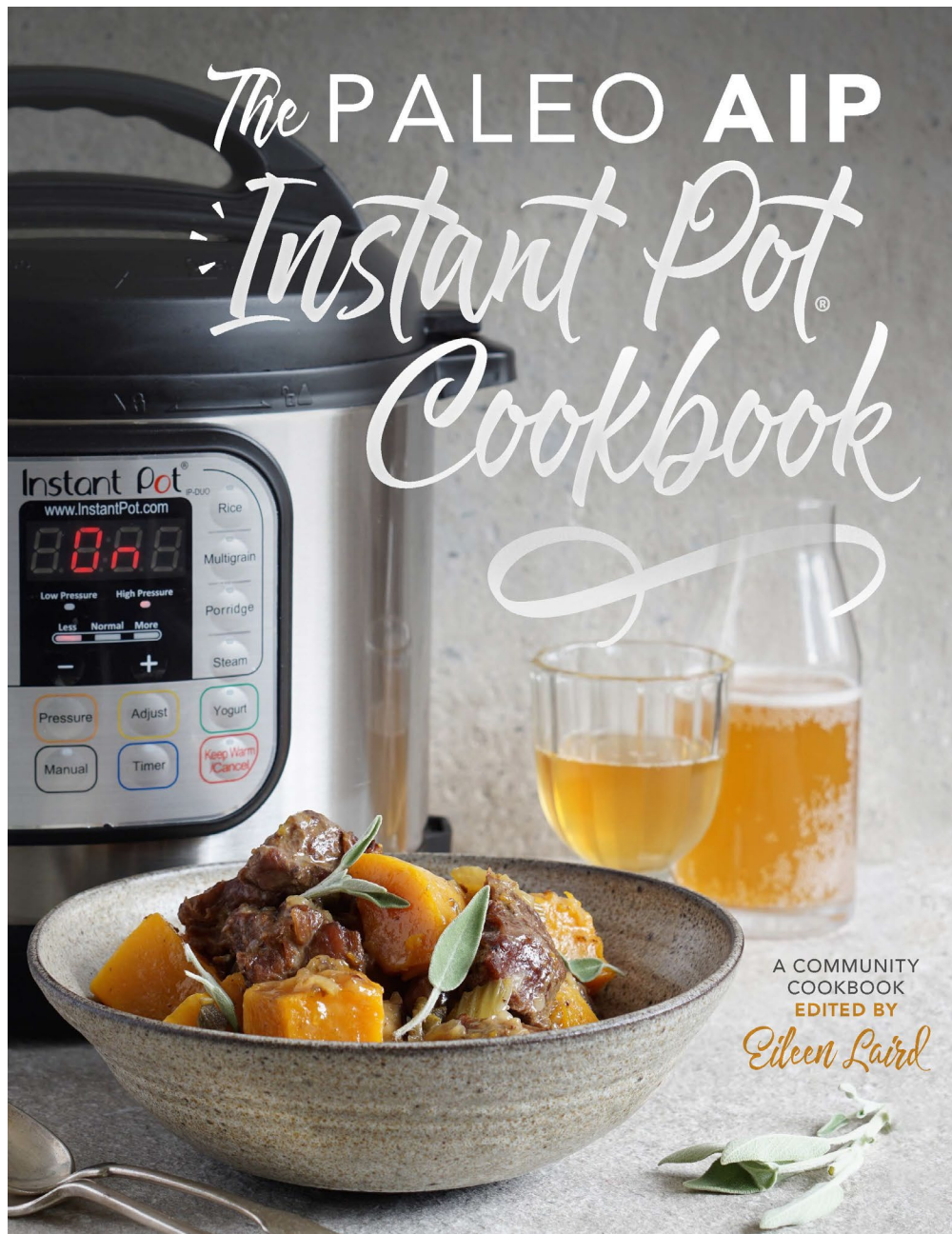


## Recommended Resource

We are proud contributors of the award-winning book [\*The Paleo AIP Instant Pot Cookbook\*](#). Over 140 recipes, including Broths, Sauces/Condiments, Vegetables, Poultry, Meat, Seafood, Organ Meat, and Dessert.

**Special diet modifications:** Over half the recipes in this e-cookbook can be easily modified for Low-FODMAP, GAPS/SCD and Coconut-Free diets. (Charts are included at the back of the book.)



# AIP(AUTOMIMMUNE PROTOCOL)

## Foods YES List

### Vegetables

- Artichoke
- Arugula
- Asparagus
- Bok choy
- Broccoli
- Brussel sprouts
- Cabbage
- Cauliflower
- Celery
- Collard greens
- Cucumber
- Fennel
- Green beans
- Kale
- Leek
- Spinach
- Squash
- Swiss chard
- Watercress

### Fermented Foods

- Fermented vegetable (beets, carrots, green beans)
- Kombucha
- Sauerkraut
- Water kefir

### Fruits

- Apple
- Apricot
- Avocado
- Banana
- Blackberry
- Blueberry
- Cantaloupe
- Cherry
- Clementine
- Coconut
- Date
- Fig
- Grapefruit
- Guava
- Honeydew
- Kiwi
- Lemon
- Lime
- Mango
- Nectarine
- Orange
- Papaya
- Peach
- Pear
- Pineapple
- Plum
- Pomegranate
- Raspberry
- Strawberry
- Tangerine
- Watermelon

### Meats & Broth

- Beef
- Bison
- Bone broth
- Chicken
- Duck
- Fish
- Lamb
- Organ meats (heart, kidney, liver)
- Pork
- Rabbit
- Shellfish
- Turkey
- Venison

### Roots

- Beets
- Carrots
- Celeriac
- Jicama
- Onion
- Parsnip
- Radish
- Rutabaga
- Shallot
- Sweet potato
- Turnip
- Yam

### Pantry Items

- Anchovies
- Apple cider vinegar
- Arrowroot powder
- Coconut aminos
- Coconut flakes
- Coconut vinegar
- Dates
- Dried fruit
- Olives
- Olive oil
- Avocado oil
- Coconut oil
- Salmon
- Sardines
- Tuna
- Ume plum vinegar

### Spices

- Cinnamon
- Cloves
- Garlic
- Ginger
- Onion powder
- Saffron
- Sea salt
- Turmeric

### Herbs

- Basil
- Bay leaves
- Chamomile
- Chives
- Cilantro
- Dill
- Lavender
- Lemongrass
- Marjoram
- Mint
- Parsley
- Spearmint
- Tarragon
- Thyme

# AIP(AUTOMIMMUNE PROTOCOL)

## Foods **NO** List

### Vegetables

- Eggplant
- Goji Berries
- Peppers
  - cayenne
  - chili
  - habanero
  - jalapeno
  - paprika
  - poblano
  - sweet pepper
- Potato
- Tomatillo
- Tomato

### Pantry Items

- Artificial sweeteners
- Canned tomato products
- Canola oil
- Margarine
- Refined sugar
- Vegetable oils
- Wheat flour

### Dairy & Eggs

- Butter
- Cheese
- Chicken eggs
- Cream
- Cream cheese
- Duck Eggs
- Ghee
- Goose eggs
- Milk
- Yogurt

### Alcohol

- Beer
- Cider
- Distilled liquor
- Wine

### Grains

- Amaranth
- Barley
- Buckwheat
- Corn
- Farro
- Kamut
- Millet
- Oats
- Quinoa
- Rice
- Sorghum
- Spelt
- Teff
- Wheat

### Beans & Legumes

- Adzuki beans
- Black beans
- Black-eyed peas
- Chickpeas
- Fava beans
- Kidney beans
- Lentils
- Peanuts
- Soybeans

### Nuts & Seeds

- Almonds
- Brazil nuts
- Cashews
- Chestnuts
- Hazelnuts
- Macadamia nuts
- Pecans
- Pine nuts
- Pistachios
- Walnuts
- All nut and seed butters

### Spices

- Allspice
- Anise
- Annatto
- Caraway
- Cardamom
- Celery seed
- Coriander
- Cumin
- Fennel seed
- Fenugreek
- Mustard
- Nutmeg
- Pepper
- Poppy seed