

AIP FOODS TO INCLUDE



MEAT & POULTRY

Wild or Pastured, grass-fed, organic if possible

Antelope, Bear, Beef, Bison, Buffalo, Boar, Caribou, Chicken, Cricket, Deer, Dove, Duck, Elk, Goat, Goose, Grouse, Guinea Hen, Hare, Kangaroo, Lamb, Moose, Mutton, Ostrich, Pheasant, Pig, Pork, Quail, Rabbit, Sheep, Turkey, Venison

FISH & SEAFOOD

Wild-caught if possible

Anchovy, Arctic Char, Bass, Bonito, Carp, Catfish, Clams, Cod, Crab, Crawfish, Eel, Gar, Haddock, Hake, Halibut, Herring, Lobster, Marlin, Mackerel, Mahi-mahi, Monkfish, Mussels, Octopus, Oysters, Perch, Pollock, Salmon, Sardines, Scallops, Shrimp, Snapper, Sole, Squid, Swordfish, Tilapia, Trout, Tuna, Turbot, Walleye

LEAFY GREENS

Organic if possible

Arugula, Beet Greens, Bok Choy, Broccoli Rabe, Butter Lettuce, Cabbage, Carrot Tops, Chicory, Collard Greens, Cress, Dandelion Greens, Endive, Iceberg Lettuce, Kale, Lamb's Lettuce, Lettuce, Mizuna, Mustard Greens, Napa Cabbage, Radicchio, Romaine, Sorrel, Spinach, Summer Purslane, Swiss Chard, Tatsoi, Turnip Greens, Watercress, Winter Purslane

VEGETABLES

Organic if possible

Artichoke, Asparagus, Broccoli, Brussels Sprouts, Capers, Cauliflower, Celery, Chives, Fennel, Garlic, Garlic Scapes, Green Onions, Leek, Nopal, Onion, Ramps, Rhubarb (stems only), Shallots, Scallions, Squash Blossoms, Wild Leeks

ROOTS & TUBERS

Organic if possible

Arrowroot, Bamboo Shoots, Beets, Burdock, Carrots, Cassava, Celeriac, Daikon, Ginger, Horseradish, Jerusalem Artichokes, Jicama, Kohlrabi, Lotus Root, Parsnip, Radish, Rutabaga, Sweet Potato (any color), Tapioca, Taro, Tigernuts, Turnips, Wasabi, Water Chestnuts, Yacon, Yams, Yucca

SQUASHES

Organic if possible

Acorn Squash, Butternut Squash, Delicata, Pumpkin, Spaghetti Squash, Squash, Summer Squash, Zucchini

SEA VEGETABLES

Harvested from unpolluted areas if possible

Agar, Arame, Dulse, Hijiki, Kelp, Kombu, Nori, Wakame

BERRIES

Organic if possible

Acai, Bilberries, Blackberries, Blueberries, Cherries, Cranberries, Currants, Elderberries, Gooseberries, Grapes, Huckleberries, Lingonberries, Mulberries, Muscadine, Oregon Grapes, Raspberries, Salmonberries, Sea Buckthorn, Strawberries

FRUITS & MELONS

Organic if possible

Acerola, Apple, Apricot, Avocado, Banana, Bitter melon, Blood Oranges, Buddha's Hand, Cantaloupe, Chayote, Cherimoya, Clementines, Coconut, Cucumber, Dates, Dragonfruit, Durian, Fig, Grapefruit, Guava, Honeydew, Horned Melon, Jackfruit, Kaffir Lime, Key Lime, Kiwi, Kumquat, Lemon, Lime, Loquat, Lychee, Mandarin Oranges, Mango, Mangosteen, Melon Pear, Meyer Lemons, Okra, Olives, Orangelo, Orange, Nectarines, Papaya, Passionfruit, PawPaw, Peach, Pear, Persian Melon, Persimmon, Pineapple, Plantains, Plums, Pomegranate, Pomelo, Quince, Rambutan, Rosehip, Star fruit, Tamarind, Tangelo, Tangerine, Vanilla, Watermelon, Winter Melon, Yuzu

MUSHROOMS

Organic if possible

Button, Chanterelle, Cremini, Morel, Oyster, Porcini, Portobello, Shiitake, Truffle, White Button

FATS

Grass-fed, Pastured raised or organic if possible

Avocado Oil, Bacon Fat, Coconut Oil, Lard, Leaf Lard, Olive Oil, Palm Oil, Palm Shortening, Poultry Fat, Red Palm Oil, Salo, Schmaltz (chicken or goose fat), Strutto, Tallow (from beef, lamb, or mutton)

FERMENTED FOODS

Organic if possible

Fermented Meat or Fish, Kombucha, Kvass, Lacto-fermented fruits and vegetables, Non-dairy Kefir, Sauerkraut

FLOURS

Arrowroot Starch/Powder, Cassava Flour, Coconut Flour, Cricket Flour, Green Banana Flour, Plantain Flour, Pumpkin Flour, Sweet Potato Flour, Tapioca Starch, Tigernut Flour, Water Chestnut Flour

SPICES

Organic if possible

Asafetida, Basil Leaf, Bay Leaf, Chamomile, Chervil, Chives, Cilantro (Coriander leaf), Cinnamon, Cloves, Curry Leaf, Dill Weed, Fennel Leaf, Fenugreek Leaf, Garlic, Ginger, Horseradish root, Kaffir Lime Leaf, Lavender, Lemongrass, Mace, Marjoram Leaf, Onion Powder, Oregano Leaf, Parsley, Peppermint, Rosemary, Saffron, Sage, Salt, Savory Leaf, Spearmint, Tarragon, Thyme, Truffles, Turmeric, Vanilla

OTHER ITEMS

Organic if relevant and possible

Active Yeast, Anchovy Paste, Apple Cider Vinegar, Baking Soda, Balsamic Vinegar, Capers, Carob Powder, Chutney (no peppers), Coconut Aminos, Coconut Butter, Coconut Concentrate, Coconut Milk, Coconut Vinegar, Coconut Milk Yogurt (check for non-compliant ingredients though), Cream of Tartar, Fish Sauce, Fruit and Vegetable Juice (in moderation), Jams, Matcha Tea, Nutritional Yeast, Pectin, Red Wine Vinegar, Sea Salt, Smoked Sea Salt, Tea, Truffle Oil (made with olive oil), Vanilla Bean Powder, White Wine Vinegar, Yeast, Yerba Mate

SWEETENERS

In Moderation!!

Coconut Sugar, Coconut Syrup, Honey, Maple Sugar, Maple Syrup, and Molasses

Trace amounts of cane sugar are ok in kombucha and cured meats

DISCLAIMER:

By using this recipe guide you are representing that you have read and agreed to the terms and conditions of Farmhouse Apps, LLC DBA Thriving On Paleo, LLC as listed on the website, thrivingautoimmune.com.

Thriving Autoimmune is a product of Thriving On Paleo, LLC

This recipe guide is not intended to diagnose, treat, prevent or cure any illness or disease. You are solely responsible for your health care and activity choices. Using this recipe guide from Thriving Autoimmune is at the reader's sole discretion and risk.

The information provided in this recipe guide is for general inspirational purposes, and is not to be used as a dietary or nutrition plan for health goals.

This recipe guide has not been reviewed nor approved by the FDA and is not intended to take the place of advice from your medical professional, licensed dietician or nutritionist.

Using this recipe guide does not constitute a client-coach relationship.

Copyright Thriving Autoimmune