

# AIP DIET

## *Reintroduction Schedule*

### LEVEL 1

Egg yolk  
Legumes  
(peas & green beans)  
Berry & seed-based spices  
High quality seed & nut oils  
(sesame oil, almond oil, etc.)  
Grass-fed ghee



### LEVEL 2

Seeds  
Nuts  
Cocoa  
Egg Whites  
Grass-fed butter  
Alcohol  
(in small quantities)



### LEVEL 3

Cashews  
Pistachios  
Coffee  
Grass-fed cream  
Fermented dairy  
Eggplant  
Bell peppers  
Paprika



### LEVEL 4

Grass-fed whole milk  
Grass-fed cheese  
Chili peppers  
Tomatoes  
Potatoes  
Nightshade spices  
White rice  
Alcohol (in larger quantities)  
Soaked & sprouted grains  
Soaked & sprouted legumes

