# Whole30 AIP Food List

## Foods to Include

### Vegetables
- Artichoke
- Arugula
- Asparagus
- Beets
- Broccoli
- Brussels
- Bok Choy
- Cabbage
- Carrots
- Cauliflower
- Chard
- Cucumber
- Fennel
- Jicama
- Kale
- Leek
- Lettuce
- Mushroom
- Onion
- Parsley
- Parsnip
- Spinach
- Squash
- Sweet potato
- etc.

### Herbs & Spices
- Basil
- Bay leaf
- Chives
- Cilantro
- Cinnamon
- Dill
- Ginger
- Garlic
- Mint
- Parsley
- Peppermint
- Rosemary
- Saffron
- Sage
- Thyme
- Turmeric

### Proteins
- Beef (including jerky)
- Bison
- Chicken
- Duck
- Eggs
- Lamb
- Shellfish & fish
- Pork
- Turkey
- Venison

### Fruits
- Apple
- Apricot
- Avocado
- Banana
- Berries
- Cherry
- Citrus
- Coconut
- Date
- Fig
- Grapes
- Kiwi
- Mango
- Melons
- Peach
- Pear
- Persimmon
- Plum
- Pineapple
- Pomegranate
- Watermelon

### Fats
- Avocado oil
- Coconut oil
- Beef tallow
- Olive oil
- Chicken fat
- Palm oil

### Pantry
- Apple cider vinegar & other cooking vinegars
- Coconut flour *
- Tapioca starch *
- Arrowroot starch *

*Can be used in cooking, but no treats are allowed.

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## Foods to Avoid

### Gluten & Grains
- Amaranth
- Barley
- Buckwheat
- Bulger
- Corn
- Millet
- Oats
- Quinoa
- Rice
- Rye
- Sorghum
- Spelt
- Wheat

### Dairy
- Butter
- Cheese
- Cream
- Milk
- Ghee
- Yogurt

### Legumes
- Black beans
- Chickpeas
- Cocoa
- Fava beans
- Kidney beans
- Lentils
- Lima beans
- Peanut
- Soybeans

### Nightshades
- Eggplant
- Goji berries
- Ground cherry
- All peppers

### All Alcohol
- Cornstarch
- Carrageenan
- Guar Gum
- Malt flavorings
- MSG

### Additives
- Sulfites
- Soy
- Syrups
- Xantham Gum

### Sugar & Treats
- Cane sugar
- Coconut sugar
- Brown Sugar
- Honey
- Maple Syrup
- Stevia
- White Sugar

### No Breaks Food
- Chips, pizza, fruit bars, baked goods, or any other food that goes against the Whole30 spirit of just eating real, whole foods for 30 days!

### All Eggs

### Nuts & Seeds
- All nuts, seeds, and seed spices including mustard, black pepper, coffee, etc.

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