

WHOLE30 AIP FOOD LIST

FOODS TO INCLUDE

VEGETABLES

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

FRUITS

In moderation

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

HERBS & SPICES

Basil	Mint
Bay leaf	Parsley
Chives	Peppermint
Cilantro	Rosemary
Cinnamon	Saffron
Dill	Sage
Ginger	Thyme
Garlic	Turmeric

PROTEINS

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

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	Quinoa
Barley	Rice
Buckwheat	Rye
Bulger	Sorghum
Corn	Spelt
Millet	Wheat
Oats	

DAIRY

Butter	Milk
Cheese	Ghee
Cream	Yogurt

LEGUMES

Black beans	Lentils
Chickpeas	Lima beans
Cocoa	Peanut
Fava beans	Soybeans
Kidney beans	

NIGHTSHADES

Eggplant	All red spices
Goji berries	Potato
Ground cherry	Tomato
All peppers	Tomatillo

ALL ALCOHOL

ADDITIVES

Cornstarch	Sulfites
Carrageenan	Soy
Guar Gum	Syrups
Malt flavorings	Xantham Gum
MSG	

SUGAR & TREATS

Cane sugar	Maple Syrup
Coconut sugar	Stevia
Brown Sugar	White Sugar
Honey	

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.