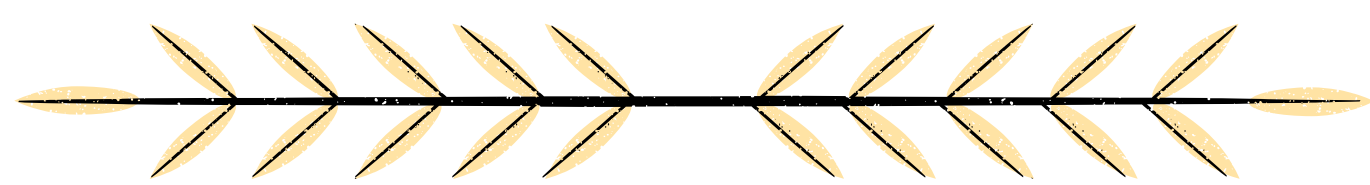


AUTOIMMUNE PROTOCOL

Nourish Functional Health



CHEAT SHEET

WHAT IS AIP?

The Autoimmune Protocol (AIP) diet is a structured nutrition plan designed to help those with autoimmune conditions reduce inflammation, identify food triggers, and support immune balance. By removing reactive foods and emphasizing nutrient-dense, anti-inflammatory options, it promotes gut repair, improved tolerance, and a better quality of life.

WHO IS IT FOR?

Ideal for those with autoimmune conditions looking to reduce flare-ups, calm inflammation, and support immune balance. Also beneficial for anyone with chronic inflammation, fatigue, or gut issues seeking to identify food triggers and strengthen overall resilience through a targeted, anti-inflammatory approach.

PHASES

- 1** Elimination – Remove inflammatory and trigger foods for 30–90 days to calm the immune system.
- 2** Reintroduction – Slowly add foods back one at a time to identify what your body tolerates.
- 3** Maintenance – Keep triggers out and build a sustainable, nourishing diet based on your personal tolerances.

BENEFITS OF AIP

- Restore Gut Health
- Increases Nutrient Density
- Stabilizes Blood Sugar
- Balances Immune System
- Lowers Inflammation

FOODS TO EXCLUDE

- Grains: Wheat, barley, rye, spelt, oats, rice, corn, millet, quinoa, buckwheat, amaranth, sorghum, teff
- Eggs (including egg white & egg yokes)
- Alcohol
- Milk, cheese, yogurt, ghee, and other dairy products.
- Lentils, chickpeas, beans, and other legumes (including soy & peanuts)
- Tomatoes, eggplants, peppers, & other nightshades.
- All processed foods & refined carbohydrates.
- Sugars & artificial sweeteners.
- Nut oils, seed oils & refined vegetable oils.
- Spices made from nightshades.
- Coffee, cocoa (including chocolate)
- Nuts & seeds.
- Ibuprofen, aspirin, & other NSAIDs.
- Preservatives, thickeners, flavorings, emulsifiers, coloring, & other additives.

FOODS TO ENJOY

- Meats, organ meats, fish, and shellfish
- Kombucha, sauerkraut, and other fermented foods
- Spinach, chard, kale, and other leafy green vegetables
- Cauliflower, broccoli, and Brussels sprouts
- Asparagus, zucchini and cucumbers
- Sweet potatoes, carrots, parsnips, & other root vegetables
- Avocado oil, coconut oil, olive oil
- Duck fat, lard, tallow, and other healthy fats
- Basil, bay leaf, cinnamon, and other AIP-approved herbs and spices
- Coconut flakes, coconut aminos, & apple cider vinegar
- Fruits (but only 1–3 servings per day)

Notes: Even healthy foods can be reactive. Keep a food and symptom log, or use the Vibrant Labs Peptide Food Sensitivity Test to uncover your unique triggers and personalize your plan for deeper gut healing. Learn more about food sensitivity testing, [here](#).