

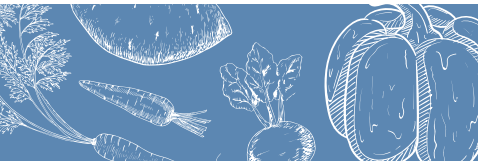
30 OF THE BEST AIP RECIPES ON THE INTERNET

If you've been diagnosed with an autoimmune disease, you might have come across the autoimmune protocol diet (AIP) in researching holistic solutions. Intended as a temporary elimination diet, AIP is a stricter version of the paleo diet, a gluten-free, grain-free diet that also excludes legumes, most dairy, and processed sugars and oils.

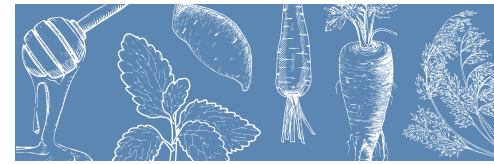
In addition to these restrictions, the AIP diet targets foods that might trigger inflammation and exacerbate autoimmune symptoms. The aim of an AIP lifestyle is to heal the gut by replacing pro-inflammatory foods with gut-healing, nutrient-dense ones, including [bone broth](#), fermented foods and beverages, most vegetables, and healthy meats.

Once you've been on the AIP for a period of time (usually six to eight weeks), you'll begin to strategically reintroduce foods from the disallowed list. This will help you discover which foods negatively impact your condition, and which foods can safely return to your diet.

We recommend keeping a food journal for this phase, so that you can track your foods and your symptoms as you add them back, one at a time. It might feel overwhelming at first with all of these restrictions, but we're here to help. We've gathered a list of easy AIP recipes to help get you started in the first phase of your journey.



FOODS TO AVOID



Here are foods to steer clear of in the elimination phase ([3](#), [4](#), [5](#), [6](#)):

- Vegetables in the nightshade family (tomatoes, potatoes, eggplant, paprika, mustard seeds, and all peppers, including dried spices like cayenne or chili powder)
- Vegetable oils (allowed: olive oil, lard, palm oil, and coconut oil)
- Dairy products (allowed: cultured ghee)
- Eggs
- All forms of sugar and alternative sweeteners (maximum 1 teaspoon of honey or maple syrup allowed per day, no other added sugar allowed)
- All processed foods (including alcohol)
- Nuts, seeds, and cooking oils made from nuts and seeds
- Beans and legumes (including coffee and soy, but not including green beans or sugar snap peas)
- Grains (including corn)
- Dried fruits
- Chocolate
- Culinary herbs and spices made from seeds (mustard, cumin, coriander, fennel, cardamom, fenugreek, caraway, nutmeg, dill seed)
- Gums (guar gum, Tara gum, Gellan gum, Gum Arabic)
- Tapioca (Start out avoiding this one, as it's considered a "cross-reactor" with gluten. You might be able to reintroduce it after a few weeks without a problem.)

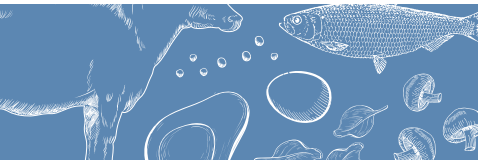


FOODS TO ENJOY



The following foods can be eaten on the AIP diet ([3](#), [4](#), [5](#), [6](#)):

- All vegetables except nightshades
- Fruit (up to 2 pieces per day)
- Pastured or grass-fed meat and poultry
- Wild-caught seafood
- Fats: olive oil, coconut oil, avocados, lard, bacon fat, cultured ghee
- [Bone broth](#)
- Coconut products: coconut oil, coconut cream, coconut butter (manna), coconut aminos, shredded coconut, coconut flour, and 100% pure coconut milk (no additives like guar gum or carrageenan; avoid cans with BPA lining)
 - Not allowed: coconut sugar and nectar
- Fermented foods (coconut yogurt, kombucha, non-dairy kefir, kimchi, raw sauerkraut, fermented vegetables)
- Non-seed herbal tea
- Green tea, black tea, and white tea
- Vinegar: apple cider, coconut, red wine, balsamic (no added sugar)
- Honey and maple syrup (maximum 1 teaspoon per day)
- Herbs: all fresh, non-seed herbs
- Grass-fed gelatin and arrowroot starch



AUTOIMMUNE PALEO RECIPES



AIP Breakfast Recipes:

- [AIP Baked Carrot Banana Bread N'Oatmeal](#) (from Autoimmune Wellness)
- [AIP Pumpkin Pancakes](#) (from Gutsy by Nature)
- [AIP Breakfast Sandwich](#) (from Comfort Bites)
- [AIP Granola](#) (from AIP Lifestyle)
- [AIP Warm Porridge with Lemon and Berries](#) (from AIP Lifestyle)

AIP Breakfast Recipes:

- [Shaved Brussels Sprouts Salad](#) (from Paleo Mom)
- [AIP Ramen](#) (from Comfort Bites)
- [Strawberry Kale Salad with Baconnaise](#) (from A Clean Plate)
- [Creamy AIP Chicken Salad](#) (from He Won't Know it's Paleo)
- [Bacon Ranch Zucchini Noodle Pasta Salad](#) (from Unbound Wellness)

AIP Snacks:

- [Anti-inflammatory Turmeric and Ginger Smoothie](#) (from Paleo Plan)
- [AIP Coconut Turmeric Snack Balls](#) (from Healing Autoimmune)
- [Paleo Cheesy Garlic Kale Chips](#) (from Healing Autoimmune)
- [Nightshade-Free Red Salsa](#) (from He Won't Know it's Paleo)
- [Bacon-wrapped Avocado Fries](#) (from PaleoHacks)

AIP Main Dishes for Dinner:

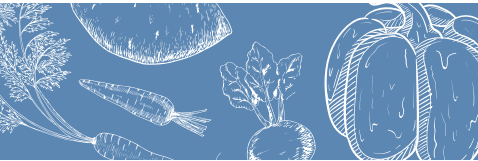
- [Instant Pot Chicken Soup](#) (from What Great Grandma Ate)
- [Slow-cooker Ground Beef and Pumpkin Curry](#) (from Fed and Fulfilled)
- [AIP Asian Garlic Beef Noodles](#) (from Paleo Flourish)
- [Asian-Inspired Stir Fry](#) (from Autoimmune Wellness)
- [Paleo and AIP Pot Pie](#) (from The Curious Coconut)

AIP Side Dishes for Dinner:

- [Thai Cilantro Lime Cauliflower Rice](#) (from Healing Autoimmune)
- [AIP Butternut Squash Soup](#) (from Unbound Wellness)
- [Green Salad with Italian Vinaigrette](#) (from Paleo Mom)
- [Lemon Scented Roasted Vegetables with Lemon Vinaigrette](#) (from Autoimmune Wellness)
- [Curry Sweet Potato and Fennel](#) (from Grazed and Enthused)

AIP Dessert Recipes:

- [AIP Mango Lassi](#) (from AIP Lifestyle)
- [Honey Lavender Baked Apples](#) (from A Squirrel's Kitchen)
- [Lemon Herb Shortbreads](#) (from Eat Heal Thrive)
- [Paleo Ice Cream Truffles](#) (from Meatified)
- [AIP Apple Pie](#) (from Autoimmune Wellness)



YOUR AIP MEAL PLAN



Remember, no matter where you start in your AIP lifestyle, the restrictions are meant to be temporary to allow your body to heal and begin thriving again. You can do this, and we're here to help!

