



# For Eat's Sake

## Plant-Based Modified Autoimmune Protocol

The foods on this list all comply with the original AIP program, with the exception of the hemp seeds and other foods made from hemp seeds.

### Vegetables

amaranth greens	manioc (cassava. yuca)
artichoke	mizuna
arugula	mushrooms
asparagus	mustard greens
avocado	okra
beet greens	onion
beet root	parsnip
bok choy	plantain
broccoli	pumpkin
broccoli rabe	radicchio
Brussels sprouts	radish
cabbage	ramp
carrot	rutabaga
cauliflower	scallion
celeriac	seaweeds
celery	shallot
collard greens	sorrel
cucumber	spinach
daikon radish	spring onion
dandelion greens	sprouts
endive	squashes
fennel	swede
fiddlehead	sweet potato
garlic	Swiss chard
Jerusalem artichoke	taro
jicama	tatsoi
kale	turnip
kohlrabi	water chestnut
leek	watercress
lettuce	yam
lotus root	zucchini

### Herbs, Flowers & Medicinals

asafetida	marigold
basil	marjoram
bay leaf	mushrooms
burdock	nasturtium
calendula	oregano
chamomile	pansies
chervil	parsley
chicory	peppermint
chives	rosehip
cilantro	rosemary
curry leaves	rowan
dandelion root	saffron
dill weed	sage
elderberry	savory
ginger	spearmint
hawthorn	squash blossoms
hibiscus	tamarind
honeysuckle	tarragon
lavender	turmeric
lemon balm	thyme

#### Note:

- These lists are far from complete - there are just so many foods out there!
- If you are curious about a plant food that doesn't appear on this list, it may be fine for AIP so long as it's **not** in these groups: dairy, eggs, grains, nuts, seeds, legumes, nightshades, sweeteners, thickeners & other food additives.



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### Fruits

açaí  
acerola  
apple  
apricot  
banana  
bilberry  
bitter melon  
blackberry  
blueberry  
camucamu  
chayote  
cherimoya  
cherry  
chokeberry  
citrus fruits  
cloudberry  
coconut  
crabapple  
cranberry  
currant  
date  
fig  
grape  
guava  
huckleberry  
kiwi  
lemon  
lime  
lingonberry  
lychee  
mango  
mangosteen  
melons  
mulberry

nectarine  
orange  
papaya  
passion fruit  
pear  
persimmon  
pineapple  
plum  
pomegranate  
rambutan  
raspberry  
rhubarb stems  
salmonberry  
starfruit  
strawberry  
watermelon

### Drinks & Fridge Items

coffee\*\*  
coconut water  
coconut milk  
hemp milk  
hempeh  
hemp tofu  
kefit (water)  
kombucha  
mineral water  
olives  
sauerkraut  
seltzer water  
tea (green & black)\*  
tea (herbal)

### Pantry Items

agar agar  
apple cider vinegar  
arrowroot starch  
avocado oil  
baking soda  
balsamic vinegar  
banana flour  
carob powder  
capers  
cassava flour  
coconut aminos  
coconut butter\*  
coconut cream  
coconut flour\*  
coconut milk  
coconut oil  
cream of tartar  
date sugar\*  
dried fruit\*  
hemp seeds  
honey\*  
kelp noodles  
maple syrup\*  
maple sugar\*  
nori  
nutritional yeast  
olives  
plantain flour  
seaweed powder  
tapioca (starch & flour)  
tigernut (whole & flour)  
vinegar  
water chestnut flour  
yeast (baker's)

### Note:

\* in moderation  
\*\* may react

Be sure to check ingredients on all prepared foods.

### Spices

allspice\*\*  
anise seed\*\*  
annatto seed\*\*  
caraway  
cardamom\*\*  
celery seed\*\*  
cinnamon  
cloves  
cumin seed\*\*  
dill seed\*\*  
fennel seed\*\*  
fenugreek\*\*  
horseradish  
mace  
mustard seed\*\*  
nutmeg\*\*  
peppercorn\*\*  
salt\*  
star anise\*\*  
sumac\*\*  
truffle  
vanilla\*\*  
vanilla extract  
wasabi