

THE AIP DIET GUIDE

Your step by step guide to the
Autoimmune Protocol Diet (AIP)

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WHAT IS THE AIP DIET?

AIP stands for autoimmune protocol.

This is a diet created to decrease autoimmune inflammation.

When you have an autoimmune disease, you have a leaky gut.

This means there are holes in your gut wall that are letting in undigested foods and bacteria into your body.

Your immune system lives just outside of your gut and it gets triggered by the materials leaking in.

It responds by increasing its attack in order to protect you.

But this also increases autoimmune symptoms.

WHY DOES THE AIP DIET WORK?

The AIP diet eliminates potentially inflammatory foods to decrease the trigger to your immune system. It also helps:

✓ **REGULATE BLOOD SUGAR LEVELS**

When your blood sugar spikes and dips this negatively impacts every cell in your body and increases inflammation.

✓ **INCREASES THE AMOUNT OF NUTRIENTS YOU EAT.**

Most people with autoimmune disease have significant nutrient deficiencies. Eating more nutrients helps repair the gut wall. When your gut wall is repaired, this improves digestion and supports more nutrient absorption.

✓ **BALANCE GOOD AND BAD BACTERIA IN THE GUT.**

To maintain a healthy gut, you need a balance of good and bad bacteria. Eating foods that stop feeding the bad bacteria and help feed the good bacteria is so important.

✓ **OPTIMIZE GUT AND DIGESTIVE ORGAN FUNCTION.**

Decreasing inflammation, healing the gut wall, and eating more nutrients is going to help support your stomach as well as the other digestive organs such as the liver, gallbladder, and pancreas.

✓ **IDENTIFY FOOD SENSITIVITIES:**

Food sensitivities are different from food allergies or food intolerances. Eating foods you are sensitive to increases inflammation. Eliminating and reintroducing foods reveals food sensitivities through symptoms. Food sensitivity tests are not accurate in the presence of a leaky gut.

HERE'S HOW IT WORKS:

01

STEP 1: THE TRANSITION PHASE:

This is when you transition from how you are currently eating to the AIP Elimination phase.

This can be done by gradually eliminating food groups or cold turkey by picking a day to start the elimination phase. Do what you feel will help you be the most successful.

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STEP 2: THE ELIMINATION PHASE

Eat the foods that are AIP compliant and do not eat the foods that are not AIP compliant. This phase is designed to be followed for 30-90 days.

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STEP 3: THE REINTRODUCTION PHASE

After you get to a place of feeling consistent, it's time to reintroduce foods. Slowly reintroduce foods back into your diet one at a time and observe for symptoms of food sensitivities.

The AIP diet is designed to help you find your own way of eating: After you complete reintroductions, you will know what foods you are sensitive to and what foods you can tolerate. From there you can eat your own diet containing a variety of foods that keep you feeling good.

AIP FOODS TO INCLUDE

Meat: antelope, bear, buffalo (bison), boar, caribou, cattle (beef, veal), deer (venison), elk, goat, hare, horse, kangaroo, moose, pig (pork), rabbit, and sheep (lamb, mutton)

Poultry: chicken, dove, duck, goose, grouse, guinea hen, ostrich, pheasant, quail, and turkey

Shellfish: clams, crab, crawfish, lobster, mussels, octopus, oysters, scallops, shrimp, and squid

Fish: anchovy, arctic char, bass, bonito, carp, catfish, cod, eel, gar, haddock, hake, halibut, herring, marlin, mackerel, mahi-mahi, monkfish, perch, polluck, salmon, sardine, snapper, sole, swordfish, tilapia, trout, tuna, turbot, and walleye

Leafy-vegetables: arugula, beet greens, bok choy, broccoli rabe, brussels sprouts, cabbage, carrot tops, celery, chicory, collard greens, cress, dandelion greens, endive, kale (many varieties), lamb's lettuce, lettuce (many varieties), mizuna, mustard greens, napa cabbage, radicchio, sorrel, spinach, summer purslane, swiss chard, tatsoi, turnip greens, watercress, and winter purslane

Non-starchy vegetables: artichoke, asparagus, broccoli, caper, cauliflower, celery, fennel, nopal, rhubarb (stems only), and squash blossoms

Allium-family vegetables: chive, garlic, leek, onion, shallot, scallion, and wild leek (ramp)

Roots, tubers, and bulb vegetables: arrowroot, bamboo shoot, beet, burdock, carrot, cassava, celeriac, daikon, ginger, horseradish, Jerusalem artichoke, jicama, kohlrabi, lotus root, parsnip, radish, rutabaga, sweet potato, taro, tigernut, turnip, wasabi, water chestnut, yacon, and yam

Sea vegetables: arame, dulse, hijike, kombu, nori, and wakame

Vegetable-like fruits: avocado, bitter melon, chayote, cucumber, okra, olives, plantain, pumpkin, squash, winter melon, and zucchini

Berries: acai, bilberry, blackberry, blueberry, cranberry, currant, elderberry, gooseberry, grape, huckleberry, lingonberry, loganberry, mulberry, muscadine, Oregon grape, raspberry, salmonberry, sea buckthorn, and strawberry

Rosaceae-family fruits: apple, apricot, cherry, nectarine, peach, pear, plum, quince, and rosehip

Melons: cantaloupe, honeydew, horned melon, melon pear, Persian melon, watermelon, and winter melon

AIP FOODS TO INCLUDE

Citrus-family fruits: blood orange, Buddha's hand, clementine, grapefruit, kaffir lime, key lime, kumquat, lemon, lime, mandarin, Meyer lemon, orangelo, orange, pomelo, tangelo, tangerine, and yuzu.

Tropical fruits: acerola, banana, chayote, cherimoya, coconut, date, dragonfruit, durian, fig, guava, jackfruit, kiwi, loquat, lychee, mango, mangosteen, papaya, passionfruit, pawpaw, persimmon, pineapple, plantain, pomegranate, quince, rambutan, star fruit, tamarind, and vanilla

Edible fungi/mushrooms: chanterelle, cremini, morel, oyster, porcini, portobello, shitake, and truffle

Animal fats: bacon fat, lard (rendered pig back fat), leaf lard (rendered pig kidney fat), pan drippings, poultry fat, salo, schmaltz (chicken or goose fat), strutto (clarified pork fat), and tallow (rendered fat from beef, lamb, or mutton)

Plant fats: avocado oil (cold-pressed), coconut oil, olive oil (cold-pressed), palm oil, palm shorting, and red palm oil

Probiotic foods: fermented meat or fish, kombucha, kvass, lacto-fermented fruits and vegetables, non-dairy kefir, and sauerkraut

Leaf, flower, root, and bark spices: asafetida, basil leaf, bay leaf, chamomile, chervil, chives, cilantro (coriander leaf), cinnamon, cloves, curry leaf, dill weed, fennel leaf, garlic, ginger, horseradish (root), kaffir lime leaf, lavender, lemongrass, mace, marjoram leaf, onion powder, oregano leaf, parsley, peppermint, rosemary, saffron, sage, salt, savory leaf, spearmint, tarragon, thyme, truffles, turmeric, and vanilla

Other flavorings (always check additional ingredients): anchovies or anchovy paste, apple cider vinegar, balsamic vinegar, capers, carob powder, coconut aminos (a soy sauce substitute), coconut concentrate, coconut milk, coconut water vinegar, fish sauce, fruit and vegetable juice (in moderation), organic jams and chutneys, red wine, vinegar, truffle oil (made with olive oil), and white wine vinegar.

Sweeteners to include in moderation: coconut sugar, coconut syrup, honey, maple sugar, maple syrup, and molasses (trace amounts of cane sugar are OK in cured meats and kombucha)

Foods included in moderation: green or black tea, yerba mate, fructose (less than 10-20 grams per day), omega-6, polyunsaturated fat-rich foods (poultry and industrially raised fatty meat), moderate to high glycemic load fruits/vegetables (dried fruit, plantain, taro, etc), and coconut

AIP FOODS TO AVOID

Grains: barley, corn, durum, fonio, Job's tears, kamut, millet, oats, rice, rye, sorghum, spelt, teff, triticale, wheat (all varieties, including einkorn and semolina), and wild rice

Gluten: barley, bulgur, farro, rye, wheat, and foods derived from these ingredients

Pseudo-grains and grain-like substances: amaranth, buckwheat, chia, and quinoa

Dairy: butter, buttermilk, butter oil, cheese, cottage cheese, cream, cream cheese, milk, curds, dairy-protein isolates, ghee, heavy cream, ice cream, kefir, sour cream, whey, whey-protein isolate, whipping cream, and yogurt

Legumes: adzuki beans, black beans, black-eyed peas, butter beans, calico beans, cannellini beans, chickpeas (aka garbanzo beans), fava beans (aka broad beans), Great Northern beans, green beans, italian beans, kidney beans, lentils, lima beans, mung beans, navy beans, pinto beans, peanuts, peas, runner beans, split peas, and soybeans (including edamame, tofu, tempeh, other soy products, and soy isolates, such as soy lecithin)

Processed vegetable oils: canola oil (rapeseed oil), corn oil, cottonseed oil, grapeseed oil, palm kernel oil, palm olein, peanut oil, safflower oil, sunflower oil, and soybean oil

Processed food chemicals and ingredients: acrylamide, artificial food color, artificial and natural flavors, autolyzed protein, brominated vegetable oil, emulsifiers (carrageenan, cellulose gum, guar gum, lecithin, xanthan gum), hydrolyzed vegetable protein, monosodium glutamate, nitrates or nitrites (naturally occurring are okay), olestra, phosphoric acid, propylene glycol, textured vegetable protein, trans fats (partially hydrogenated vegetable oil, hydrogenated oil), yeast extract, and any ingredient with an unrecognized chemical name

Added sugars: agave, agave nectar, barley malt, barley malt syrup, beet sugar, brown rice syrup, brown sugar, cane crystals, cane juice, cane sugar, caramel, corn sweetener, corn syrup, corn syrup solids, crystalline fructose, date sugar, dehydrated cane juice, demerara sugar, dextrin, dextrose, diastatic malt, evaporated cane juice, fructose, fruit juice, fruit juice concentrate, galactose, glucose, glucose solids, golden syrup, high-fructose corn syrup, invert sugar, inulin, jaggery, lactose, malt syrup, maltodextrin, maltose, monk fruit (luo han guo), muscovado sugar, palm sugar, panela, panocha, rapadura, raw cane sugar, raw sugar, refined sugar, rice bran syrup, rice syrup, saccharose, sorghum syrup, sucanat, sucrose, syrup, treacle, turbinado sugar, and yacon syrup

AIP FOODS TO AVOID

Sugar alcohols: erythritol, mannitol, sorbitol, and xylitol. (Naturally occurring sugar alcohols found in whole foods like fruit are OK)

Nonnutritive sweeteners: acesulfame potassium, aspartame, neotame, saccharin, stevia, and sucralose

Nuts and nut oil: almonds, brazil nuts, cashews, chestnuts, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, or walnuts, or any flavors, flours, butters, oils, or other products derived from these nuts (Coconut is OK because it is not a nut)

Seed and seed oils: chia, chocolate, cocoa, coffee, flax, hemp seeds poppy, pumpkin seed, sesame, and sunflower, and any flavors, butters, oils, and other products derived from them

Nightshade or spices derived from nightshades: ashwagandha, bell peppers (aka sweet peppers), cayenne peppers, cape gooseberries (ground cherries, not to be confused with regular cherries, which are OK), eggplant, garden huckleberries (not to be confused with regular huckleberries, which are OK). goji berries (aka wolfberries), hot peppers (chili peppers and chili based spices), naranjillas, paprika, pepinos, pimientos, potatoes (sweet potatoes are not nightshades and OK), tamarillos, tobacco, tomatillos, and tomatoes

Spices derived from seeds: allspice, anise, annatto, black caraway (Russian caraway, black cumin), cardamom, celery seed, coriander, cumin, dill seed, fennel seed, fenugreek, juniper, mustard, nutmeg, pepper, and poppy

Eggs: chicken eggs, duck eggs, goose eggs, quail eggs, or any other type of egg

Alcohol: beer, liquor, wine, or any other form of alcoholic beverage (small amounts in kombucha is OK)

HOW TO REINTRODUCE FOODS

Step #1

Start with reintroducing foods that are more likely tolerated to least likely tolerated.

(Everyone will be different in what they can tolerate.)

Step #2

Eat one serving (or less) of the food you are reintroducing.

Step #3

Wait 3 days to monitor for symptoms of a reaction.

Step #4

If you do not experience a change in how you feel, you most likely tolerate that food.

If you experience an increase in symptoms, you most likely are sensitive to that food.

Note:

Sensitivities can decrease over time.

You can consider reintroducing the foods you are sensitive to weeks or months later.

POSSIBLE FOOD REACTIONS

Here is a list of symptoms you might encounter when reintroducing a food back into your diet. For 3 days after you reintroduce a food, take a look at these symptoms and note any that you are experiencing. It's helpful to use a journal to keep track. This will help you pinpoint foods that are problematic to you over the long term.

SLEEP

- unable to stay awake
- unable to stay asleep
- not feeling rested after sleep

CRAVINGS

- sugar cravings
- fat cravings
- need for caffeine
- craving minerals from non-food items (like chalk, dirt, or clay)

DIGESTION

- stomachache
- diarrhea
- constipation
- heartburn
- nausea
- gas
- bloating
- undigested food in stool

ACHES/PAINS

- muscle aches or pains
- joint aches or pains
- tendon aches or pains
- ligament aches or pains

MOOD

- mood swings
- depression
- low stress tolerance
- noticeable increase in anxiety

SKIN

- rash
- acne
- pink bumps or spots
- dry hair/skin/nails

ENERGY

- reduced energy levels
- fatigue
- afternoon energy dips

MISCELLANEOUS

- headache (from mild to migraine)
- dizzy or lightheaded
- phlegm/runny nose/postnasal drip
- coughing or constant need to clear throat
- itchy eyes/mouth/ears
- sneezing
- disease symptoms returning/worsening

REINTRODUCTION FOOD LIST

Stage 1

Egg yolks (not the whites): Chicken, duck, goose, quail, or any other type of egg yolk

Legumes (beans with edible pods, and legume sprouts): Green beans, peas, runner beans, snow peas, and sugar snap peas

Fruit and berry-based spices: Allspice, star anise, caraway, cardamom pod, juniper, pepper (from black, green, pink, or white peppercorns), and sumac

Seed-based spices: Anise seed, annatto seed, black caraway (Russian caraway, black cumin), celery seed, coriander seed, cumin seed, dill seed, fennel seed, fenugreek, mustard, and nutmeg

Nuts and seeds (oils only): Macadamia, sesame, and walnut

Nuts and seeds: Chocolate, cocoa, and coffee (occasional basis)

Dairy (ideally from grass-fed sources): Ghee

Stage 2

Nuts and seeds: Almonds, brazil nuts, cashews, chestnuts, coffee (daily basis), hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, walnuts, chia, flax, hemp seeds, poppy, pumpkin seed, sesame, sunflower, or any other flavors, flours, butters, oils, and other products derived from them

Egg whites (or whole eggs): Chicken, duck, goose, quail, or any other type of egg white.

Dairy (ideally from grass-fed sources): Butter and butter oil

Alcohol (small quantities): Gluten-free beer or hard cider (8 oz. or less), wine (5 oz. or less), fortified wine (3 oz. or less), liqueur (3 oz. or less), or gluten-free spirits (1 oz. or less)

Stage 3

Nightshades (limited): Bell peppers (aka sweet peppers), eggplant, paprika, and potatoes (peeled)

Dairy (ideally from grass-fed sources): Buttermilk, cheese, cottage cheese, cream, cream cheese, curds, dairy-protein isolates, heavy cream, ice cream, kefir, milk, sour cream, whey, whey-protein isolate, whipping cream, and yogurt

Legumes: Chickpeas (aka garbanzo beans), lentils, and split peas. (Legumes may be more well tolerated when soaked and fermented)

Stage 4

Nightshades or spices derived from nightshades: Ashwagandha, cayenne peppers, cape gooseberries (aka ground cherries), garden huckleberries, goji berries (aka wolfberries), hot peppers (chili peppers and chili-based spices), naranjillas, pepinos, pimentos, potatoes (unpeeled), tamarillos, tomatillos, and tomatoes

Gluten-free grains, pseudo-grains, and other grain-like substances: Corn, fonio, Job's tears, millet, oats, rice, sorghum, teff, wild rice, amaranth, buckwheat, and quinoa (Grains may be more well-tolerated when soaked and fermented)

Legumes: Adzuki beans, black beans, black-eyed peas, butter beans, calico beans, cannellini beans, fava beans (aka broad beans), Great Northern beans, Italian beans, kidney beans, lima beans, mung beans, navy beans, pinto beans, and peanuts. (Legumes may be more well tolerated when soaked and fermented)

Alcohol (moderate quantities): Gluten-free beer or hard cider, wine, fortified wine, liqueur, or gluten-free spirits

LIFESTYLE

A healthy, non-inflammatory diet and lifestyle is more than what you eat.

The majority of my clients experience improvements with the AIP diet and then further improvements with lifestyle changes.

Here are some important lifestyle changes to support decreasing inflammation:

✓ **Regulate Your Nervous System**

A nervous system that is stuck in chronic fight/flight is a major contributor to autoimmune disease. Getting the nervous system in rest/digest is essential for healing. This is where the majority of my clients see drastic improvements in their symptoms.

✓ **Circadian Rhythm**

Having a regular 24 hour cycle that supports high quality sleep is essential to decreasing inflammation.

✓ **Balanced Hormones**

A well regulated monthly cycle for women is also essential for decreasing inflammation.

✓ **Movement**

Your body needs daily movement. But it's important to not overexercise because this can use up nutrients for exercise recovery instead of healing inflammation. While healing inflammation, avoid exercise that makes you more tired or sore.

✓ **Support Detoxification**

Autoimmune disease means an overwhelmed immune system. It's important to support your detox pathways such as your liver, kidney, gut, lymph, and skin. You may need to treat any overgrowth of pathogens that continue to trigger inflammation- such as bacterial overgrowth (like SIBO), yeast/fungal infections, mold toxicity, heavy metal toxicity, parasites, or chronic viruses.

WANT MORE SUPPORT?

Join The Heal in 12 Membership

My 12 month membership program that teaches you how to heal autoimmune inflammation so you can feel your best.

Here is what you get:

The Heal in 12 course: Video modules and worksheets that break down each step of diet and lifestyle changes.

Community: one of the biggest things that keeps my clients from feeling their best is feeling alone in their journey- I built this membership, to have a community so you can feel supported in your journey and surrounded by people who get it and are getting results.

Ask A Coach: As you learn and implement diet and lifestyle changes, you are going to have questions. Getting prompt answers from experts gives you the ability to get faster results. Use the Ask A Coach feature to get all your questions answered no matter what stage you are in the process.

Weekly LIVE coaching: Knowing information about diet and lifestyle is important but implementing diet and lifestyle changes into your life is what actually gives you results. In this membership, you get access to join us for a live weekly coaching call where I help you with mindset and implementation of the Heal in 12 process.



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HEAL IN

[LEARN MORE HERE](#)

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