

DRIED HERBS & SEASONINGS:

basil, dill, marjoram, mint, oregano, rosemary, sage, thyme, garlic powder, onion powder, cinnamon, cloves, ginger, mace, sea salt, truffle salt

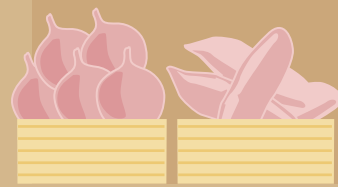
BAKING STAPLES :

arrowroot starch, baking soda, blackstrap molasses, carob powder, coconut flour, cream of tartar, gelatin, honey, maple syrup, palm shortening, sweet potato flour, tapioca starch



FATS:

avocado oil, coconut oil, olive oil, lard, tallow



VINEGARS:

apple cider vinegar, balsamic vinegar, pear cider vinegar, red wine vinegar



PICKLED STAPLES:

artichoke hearts, olives, horseradish*

EMERGENCY PROTEINS:

canned haddock, mackerel, oysters, salmon, sardines, shrimp, tuna

FLAVORINGS:

anchovies, coconut aminos, fish sauce,* wasabi*

DRIED FRUIT :

apples, bananas, coconut, dates, mangoes, raisins

EXTRAS:

coconut wraps, nori wraps, apple chips, banana chips, cassava chips, plantain chips, sweet potato chips,* coconut flakes, coconut milk or cream

ROOT VEGETABLES & ALLIUMS :

fresh garlic, ginger root, onions, sweet potatoes, winter squash

FRESH FRUIT :

apples, avocados, bananas

*Check ingredients for "no" foods.



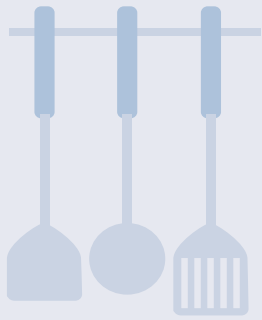
TURNING YOUR KITCHEN INTO AN AIP KITCHEN

Now that you have the right information about how to eat healthy, the next big hurdle is actually doing it! It's time to turn your kitchen into a Healing Kitchen. This means throwing out (or donating to a food bank or composting) all of the foods in your home that you don't plan to eat anymore and restocking your freezer, fridge, and pantry with nutrient-dense choices.

If your family isn't going to join you on this health adventure, this is a good time to find strategies to make sure that you aren't exposed to things like gluten and figure out how you're going to handle the temptation of off-plan foods your family is eating. A strategy that works well for us is to have easy foods on hand that can be prepared quickly in a pinch, as well as comfort foods and treats for those times when food you shouldn't eat seems to be calling your name.

When it comes to restocking your pantry, you don't need to go out and buy everything in one enormous (and expensive!) shopping trip. Instead, add to your pantry a little each week, prioritizing those ingredients that you'll need for the meals you plan to make that week. Stocking a few emergency proteins and grab-and-go snacks also makes life easier!

How do you know what to put where? If you buy it refrigerated at the store, place it in your fridge at home. If you buy it frozen, put it in the freezer. And if you buy it off a shelf or out of a bin, put it in your pantry. Any pantry item that requires refrigeration upon opening will say so on the label. All fresh produce can be stored in the fridge to extend shelf life, and always refrigerate fresh produce after it's sliced.



FROZEN INGREDIENTS

- Broth
- Meat: ground beef, chicken
- Fish and shellfish: salmon, tilapia, shrimp
- Vegetables: artichoke hearts, broccoli, carrots, cauliflower, celery, onions
- Fruit: bananas, berries, mangoes, pineapple

- Fresh herbs: basil, dill, mint, oregano, rosemary, tarragon, thyme (to best retain the flavors of fresh herbs, chop and mix with olive oil before freezing)

