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# Autoimmune Diet Shopping List

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## Fruits

- Apples
- Avocados
- Berries
- Citrus fruits
- Dates
- Mangoes
- Melons
- Papayas
- Pineapples

## Dairy

- Hard cheeses (aged for at least 6 months)
- Ghee
- Coconut milk
- Coconut yogurt

## Other

- Apple cider vinegar
- Coconut aminos
- Flaxseed oil
- Ghee
- Honey
- Olive oil
- Sea salt
- Turmeric

## Proteins

- Grass-fed beef
- Bison
- Lamb
- Pork
- Wild-caught fish

## Vegetables

- Artichokes
- Asparagus
- Beets
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Cucumbers
- Eggplant
- Garlic
- Ginger



SHOP FASTER. MAKE LISTS IN THE LISTONIC APP

