



Gut Health *Elimination Diet* Snack Guide

Confused on what snacks you can have on this plan? Here are 24 delicious elimination diet friendly snack ideas.



ELIMINATION DIET SNACK IDEAS

Prep and Go



Guacamole

Avocados are a-okay on AIP. So snack on some guac and veggies. Just stick to tomato-free recipes like [this one](#).



Coconut yogurt w/berries

Choose brands without added sugars or guar gum like [Culina](#).



Fruit

While nutrient-dense, fruit does have some natural sugars. So don't overdo it and stick to around 10-20 grams of fructose a day.



Coconut wraps

The options are endless with [these wraps](#). Fill them with veggies and guac -- or even dinner leftovers!



Carrot fries

Miss fries? Nix the potatoes and make carrot fries instead. [Here's a tasty recipe to try](#).



Canned salmon

An easy way to get a punch of protein and omega 3s. Stick to wild salmon brands like [Wild Planet](#).



AIP hummus

Get your hummus on with this tasty AIP-friendly [Avocado Cauliflower Hummus](#).



Olives

Olives are a simple way to get a dose of healthy fats. Just skip the stuffed ones and check the labels for spices.



Sardines.

One of the most potent sources of omega 3s, which help lower inflammation. [Wild Planet](#) is my go-to brand.



Cucumber salad

This [Bright Cucumber Salad](#) is easy to whip up and delivers a tangy zip.



Kale chips

Get your greens and satisfy your crunch cravings by whipping up a batch of [AIP 'Cheesy' Garlic Kale Chips](#).



AIP cassava rolls

If you're missing bread try these [AIP Cassava Rolls](#), made with only 5 ingredients (and that's including salt!).

ELIMINATION DIET SNACK IDEAS

Grab and Go



Bare Apple Chips

With literally *one* ingredient, these apple chips are as clean as chips get.



Chomps Italian Style Grass fed Beef Sticks

Finding jerky without added sugars or pepper can be tricky. But Chomps Italian Style Grass Fed Beef Sticks fit the bill.



Plantain chips

Bananas' lesser known cousin, plantains are packed with prebiotic fiber. Stick to brands without added sugars like this one.



Artisan Tropic Cassava Strips

Made from fiber-rich cassava, these strips are less processed than cassava chips.



Tiger nuts

Don't let the name fool you. Tiger nuts are really a root vegetable. They have a tasty flavor similar to coconut.



Epic Bacon Cranberry Bison Bars

Another pepper and sugar free meat treat, these Epic Bacon Cranberry Bison Bars are sure to please.



Lesser Evil Paleo puffs

Made from cassava, coconut, and sweet potato flour, these puffs make an easy AIP on-the-go snack.



Jackson's Sweet Potato Chips

These chips are made with 3 ingredients: sweet potato, coconut oil, and salt. That's it!



Wild Zora meat & veggie bars

Simple and delicious. Just stick to nightshade-free flavors like Mediterranean Lamb or Apple with Pork.



Dang Coconut Chips

Get some crunch and a dose of healthy fats with these tasty coconut chips.



Bone Broth

One of the best gut-healing foods out here. Just stick to AIP compliant versions like Osso Good.



Epic Himalayan Salt Baked Pork Rinds

These pork rinds offer a delicious crunch with no pepper in sight.