

# 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 chips

Miss chips? Nix the potatoes and make carrot chips 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 Fish 4 Ever or [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. Fish 4 Ever or [Wild Planet](#) are 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



### **Spare Apple Chips**

With literally one ingredient, these apple chips are as healthy 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 fibre. Stick to brands without added sugars like Chika's or this one.



### **Artisan Tropic Cassava Strips**

Made from fibre-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 flavour 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.



### **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 Borough Ossa or Osso Good.



### **Epic Himalayan Salt Baked Pork Rinds**

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