

AUTO-IMMUNE DIET & SHOPPING GUIDE

This is a great diet to start on if you have an auto-immune diet. With proper coaching this diet should be followed strictly for 90 days and then you can begin to add in some other healing foods as instructed by your health coach.

Purchase as much of the product organically as possible. Exposure to pesticides/herbicides can be trigger an auto-immune inflammatory reaction

This nutrition plan is a high good fat, moderate carb, moderate protein diet that eliminates night-shade veggies (potato, eggplant, tomato, bell peppers), dairy, eggs, chocolate, coffee & nuts.



LOW-GLYCEMIC FRUITS

- Granny Smith Apples
- Blackberries
- Coconuts
- Grapefruits
- Raspberries
- Avocados
- Blueberries
- Lemons/Limes
- Goji Berries
- Strawberries

VEGETABLES

- Artichokes
- Asparagus
- Broccoli
- Cabbage
- Celery
- Cilantro
- Cucumbers
- Dill Weed
- Kale
- Lettuce
- Rhubarb
- Squash
- Arugala
- Bok Choy
- Brussel Sprouts
- Cauliflower
- Chard
- Collard Greens
- Dandelion
- Fennel
- Leeks
- Parsley
- Spinach
- Watercress

HEALING ROOT VEGETABLES

- Beets
- Celeriac
- Onions
- Turnips
- Rutabagas
- Sweet Potatoes
- Carrots
- Jicama
- Parsnips
- Radishes
- Shallots
- Yams

Organic Vegetable Broths are also Excellent!

PROTEIN

Must be organic, grass-fed, pasture-raised

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|-----------------------------------|---------------------------------|----------------------------------|
| <input type="checkbox"/> Beef | <input type="checkbox"/> Bison | <input type="checkbox"/> Buffalo |
| <input type="checkbox"/> Chicken | <input type="checkbox"/> Duck | <input type="checkbox"/> Lamb |
| <input type="checkbox"/> Pheasant | <input type="checkbox"/> Turkey | <input type="checkbox"/> Venison |
- Wild-caught Fish such as Alaskan Sockeye Salmon
 - Hypoallergenic Brown rice or pea protein
 - Bone Broth from well-raised animals are Excellent!

GOOD FATS

- Virgin or EV Coconut Oil
- Extra Virgin Olive Oil
- Borage, Hemp or Flax Oil
- High Quality Fish Oil
- Pumpkin, flax, hemp and chia seeds
- Ghee
- Avocado

AUTO-IMMUNE DIET



SHOPPING GUIDE



DAIRY SUBSTITUTES

- Coconut Milk
- Coconut Yogurt or Coconut Kefir

HEALING HERBS

- Basil
- Chamomile
- Cilantro
- Lavender
- Lemon balm
- Mint
- Parsley
- Rosemary
- Sage
- Tarragon
- Bay Leaves
- Chives
- Dill
- Lemongrass
- Marjoram
- Oregano
- Peppermint
- Saffron
- Spearmint
- Thyme

SPICES & SWEETENERS

- Cinnamon
- Garlic
- Onion Powder
- Saffron
- Stevia
- Cloves
- Ginger
- Pink Salt
- Shallots
- Turmeric

*Very small amount of raw honey
(no more than ½ tsp daily)

PANTRY STYLE ITEMS

- Organic raw apple cider vinegar
- Coconut flakes
- Olives
- Sardines
- Coconut flour
- Coconut butter
- Canned Salmon
- Flax Crackers

FERMENTED FOODS

Must be made without Nightshade veggies

- Coconut Milk Kefir or Yogurt
- Fermented vegetables
- Kombucha
- Coconut water kefir
- Kimchii
- Sauerkraut

TEAS & OTHER DRINKS

- Pure Water
- Organic green tea
- Dandy Blend – coffee substitute
- Teeccino coffee substitute
- Organic herbal teas
(ginger, Pau D Arco, Nighty Night, etc)

