



# AUTOIMMUNE

ELIMINATION PROGRAM

## MEAL PLAN

# AutoImmune Elimination Diet Meal Plan

This plan uses the autoimmune elimination diet principles discussed in the program manual. We have removed the most common food irritants as described in this infographic. All the recipes are found in our AutoImmune Elimination Program Recipe Guide. You will also find key information described in this plan in the AutoImmune Elimination Program manual.



## Foods To Eliminate in an **Elimination Diet**

**Gluten**

**Dairy**

*(other than clarified butter – ghee)*

**Refined Sugar**

**Eggs**

**Corn**

**Soy**

**Vegetable oils**

*(canola, cottonseed, safflower, peanut, soybean, corn)*

**All grains**

**Shell Fish**

**Tree Nuts**

**Legumes (beans & lentils)**

**Nightshade Vegetables**

*(tomatoes, potatoes, okra, goji berries, eggplant, cayenne, paprika and bell peppers)*

## **How To Follow This Plan:**

It can take 4-6 weeks for the gut lining to heal, so we recommend you stay on the Auto-Immune elimination diet for a 40 day period to allow for this healing process to have its best effect.

Once you finish this period, you can begin adding back some of the foods we eliminated. We provide a suggested food reintroduction chart:

## **ReIntroduction and Food Scoring**

As we move into the reintroduction phase, we want to be as intentional as possible adding in new foods in order to understand how our body responds to them. The order of foods you add in can be variable based on your past experiences with the food and your personal preferences.

If you know you have a sensitivity to a certain food, than do not try reintroducing that food right away. I would focus on the “fringe” foods that you have responded either neutral or well too in the past. This would include foods that you have not linked to any increase in symptoms in your past history.

In order to ensure that your body can handle the particular food agent, we are going to do a dual challenge. This includes a pulse challenge and a reintroduction challenge.

## **ReIntroduction Steps:**

**Phase I:** Do a pulse test on the particular food you want to add back to your diet. If you get a negative response to the food, than you may add it back to your diet for the reintroduction challenge. If you get a positive response, than keep the food out of your diet for another 4-6 weeks before retesting.

**Phase II:** Eat the particular food with one or a few meals for one full day and then do 2 days off and see if you notice any changes during this period. Rank how you are feeling.

**Example:** You want to reintroduce eggs so you have scrambled eggs and a coconut flour bread baked with eggs that day. Then you go back to your

safe diet for 2 days and see what you notice. Rank what you experience using the scale below.

## **Rank This Food on a scale of 1-10**

**Score of 1:** Creates noticeable gas, bloating, altered bowel habits, fatigue, increased pain and inflammation, eczema, acne, insomnia, anxiety, brain fog, mood changes, etc.

**Score of 5:** Moderate symptoms associated with consumption. **Score of 8:** Mild, almost unnoticeable symptoms with this food. **Score of 10:** Digests near perfectly and you feel great!

## Scoring Sheet For Foods:

The foods that digest in the 8-10 range are the main foods you want to be consuming on a daily basis. Foods that are in the 5-7 range you want to eat only on occasion. Anything ranging under a 5 should be avoided completely for another month or so before retesting again.

Each month you can try a lower scoring food and see how you respond. If you are responding higher than you previously were, then you may be able to consume that food either on occasion or if it scores high enough you may be able to have it regularly.



### Scoring Sheet for Foods

<b>Score of 1:</b>	<b>Creates noticeable gas, bloating, altered bowel habits and inflammation</b>
<b>Score of 5:</b>	<b>Moderate symptoms associated with consumption</b>
<b>Score of 8:</b>	<b>Mild, almost unnoticeable symptoms with this food</b>
<b>Score of 10:</b>	<b>Digests near perfectly!</b>

## Sample Food ReIntroduction Schedule:

1. Bell Peppers
2. Tomatoes
3. Almonds & Almond Butter
4. Walnuts
5. Pecans
6. Pasture-Raised Eggs
7. Grass-Fed Cheese
8. Brazil Nuts
9. Pistachios
10. Quinoa

You may also have had some additional sensitivities with foods that are normally allowed on the elimination diet. We discussed this in chapter 7 of the autoimmune elimination program manual. Some individuals struggle with citrus, seeds, berries, onions, certain meats, etc. that are all allowed on our general autoimmune elimination diet.

Additionally, some people respond very poorly to higher FODMAP veggies. These individuals should follow my Digestive Health Restoration Plan, which eliminates the higher FODMAP veggies.

It is variable and different for everyone. The autoimmune elimination diet gives you an excellent starting place, but that may not be enough. You may discover through either lab work, pulse testing or just intuitively based on how you felt that one or more of these foods were causing problems. Hopefully, you have eliminated them through the 40-day program and then you can test those as well.

To be on the safe side, our meal plan eliminates fish, berries and red meat and adds these back in during week 2-4. In week 2, you add in salmon and/or sardines. In week 3, you will add in berries. In week 4, you will add in red meat (lamb, bison, grass-fed beef).

## **Preparation for the Elimination Diet:**

People who spend the week prior to starting the program looking up recipes that are elimination-diet friendly do far better than people that jump right into it.

## **Go Shopping:**

Know how to cook the foods you will be eating and prep as much as possible in advance. For example, making a large pot of veggies with a healthy protein and seasonings ahead of time can help increase compliance during those times when you get hungry and have few options nearby.

## **Clean Out Your Pantry:**

Most of us aren't all that great with willpower. Get rid of the foods that aren't part of your elimination phase (or hide them really well).

## **Keep a Journal:**

Record your symptoms, energy and mood throughout the day to help identify any patterns with food intake. Remember, this is a self-experiment. Every good scientist needs a lab book in which they can keep their notes and experimental details.

**Be Observant to How You Respond:**



As you begin on the elimination diet, it is advisable to keep a journal and record how you feel throughout each day. You want to take note of any skin reactions, digestive disturbances, trouble sleeping, increase in pain, etc.

If you notice a trend when you are consuming certain foods then look to eliminate those as well for a period of time and see if your symptoms get better. People with major digestive disorders will often need to remove things like high FODMAP fruits, vegetables and red meats.

Although more rare than the foods eliminated above, some individuals are unable to tolerate seeds. For others it is citrus and those with very low stomach acid really struggle with red meat. Others will have their own unique intolerances that can only really be found through pulse testing, lab testing or observing symptomatic changes when you consume these foods.

## **Key Point:**

The greatest doctor in the world is WITHIN YOU! Take time to listen to the messages your body is giving you and it will steer you in the direction of what foods/meals your body digests and absorbs best and what foods and meals are more inflammatory.

## **The Meal Plan:**

We provided 50 specific recipes for this plan and they are not all used in the following meal plan. Feel free to add in other recipes from the booklet where you desire while maintaining the same principles.

Let this meal plan be your guide. Some individuals will want to stick with it and follow it to the letter. Others prefer not to be so restricted. You can follow the principles discussed in the plan without having to follow the exact meal plan.

Personally, I like to do the intermittent fasting with just water or sometimes herbal tea with MCT oil in the morning. I typically don't have a snack and stick with just 2 meals. On the meal plan here, I laid it out to where you can pick and choose how you would like to schedule your meals. If you need some fat in the morning, there are recipes for that. If you want a snack, I included that as well.

DO NOT feel like you have to eat a snack or have to consume exactly what I list on this meal plan. The key is in following the principals involved with the meal planning and recipes.

## **Adding In Fermented Foods:**

I am a BIG FAN of fermented foods such as sauerkraut, kimchi, pickles, coconut water kefir, coconut milk kefir, etc. These foods provide an array of enzymes, B vitamins and acid byproducts that enhance digestion and they are often loaded with hundreds of trillions of healthy microorganisms to reinnoculate the digestive tract.

I don't have any of these foods directly linked on the meal plan, however, if you know you tolerate fermented foods well, then include them with your lunch and/or dinner. If you are new to fermented foods, I would begin very small, with 1 tsp per day. If you don't notice any sort of an increase in inflammation or an aggravation of symptoms, then try taking 2 tsp and you can work your way up to 8 tsp per day if you like.

- Day 1:**
- Breakfast:** Chicken Broth + Organic Ginger Tea
  - Lunch:** SuperCharged Turmeric Zucchini Soup
  - Snack:** Collagen Marshmallows
  - Dinner:** Chicken Wonder Soup
- Day 2:**
- Breakfast:** Chicken Broth + Organic Ginger Tea
  - Lunch:** Vanilla Cinnamon Smoothie
  - Snack:** Gut Cooling Green Juice
  - Dinner:** SuperCharged Thai Coconut Turkey
- Day 3:**
- Breakfast:** Chicken Broth + Organic Ginger Tea
  - Lunch:** Turmeric Coconut Cream Cups
  - Snack:** Liver Cleanse Juice
  - Dinner:** Chicken Lo Mein
- Day 4:**
- Breakfast:** Chicken Broth + Organic Ginger Tea
  - Lunch:** Turkey Breakfast Sausage + Cilantro Sauce
  - Snack:** Protein Popping Power Balls
  - Dinner:** Chicken Avocado Chili
- Day 5:**
- Breakfast:** Chicken Broth + Organic Ginger Tea
  - Lunch:** Super Sprout Chicken Salad
  - Snack:** Not Nut Butter on Celery
  - Dinner:** Turkey Breakfast Sausage + Cilantro Sauce

**Day 6:**      **Breakfast:** Chicken Broth + Organic Ginger Tea  
**Lunch:**      Lemon Creamy Superfood Guacamole + cucumbers and celery  
**Snack:**      Collagen Marshmallows  
**Dinner:**      Coconut Chicken Curry

**Day 7:**      **Breakfast:** Chicken Broth + Organic Ginger Tea  
**Lunch:**      Zucchini Chicken Rolls + Cilantro Sauce  
**Snack:**      Gut Cooling Green Juice  
**Dinner:**      Thai Coconut Soup

## **Week 2: Can Add In Fish – Salmon and Sardines**

**Day 8:**      **Breakfast:** Chicken Broth + Organic Ginger Tea  
**Lunch:**      SuperCharged Turmeric Zucchini Soup  
**Snack:**      Collagen Marshmallows  
**Dinner:**      Chicken Wonder Soup

**Day 9:**      **Breakfast:** Chicken Broth + Organic Ginger Tea  
**Lunch:**      Vanilla Cinnamon Smoothie  
**Snack:**      Gut Cooling Green Juice  
**Dinner:**      Basil Coconut Crusted Salmon + side salad

**Day 10:**    **Breakfast:** Chicken Broth + Organic Ginger Tea  
**Lunch:**      Turmeric Coconut Cream Cups  
**Snack:**      Liver Cleanse Juice

**Dinner:** Thai Coconut Turkey

**Day 11:**     **Breakfast:** Chicken Broth + Organic Ginger Tea  
                  **Lunch:**     Lemon Creamy Superfood guacamole + cucumbers and celery  
                  **Snack:**     Protein Popping Power Balls  
                  **Dinner:**    Chicken Avocado Chili

**Day 12:**     **Breakfast:** Chicken Broth + Organic Ginger Tea  
                  **Lunch:**     Super Sprout Chicken Salad  
                  **Snack:**     Gut Cooling Green Juice  
                  **Dinner:**    Coconut Lime Seared Salmon + side salad

**Day 13:**     **Breakfast:** Chicken Broth + Organic Ginger Tea  
                  **Lunch:**     Turkey Breakfast Sausage + Cilantro Sauce  
                  **Snack:**     Not Nut Butter on celery  
                  **Dinner:**    Coconut Chicken Curry

**Day 14:**     **Breakfast:** Chicken Broth + Organic Ginger Tea  
                  **Lunch:**     Zucchini Chicken Rolls + Cilantro Sauce  
                  **Snack:**     Gut Cooling Green Juice  
                  **Dinner:**    Thai Coconut Soup

### **Week 3: We Can Add Back in Berries:**

**Day 15:**     **Breakfast:** Chicken Broth + Organic Ginger Tea  
                  **Lunch:**     SuperCharged Turmeric Zucchini Soup  
                  **Snack:**     Blueberry Coconut Cream Bars

**Dinner:** Chicken Wonder Soup



- Day 16:**    **Breakfast:** Matcha Green Tea + Bone Broth  
                  **Lunch:**        Turmeric Coconut Cream Cups  
                  **Snack:**        Liver Cleanse Juice  
                  **Dinner:**      Coconut Lime Seared Salmon + side salad
- Day 17:**    **Breakfast:** Chicken Broth + Organic Ginger Tea  
                  **Lunch:**        Supercharged Blueberry Shake  
                  **Snack:**        Protein Popping Power Balls  
                  **Dinner:**      Chicken Avocado Chili
- Day 18:**    **Breakfast:** Lemon-Mint Vitamin Water + Bone Broth  
                  **Lunch:**        Zucchini Chicken Roles  
                  **Snack:**        Cucumber slices with vinegar and herbs  
                  **Dinner:**      SuperCharged Thai Coconut Turkey
- Day 19:**    **Breakfast:** De-Inflaming Lemonade  
                  **Lunch:**        Lemon Creamy Guacamole and celery, cucumbers and carrots  
                  **Snack:**        Coconut Flour Donut Holes + green juice  
                  **Dinner:**      Basil Coconut Crusted Salmon + side salad
- Day 20:**    **Breakfast:** Coconut Dandelion Coffee + Bone Broth  
                  **Lunch:**        Sweet Raspberry Shake  
                  **Snack:**        Handful of Coconut Flakes + Detoxifying Green Drink  
                  **Dinner:**      Thai Coconut Soup



**Snack:** Coconut Flour Donut Holes + green juice

**Dinner:** Beef & Buttered Broccoli

**Day 26:**     **Breakfast:** Matcha Green Tea + Bone Broth  
                  **Lunch:**     Zucchini Chicken Roles + Cilantro Sauce  
                  **Snack:**     Turmeric Coconut Cream Cups + Liver Cleanse Juice  
                  **Dinner:**    Coconut Lime Seared Salmon + side salad

**Day 27:**     **Breakfast:** Matcha Green Tea + Bone Broth  
                  **Lunch:**     Blueberry Coconut Cream Bars  
                  **Snack:**     Cucumber Slices with vinegar & herbs  
                  **Dinner:**    Chicken Wonder Soup

**Day 28:**     **Breakfast:** Chicken Broth + Organic Ginger Tea  
                  **Lunch:**     Super Sprout Chicken Salad  
                  **Snack:**     Protein Popping Power Balls  
                  **Dinner:**    Taco Lettuce Wraps

## **Week 5: Add Back Tomatoes and Bell Peppers**

**Day 29:**     **Breakfast:** De-Inflaming Lemonade  
                  **Lunch:**     Lemon Creamy Guacamole with bell peppers, celery & cucumbers  
                  **Snack:**     Coconut Flour Donut Holes + green juice  
                  **Dinner:**    Basil Coconut Crusted Salmon + side salad with bell peppers

**Day 30:**     **Breakfast:** Coconut Dandelion Coffee + Bone Broth

**Lunch:** Sweet Raspberry Shake

**Snack:** Handful of Coconut Flakes + Detoxifying Green Drink

**Dinner:** Thai Coconut Soup

- Day 31:**     **Breakfast:** Supercharged Bone Broth  
                  **Lunch:**     Beautiful Berry Chia Smoothie  
                  **Snack:**     Not Nut Butter on celery  
                  **Dinner:**    Naked Kale Burger Saute
- Day 32:**     **Breakfast:** Anti-Inflammatory Milk + Gut Cooling Juice  
                  **Lunch:**     Lemon Creamy Guacamole with tomatoes, celery & cucumbers  
                  **Snack:**     Collagen Marshmallows  
                  **Dinner:**    Coconut Lime Seared Salmon + side salad with tomatoes
- Day 33:**     **Breakfast:** Chicken Broth + Organic Ginger Tea  
                  **Lunch:**     Supercharged Blueberry Shake  
                  **Snack:**     Protein Popping Power Balls  
                  **Dinner:**    Chicken Avocado Chili + tomatoes
- Day 34:**     **Breakfast:** Matcha Green Tea + Bone Broth  
                  **Lunch:**     Super Sprout Chicken Salad  
                  **Snack:**     Cucumber Slices with vinegar & herbs  
                  **Dinner:**    Chicken Lo Mein
- Day 35:**     **Breakfast:** Chicken Broth + Organic Ginger Tea  
                  **Lunch:**     Blueberry Pudding  
                  **Snack:**     Turmeric Coconut Cream Cups + Liver Cleanse Juice  
                  **Dinner:**    Taco Lettuce Wraps

## **Week 6: Add Back in Almonds, Walnuts & Pecans**

- Day 36:**
- Breakfast:** Chicken Broth + Organic Ginger Tea
  - Lunch:** Zucchini Chicken Roles + Cilantro Sauce
  - Snack:** Gut Cooling Green Juice + Handful of almonds
  - Dinner:** Thai Coconut Soup
- Day 37:**
- Breakfast:** Lemon-Mint Vitamin Water + Bone Broth
  - Lunch:** Blueberry Coconut Cream Bars
  - Snack:** Cucumber Slices with vinegar and herbs
  - Dinner:** SuperCharged Thai Coconut Turkey
- Day 38:**
- Breakfast:** Anti-Inflammatory Milk + Gut Cooling Juice
  - Lunch:** Lemon Creamy Guacamole with tomatoes, celery & cucumbers
  - Snack:** Collagen Marshmallows
  - Dinner:** Coconut Lime Seared Salmon + side salad with tomatoes
- Day 39:**
- Breakfast:** Coconut Dandelion Coffee + Bone Broth
  - Lunch:** Sweet Raspberry Shake + 4-6 walnuts
  - Snack:** Handful of Walnuts and Coconut Flakes + Detoxifying Green Drink
  - Dinner:** Beef & Buttered Broccoli
- Day 40:**
- Breakfast:** De-Inflaming Lemonade
  - Lunch:** Supercharged Blueberry Shake

**Snack:** Coconut Flour Donut Holes + green juice

**Dinner:** Basil Coconut Crusted Salmon + side salad



**Day 41:**     **Breakfast:** Chicken Broth + Organic Ginger Tea  
                  **Lunch:** Turkey Breakfast Sausage + Cilantro Sauce  
                  **Snack:** Protein Popping Power Balls  
                  **Dinner:** Chicken Avocado Chili + tomatoes

**Day 42:**     **Breakfast:** Chicken Broth + Organic Ginger Tea  
                  **Lunch:** Blueberry Pudding + small handful of pecans  
                  **Snack:** Turmeric Coconut Cream Cups + Liver Cleanse Juice  
                  **Dinner:** Taco Lettuce Wraps

## Other Things You Can Work In:

The goal of this 6 week plan is to help you reduce inflammation, heal your gut and discover any major food sensitivities. Going forward, you can decide what works best for you but do your best to stick with many of the same meal planning ideas on this plan as possible.

This meal plan only uses about half of the recipes in our recipe book but we recommend you work in some of the following recipes which are fantastic snacks or may even be used on occasion as a nutrient dense meal replacement.

**Warning:** Some of these seem like desserts and they can be used for desserts, but since they are low in carbohydrates and rich in good fats and anti-oxidants they are fantastic snacks!

Zucchini Noodles	Blueberry Coconut Parfait
Coconut Water Kefir	Turmeric Paste
Kale Chips	Coconut Flour Gravy
Zucchini Fries	Italian Sweet Potato Fries
Hemp Seed Cucumber Dill Soup	Coconut Milk Ice Cream

## **What To Do Going Forward:**

So now you have gone through the 6 Week AutoImmune Elimination Program. Where do you go from here? I would recommend doing the following:

- 1. Create a Meal Plan:** Most of my clients find that they enjoy this meal plan and stay on something very similar. If you dislike one or more of the recipes or don't feel good when you are consuming a specific food on this meal plan then I would recommend replacing it with another recipe in the recipe booklet.

You could also make your own recipes following similar principles and using similar ingredients to what is used in our recipe book. The key is to use anti-inflammatory foods that work well with your unique body type.

- 2. Hydration and Anti-Oxidants in the Morning:** The best cleansing and detoxifying nutrition strategies include beginning your day with lots of hydration and anti-oxidants in the form of herbal teas, organic coffee, anti-inflammatory drinks and green juices.

I strongly recommend continuing with this sort of a strategy as often as possible. You may want to have a solid food breakfast on occasion for social reasons but don't make this the norm.

- 3. Stay Low-Carb:** We know that sugar drives up inflammation in the body, so it is highly recommended to stay on a lower carbohydrate, cyclic ketogenic style plan. The meal plan here is naturally lower carb and you will see that some days you will have less than 50 grams of net carbs (carbs minus the fiber), while on others you may have more like 60-75 grams depending upon how many berries or zucchini you are consuming.

Some individuals (especially those with adrenal fatigue or sluggish thyroid function) will do better when they add in extra berries or a sweet potato every couple of days. You can experiment and discover what makes you feel the best.

- 4. Use Organic Foods:** Due to the rampant amount of chemical residue that is on much of the conventionally grown produce and bioaccumulated in the tissue of conventionally raised animal products, it is strongly recommended to stick with as much organic meat and produce as possible.

Due to the law of bioaccumulation, where it takes 5-8 pounds of chemically sprayed grains to produce 1 pound of meat or dairy, it is **ABSOLUTELY CRITICAL** to only consume organic animal products. With produce, we

recommend sticking to the Dirty Dozen/Clean 15 list you can easily access [online here](#).

The general rule is that if you are going to be eating the outer layer of the produce (cucumbers, berries, celery), it is best to get it organic. If you won't be eating the outer layer (such as with avocados, onions, garlic, etc) then you can get it conventional.

**5. Plan Ahead:** It is really important to plan out your meals and your shopping schedule each week. It is too easy to get caught up with other activities and end up procrastinating with food preparation. This can often lead to poor food cravings, indulgences and bad habits.

Take an hour on a weekend or another convenient time and plan out what meals you and your family will be consuming that week and make a specific shopping list for those meals. Then follow through with the plan you have outlined.

**6. Prepare Your Food in Advance:** If you have a busy schedule, it is very important to prepare food in advance. Many of the recipes do not take long to prepare, but making food in bulk and freezing or refrigerating it can be very helpful. I will often have my clients prepare food 2 days a week (Sunday and Wednesday for an example) and make enough to last them all week.

Find out what will work best for you in your planning time based around the unique needs you will have that week. Try to form a regular schedule as this will create less stress than if you have to work a totally new preparation schedule each week.

**7. Protect Your Home:** The moment you walk out your door you are going to be subject to a multitude of different temptations. You cannot control the food that is around you at your employer's office, your friends and families homes or at restaurants you may be at for social endeavors.

The only environment you can control is your home. So be sure to ONLY have clean, pure foods in your house and get rid of anything that is not part of this plan so you know that you will stay on target when you are at your house.

**8. Get Friends and Family Involved:** It is so much easier to follow a healthy lifestyle program when you have accountability with friends and family. You may have a lot of people that are unwilling to support your lifestyle choices, but it is VITAL to have at least ONE PERSON who you are close too that will be supporting and ideally, doing this program with you! This is someone you want to be around and be talking with at least once per week if not every day.

**9. Utilize Our Group Facebook Page:** The AutoImmune Elimination Program community support on facebook is an incredibly helpful resource. Even if you are

“anti-facebook,” I would highly encourage you to make an account just so you can plug in and read the posts each day.

You will not only learn a lot of helpful strategies but you will also create great relationships with other people in our community who have similar life and health goals as you. This is priceless and is an **INCREDIBLE** difference maker in the ability to stay on the plan and get the results you desire.

You can always visit [DrJockers.com](http://DrJockers.com) in order to access articles, podcasts and other helpful tools to help you have success following these strategies.

## About Dr David Jockers DC, MS, CSCS

**Dr. David Jockers** is a functional nutritionist, corrective care chiropractor, exercise physiologist and certified strength & conditioning specialist. He currently owns and operates Exodus Health Center in Kennesaw, Georgia and runs one of the hottest natural health websites in [DrJockers.com](http://DrJockers.com)

His experience working with thousands of individuals has given him a level of expertise in the field. He has had the privilege of traveling to London with the Maximized Living wellness advisory council to help the USA athletes win the gold in 2012.



He is the author of “**SuperCharge Your Brain: The Complete Guide to Radically Improve Your Mood, Memory and Mindset,**” and the **SuperCharged Recipe book** with over 180 full-color recipes to help you take back control of your health.

He has developed 6 revolutionary online programs with thousands of participants. These programs include E-guides, recipe guides, meal plans and video instructions including “The Sugar Detox,” “The Cancer Cleanse,” “Navigating the Ketogenic Diet,” and “The Digestive Health Restoration Program” and “The AutoImmune Elimination Program” and the “Super Brain program.”

He is a sought after speaker around the country on such topics as weight loss, brain health, functional medicine, natural detoxification and disease prevention. Dr Jockers does local and long-distance consultations to help customize specific lifestyle plans to improve performance and beat chronic disease.