



# AUTOIMMUNE

ELIMINATION PROGRAM

## Quick Snack List





Digestive Health Restoration Program Snack Guide- Make sure all ingredients are approved for your specific stage of the digestive health restoration program.

Snacks such as the bone broths are approved for the reset phase but the others are not.

Add these in when you introduce the whole food and do not have issues with it. For instance, when you add in pumpkin seeds, if you do not fail the pulse test and do not have any other symptoms then you may also include the snack seen below.

We have many recipes in the Digestive Health Restoration recipe book that are great alternatives to modern American foods. However, we realize that not everyone is going to make chips, cookies and crackers from scratch. Therefore, we put together this list to help you navigate the best alternatives on the market. This is just a starter list, I am sure there are many other good alternatives out there.

## AMERICAN FOODS

## REPLACEMENT FOODS



**Nuts & Seeds**



[Organic Raw Tignuts](#)



[Go Raw Pumpkin Seeds](#)



[Coconut Flakes](#)



**Snack Bars**



[Paleo Angel Power Balls](#)



[Meat and Veggie Bars](#)



[Primal Chicken Jerky](#)

# AMERICAN FOODS

# REPLACEMENT FOODS



**Bone Broth**



[The Kettle and Fire K & F Chicken](#)



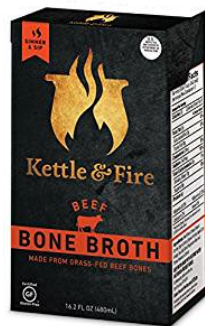
[Epic Nutrition Bone Broth](#)



[Epic Nutrition Bone Broth ACV Bison](#)



**Bone Broth**



[Beef](#)



[Pure Bone Broth](#)



[Imagine Free Range Chicken Broth](#)



**Flour Wraps**



[Cinnamon Coconut Wraps](#)



[Paleo Wraps, Gluten Free Turmeric Wraps](#)



[Coconut Flour Wraps](#)



# AMERICAN FOODS

# REPLACEMENT FOODS



**Condiments**



Tree of Life Stone Ground Dijon Mustard



The Beet Lady Nightshade Free Organic (Non GMO) Beet Ketchup



KC Natural - Mastodon Paleo AIP BBQ Sauce



**Condiments**



Apple Cider Vinegar



Coconut Aminos



Aloe Vera



**Spices**



All Purpose Seasoning



Low FODMAP all purpose seasoning



Herbamare

# AMERICAN FOODS



Drinks

# REPLACEMENT FOODS



Lime Mint Coconut Water Kefir



Bragg's Ginger Spice



Bragg's Limeaid



Ginger Juice



the Ginger People Organic Ginger Juice,



Ginger People Ginger Juice



Pomegranate Ginger Shots



Tea



Ginger Tea



Nighty Night



Chamomile Lavender Tea



Smooth Move Tea



Pau D Arco



Gas Relief

# AMERICAN FOODS

# REPLACEMENT FOODS



## Warm Drinks

Golden Milk Infusion

Dandy Tea

Matcha Green Tea



## Healthy Fats

Grass-fed Ghee

Grass-fed Tallow

Duck Fat



Buttery Coconut Oil

Heavy Coconut Cream

Full-Fat Coconut Milk



# AMERICAN FOODS



Healthy Fats

# REPLACEMENT FOODS



[Extra Virgin Coconut Oil](#)



[Primal Kitchen Avocado Oil](#)



[Extra Virgin Olive oil](#)



Healthy Fats



[MCT Oil Powder](#)



[Nutiva Coconut Butter](#)



[Nutiva Coconut Flour](#)



Pasta and Rice



[Shiritaki Fettuccini](#)



[Shiritaki Angel Hair](#)



[Shiritaki Rice](#)

# AMERICAN FOODS



# Sweeteners

# REPLACEMENT FOODS



Keto Maple Syrup

Monk Fruit

Vanilla Stevia



SeaSnax

Jackson's Honest Sweet Potato Chips

Jicama Chips



# Medical Devices

Pulse Oximeter

Blood Ketone Testing

Blood Glucose Test Strips