

The Autoimmune Food Plan is a 1-3 month elimination and reintroduction protocol designed to help those suffering from autoimmune disease to identify food allergies and sensitivities, decrease inflammation, optimize nutrient intake, and promote healing.

- **FOCUS:** Nutrient-dense, whole foods to support healing, reverse micronutrient deficiencies, decrease inflammation, balance the microbiome, and support normal functioning of the immune system.
 - **1. ELIMINATE:** all grains, legumes, dairy, nuts, seeds, eggs, nightshade-family vegetables, and any chemical food additives from the diet.
 - Personalization of the food plan to remove potential triggers is important (such as lectins, FODMAPs, histamines, salicylates, etc.)
 - The Autoimmune elimination diet is recommended for 30-90 days. Working with a practitioner is recommended to ensure macronutrient and micronutrient needs are being met while on the elimination and reintroduction plan. Your practitioner will help to determine when the elimination phase ends and reintroduction phase begins.
 - **2. RESTORE:** Include rich sources of prebiotic and probiotic foods to help balance the microbiome, heal leaky gut, decrease inflammation, and support the growth of beneficial gut bacteria. Use the KEY to prioritize foods that help restore balance to the body.
- **ADDITIONAL GUIDELINES:**
 - **QUALITY:** Look for non-GMO, grass-fed/grass-finished beef, pasture-raised/organic poultry, and wild-caught seafood to minimize exposure to environmental pesticides/herbicides/fungicides
 - Reduce other toxins that may be found in food, such as BPA lining on cans, plastic packaging, etc.
 - **COLOR:** Emphasize colorful foods to increase antioxidants, phytonutrient compounds and diversity in the diet
 - **OPTIMIZE:** Lifestyle practices that support the body's ability to heal such as quality and adequate amounts of sleep, stress management, joyful movement, time in nature, and community and connection with others.
- **FOOD SENSITIVITIES:** Avoid foods that trigger an immune response. Consider food sensitivity testing to determine immune reactions to foods:
 - Food Zoomers (wheat, corn, grain, soy, egg, dairy, lectins, seafood, mammalian milk, peanut, nuts)
 - IgA+IgG Food Sensitivities and/or Food Additives
 - IgG4 + C3D Food Reactions
 - IgE Allergies
- **TEST CONSIDERATIONS:** Connective Tissue Disorders, Neural Zoomer and Neural Zoomer Plus, Gut Zoomer, Total Toxin Bundle, Infections, and Micronutrient tests.

The Autoimmune Food Plan is designed for informational use only and is not intended for medical nutrition therapy or the dietary management, treatment, cure, or prevention of a disease or condition. Practitioners should personalize food plans according to an individual's food allergies, sensitivities, and intolerances, as well as for macronutrient distribution, micronutrient needs, and caloric ranges as appropriate.

Dairy Alternatives

_____ Servings per day

Low glycemic: Choose unsweetened, limit to 1-2 servings per day (remove if sensitive to dairy)

Dairy Alternatives:

Coconut milk	6-8oz
Coconut Kefir (dairy free) △	4-6oz
Coconut Yogurt (dairy free) △	4-6oz
Vegan cheese (soy, nut/seed, corn free)	1oz

1 serving as listed = 25-120kcal, 1-9g protein, 1-4g carbs (Nutritional values vary)

Discuss servings with your provider.

Vegetables (Starchy)

_____ Servings per day

Acorn squash	1c
Butternut squash	1c
Parsnips	1/2 c
Pumpkin	1/2 c
Rutabaga	1/2 c
Sweet potato	1/2 c
Yam	1/2 c

1 serving as listed = 25-120kcal, 1-9g protein, 1-4g carbs (Nutritional values vary)

KEY

- △ Digestive Support
- △ Prebiotics
- △ Probiotics
- ® Repair

Vegetables (Non-Starchy)

_____ Servings per day

Choose a variety of colorful produce; 6-7 servings per day recommended

Artichokes △ △
Asparagus △
Bamboo shoots
Beets △
Bok Choy
Broccoli △
Brussels sprouts △
Cabbage (green, red) ®
Carrots
Cauliflower
Celery
Celeriac
Cucumbers
Fennel
Garlic △
Ginger △ △
Green beans
Green onion/Scallions
Greens:
Arugula/Roquette △ , Beet △ , Chard △ ,
Collard △ , Dandelion △ △ , Endive △ △ ,
Kale △ , Microgreens △ , Swiss chard △ ,
Turnip △ , Watercress △
Jerusalem artichokes (sunchokes) △
Jicama △
Leeks △
Lettuce
Mushrooms
Onion △
Okra △ ®
Radicchio △ △
Radishes
Rhubarb
Scallions
Sea vegetables △
Shallots

Snap peas
Spinach
Sprouts, all
Squash: *Delicata, spaghetti, yellow, zucchini, etc.*
Sweet Potato
Turnip
1 serving = 1/2c cooked, 1 C raw = 25kcal, 5g carbs

Fruits

_____ Servings per day

Choose unsweetened, no sugar added

Apple △	1 sm
Apricots	4
Banana △	1/2 med
Blackberries △	3/4 c
Blueberries △	3/4 c
Cranberries △	3/4 c
Date	1
Dragon fruit	3/4 c
Figs	3
Grapes	15
Grapefruit	1/2 med
Kiwi △	1 med
Lemon △	1
Lime △	1
Mandarin	1
Mango △	1/2 sm
Melon, all	1 c
Orange △	1 med
Papaya	1 c
Peach	1 sm
Pear △	1 sm
Pineapple	3/4 c
Plantain	1/2 med
Plums	2 sm
Pomegranate seeds	1/2 c
Prunes	3 med
Raspberries △	1 c
Strawberries △	1 1/4 c

1 serving as listed = 60kcal, 15g carbs

Protein (Meat, Fish, Mollusks & Shellfish)

_____ Servings per day
*Organic, grass-fed/pasture raised animals,
 wild-caught seafood preferred*

Meat & Eggs:

Beef, Bison, Chicken, Duck, Lamb,
 Pork, Rabbit, Turkey, Venison

Fish:

Alaskan pollock, Anchovy, Carp, Cod,
 Flounder/sole, Herring, Halibut,
 Mackerel, Perch, Salmon, Sardines, Sea
 bass, Trout, Tuna, etc.

Shellfish:

Crab, Lobster, Shrimp, Crayfish, etc.

Mollusks:

Blue Mussel, Clam, Oyster, Scallops,
 Octopus, Pacific Squid, Squid, etc.

Protein powders:

Collagen peptides [®]

*1 serving = 1 oz = 35-75kcal, 5-7g protein, 0-4g
 fat (Nutritional values vary)*

Fats & Oils

_____ Servings per day
Choose cold pressed & minimally refined

Fats:

Avocado	2T or 1/8 Whole
Coconut (milk, meat, butter)	1t - 2T
Olives: Black, green, kalamata	8

Oils: 1t
 Avocado, Coconut, Olive (extra virgin)

1 serving as listed = 45kcal, 5g fat (Nutritional values vary)

Herbs & Spices

Basil
 Bay leaf
 Black pepper
 Chamomile
 Chives
 Cilantro
 Cinnamon
 Clove
 Common thyme
 Dill
 Lavender
 Lemongrass
 Marjoram
 Mint
 Nutmeg
 Oregano
 Parsley
 Peppermint
 Rosemary
 Sage
 Tarragon
 Thyme
 Turmeric ^Δ [®]
 Vanilla bean
 Woo-hsiang powder

Beverages

Unsweetened, no sugar added
 Broth (organic); Bone [®], meat, vegetable
 Coconut water
 Coconut water kefir ^Δ
 Filtered water
 Kombucha ^Δ
 Sparkling/mineral water
 Herbal Tea, caffeine-free
 Vegetable juice (raw, cold-pressed, green juice)

Miscellaneous

Fermented foods:

Kimchi ^Δ, Sauerkraut ^Δ, Fermented vegetables
 (carrot, beet, etc.) ^Δ

Other:

Aloe vera ^Δ [®], Carob, Chlorella, Psyllium

Pantry Items:

Apple cider vinegar ^Δ, Arrowroot powder, Coconut
 flour, Coconut Flakes, Coconut Vinegar, Coconut
 Aminos, Dates, Dried fruit, Ume plum, Vinegar



KEY

- ^Δ Digestive Support
- [®] Prebiotics
- ^Δ Probiotics
- [®] Repair