

Autoimmune Paleo Diet

(from the AIP Lifestyle website)

The Autoimmune Protocol is a diet that helps heal the immune system and gut mucosa.

This first phase is 6 - 8 weeks.

NOT ALLOWED:

- Nuts (including nut oils like walnut and sesame seed oils)
- Seeds (including flax, chia, pumpkin, sunflower, sesame and culinary herb seeds like cumin and coriander)
- Beans/Legumes (this includes all beans like kidney, pinto, black as well as Soy in all its forms)
- Grains (Corn, Wheat, Millet, Buckwheat, Rice, Sorghum, Amaranth, Rye, Spelt, Teff, Kamut, Oats etc)
- Alternative sweeteners like xylitol, stevia, mannitol
- Dried fruits and/or over-consumption of fructose (I recommend up to 2 pieces of fruit a day)
- Dairy Products and chocolate
- All Processed Foods
- Alcohol
- Chocolate
- Eggs
- Gums (guar gum, Tara gum, Gellan gum, Gum Arabic)
- Nightshades (tomatoes, potatoes, peppers, eggplant, paprika, mustard seeds, all chili's including spices)
- No vegetable oils (NOTE: olive oil, lard, palm oil, cultured grass fed ghee and coconut oils are permitted)
- Culinary herbs from seeds (mustard, cumin, coriander, fennel, cardamom, fenugreek, caraway, nutmeg, dill seed)
- Tapioca. I eliminate this the first 6-8 weeks because it is a known gluten cross reactor according to Cyrex Lab's Gluten Cross-Reactivity Test

ALLOWED:

- Vegetables (except nightshades)
- Fruits (limit to 15-20 grams fructose/day)
- Coconut products including coconut oil, manna, creamed coconut, coconut aminos, canned coconut milk (with no additives like guar gum and carageen or bpa lined cans) shredded coconut (this list does not include coconut sugar and nectar)
- Fats: olive oil, coconut oil, avocados, lard, bacon fat, cultured ghee (certified to be free of casein and lactose)
- Fermented Foods (coconut yogurt, kombucha, water and coconut kefir, fermented vegetables)
- Bone Broth
- Grass Fed Meats, Poultry and Seafood
- Non-Seed Herbal Teas & Green Tea
- Vinegars: Apple Cider Vinegar, Coconut vinegar, red wine vinegar, balsamic (that has no added sugar)
- Sweeteners: occasional and sparse use of honey and maple syrup (1 tsp/day)
- Herbs: all fresh and non-seed herbs are allowed (basil tarragon, thyme, mint, oregano, rosemary, ginger, turmeric, cinnamon, savory, edible flowers)
- Binders: Grass Fed Gelatin and Arrowroot Starch (watch the starch if you have adrenal issues)