



The Autoimmune and Anti-Inflammatory Nutrition Plan Guidelines:

Do's

- ◆ Eat organic, pastured, grass fed animal protein and wild fish.
- ◆ Eat carbohydrates from fruits and vegetables.
- ◆ Eat fat from avocados, coconut, olive oil, and nuts (**on allowed list only –see next page**)
- ◆ Eat low glycemic fruits and non-starchy vegetables.
- ◆ Eat fermented foods like sauerkraut, coconut kefir, and coconut yogurt.
- ◆ Eat fiber from fruits and vegetables.
- ◆ Eat colorful veggies.
- ◆ Eat organic eggs.
- ◆ Drink half your body weight in ounces of water (including veggie or bone broth) daily.
- ◆ Exercise every day, preferably for 30 minutes.
- ◆ Pray for at least 5 minutes per day.
- ◆ Get 7-9 hours of sleep.
- ◆ Take digestive enzymes, hydrochloric acid, and apple cider vinegar – if Dr. recommended

Don'ts:

- ◆ No grains at all.
- ◆ No dairy products
- ◆ No genetically modified organism (GMO) foods.
- ◆ No processed foods.
- ◆ No refined sugars.
- ◆ No wine or alcohol.
- ◆ No cereals or grain like seeds.
- ◆ No smoked or salted foods.
- ◆ No ibuprofen, aspirin or acetaminophen, naproxen.
- ◆ No legumes (e.g. peanuts, beans, lentils, peas, and soybeans).
- ◆ No nightshade vegetables (see below for list)
- ◆ No fruit juices.
- ◆ No skipping meals.

IF YOU DO NOT SEE A FOOD LISTED IN THE FOODS TO INCLUDE, DO NOT EAT IT.

Foods to Include

Fruits: Apples, apricots, Asian pears, bananas, blackberry, blueberries, boysenberry, cherries, cranberry, figs, grapefruit, kiwi, lemons, limes, melons, nectarine, oranges, peaches, pears, persimmons, plantains, plums, pluots, pomegranate, raspberry, strawberry.

***Caution (see note on last page):** watermelon, mango, pineapple, grapes, dried fruits, dehydrated fruits.

Vegetables: Asparagus, arugula, artichoke, artichoke hearts, avocado, basil, beet, beet greens, bok choy, broccoli, broccoli rabe, brussels sprouts, burdock, cabbage (Napa, red, and green), carrots, cauliflower, celery, chard, chicory, collards, cucumber, daikon radish, dandelion greens, fennel root, jicama, kale, kohlrabi, lambs quarters, leeks, lettuce, nettles, okra, onions, purslane, radish, scallion, shallot, spinach, summer squash, sunchoke (Jerusalem artichoke), turnips, water chestnuts, watercress, zucchini.

Dense carbs: acorn squash, beets, butternut squash, lotus root, plantain, sweet potato, taro, yams, yucca (cassava).

Fungi: Button mushrooms, chanterelle, crimini, oyster, portabella, puffball, etc.

Nuts and Seeds: almonds, cashews, macadamias, pecans, walnuts only.

Eggs: organic

Wild fish: cod, hake, halibut, herring, flounder, mackerel, oysters, red snapper, salmon, sardines, shellfish, skate, tuna, trout, etc.

Meat: Beef (grass fed), chicken, quail, squab, duck, goose, turkey, Cornish game hen; lamb (pasture-raised), pork (pastured), buffalo/bison, goat, emu, ostrich, sausage (without fillers or nightshade spices); liver, kidney, heart, organic sliced meats (gluten, sugar free), uncured nitrate/nitrite-free deli meats and bacon from grass-fed/pastured beef/pork.

Milk and yogurt: unsweetened almond milk, canned coconut milk, unsweetened coconut milk, unsweetened coconut yogurt.

Fats: avocado oil, coconut oil, extra virgin olive oil, flaxseed, hazelnut oil, red palm oil, sesame, walnut.

Coconut: coconut aminos, coconut butter, coconut cream, coconut flakes (unsweetened), coconut kefir, coconut milk, coconut oil, unsweetened coconut yogurt.

Beverages: filtered or distilled water, broths, green smoothies, herbal tea (see below), kefir water, kombucha, kefir (coconut), mineral water, veggie juices (fresh made).

Teas: Herbal teas: cinnamon, chamomile, ginger, lavender, lemongrass, milk thistle, peppermint, rooibos, spearmint.

Fermented foods: kefir water, kimchee, kombucha, pickled ginger, pickled cucumbers, sauerkraut, unsweetened coconut kefir (without corn or rice-based thickening agents), unsweetened coconut yogurt, pickles fermented with salt, beet kvass, lacto-fermented vegetables and fruits such as fermented beets, carrots, and green papaya.

To Make Your Own Kombucha tea or Kefir Water go to: www.culturesforhealth.com

Condiments: avocado mayonnaise, coconut vinegar, coconut aminos, Red Boat fish sauce, vinegar (apple cider vinegar and balsamic vinegar only).

Herbs and spices: basil, chamomile, chervil, chives, cilantro, cinnamon, cloves, bay leaves, dill, garlic, ginger, horseradish, lemongrass, marjoram, mace, oregano, parsley, peppermint, rosemary, saffron, sage, sea salt, spearmint, thyme, tarragon, turmeric.

Caution: allspice, black pepper, cardamom, white, green and pink peppercorns, juniper, star anise and vanilla bean.

Sugar substitutes: cinnamon, mint and ginger.

Caution: honey, date sugar, maple syrup, molasses, unrefined cane sugar.

Foods to Eliminate

Nightshade vegetables: ashwaganda, eggplants, goji berries, all peppers (anaheim, bell, red, green, chili, jalapeno, habanero, serrano, etc) and pepper-derived spices (cayenne, chili pepper, curry powder, paprika, etc.), potatoes (not sweet potatoes), tomatoes, tomatillos, and sauces like hot sauces, Tabasco sauces, and salsas.

Fruit: avoid canned fruits.

Processed and canned meats: bacon, fatty cuts of beef, lamb, and pork; deli meats, smoked/dried/salted meat and fish. Sausages and deli meats with seed-based or nightshade spices.

Fish: Whale, shark, swordfish. Farmed tilapia and catfish quantities should be moderate.

Nuts and Seeds: Brazil nuts, chestnuts, hazelnuts, pine nuts, pistachios, pumpkin, and sunflower seeds and seed-based spices: anise, annatto, black cumin, celery, coriander, cumin, dill, fennel, fenugreek, mustard, nutmeg, poppy, sesame.

Dairy: cow and other animal (goat/sheep) butter, cheeses (including cottage), cream, ice cream, milks, whey, yogurt; non-dairy creamers; butter, milks, and cheeses made with soy; frozen desserts, mayonnaise made with canola or soybean oil.

Oils: butter, hydrogenated oils, margarine, mayonnaise (avocado oil-based mayonnaise may be OK), peanut oil, shortening.

Beans and Legumes: all beans, black-eyed peas, chickpeas, lentils, miso, peas, peanuts/peanut butter, soybean and soy products.

Fungi: avoid medicinal mushrooms e.g. Shiitake, Maitake and Reishi mushrooms (unless tested by one of the doctors and found to be acceptable).

Soy: edamame, soy milk, soy sauce, soy protein, tofu, tempeh, soy protein.

Drinks: alcoholic beverages, caffeinated beverages (all), coffee, fruit juice, green & black tea, sodas.

Condiments: baker's and brewer's yeast, BBQ sauce, chutneys, ketchup, relish, soy sauce, other condiments (unless listed in "Foods to Include").

Sweeteners: artificial sweeteners (Equal, Nutrasweet, Splenda, Truvia), agave syrup, brown rice syrup, corn syrup, high fructose corn syrup, fruit sweeteners, maple syrup, sugar (white, brown, and powdered), stevia, raw green stevia, Xylitol.

Grains: amaranth, barley, buckwheat, corn including cornmeal and popcorn, millet, oats, oatmeal, quinoa, rice, rye, sorghum, teff, triticale, and wheat including varieties such as spelt, emmer, farro, einkorn, kamut, durum and other forms such as bulgur, cracked wheat and wheat berries.

Grain products: breads, cakes, chips, cookies, corn tortillas, crackers, donuts, flatbread, muffins, noodles, pancakes, pasta, pita, pizza, rolls, starch, tortillas, waffles.

Grain like substances or pseudo-cereals: amaranth, buckwheat, cattail, chia, cockscomb, kañiwa, pitseed, goosefoot, quinoa, and wattleseed (aka acacia seed).

Gluten containing foods: BBQ sauce, binders, bouillon, brewer's yeast, cold cuts, condiments, emulsifiers, fillers, gum, hot dogs, hydrolyzed plant and vegetable protein, ketchup, soy sauce, lunch meats, malt, malt flavoring, malt vinegar, matzo, modified food starch, monosodium glutamate, non-dairy creamer, processed salad dressings, seitan, stabilizers, teriyaki sauce, textured vegetable protein.

Legumes: including peas, beans, lentils, soy, and peanuts.

Lectins: Avoid nuts, beans, soy, potatoes, tomato, eggplant, peppers, peanut oil, peanut butter, soy oil, etc.

Alcohol: all alcohol.

All processed food: cured meats, sugar, pre-mixed seasonings and sauces, mayonnaise, mustard, canned foods.

Seed based spices: anise, annatto, black cumin, celery, coriander, cumin, dill, fennel, fenugreek, mustard, nutmeg, poppy, sesame, cacao.

Berry and fruit based spices: allspice, white, green and pink peppercorns, juniper, cardamom, star anise and vanilla bean.

Coffee: Remove coffee for 30 days (or longer if tested positive on the Gluten Cross Reactive Foods test), reintroduce and note reactions.

Tea: Remove caffeinated teas for 30 days, reintroduce and note reactions.

***A word about *Caution foods*:**

Generally speaking, these foods are either immunogenic, hard to digest, likely to feed gut bacterial overgrowths, dysbiosis, and/or contribute to blood sugar imbalance. If your gut immunity is strong (no overgrowths, no dysbiosis, no food reactions, healthy gut lining), and your blood sugar is balanced, these items may be tolerated in moderation.

Auto-Immune/ Anti-Inflammatory Diet Products & Recipes

****PLEASE NOTE NOT ALL RECIPES WILL FOLLOW THE GUIDELINES LISTED ABOVE. PLEASE USE DISCRETION.**

Meats:

- Applegate Organics Meats, including turkey and ham (deli, Whole Foods/ Lakewinds)
- Applegate Naturals Uncured Bacon (refrigerated, Whole Foods/Lakewinds)
- Applegate Naturals Chicken & Sage Breakfast Sausages (frozen, Whole Foods/Lakewinds)
- Bilinski's Spinach & Garlic Chicken Sausage (Cub Foods, with refrigerated brats/sausages)
- Archer Farms Spinach & Garlic Chicken Sausage (Target, refrigerated)
- Tuna: wild caught only in pouch NOT CAN
- Thousand Hills Grass Fed Beef

Fermented Items:

- Organic Raw Kombucha drink (refrigerated, Cub in health foods, Target Greatland with single serve refrigerated teas/juices, Whole Foods/Lakewinds, special refrigerated.
- Bubbies Pure Kosher Dills and Sauerkraut (refrigerated; Cub Foods health food section, Whole Foods)
- Lindsay Naturals Green, Black, and Green Ripe Olives
- Franks Sauerkraut (Cub, with canned vegetables)
- Cultured "Power Kraut" Purple, and Ocean Sauerkraut with Sea Vegetables (refrigerated, Lakewinds)
- Sauerkraut, pickles, and other items – check the kosher refrigerated section
- Alessi Balsamic Capers (Cub, by canned olives)

Other:

- Chicken Broth; Four brands met requirements. Swanson's has the best flavor by far and fits the program with less than 2% sugar; also voted best chicken broth by *Whole Living* magazine.
- Lemon and Lime Juices; Santa Cruz Organic brand

Other "Food for Thought"

Great websites to look through are listed below. ****PLEASE NOTE NOT ALL RECIPES WILL FOLLOW THE GUIDELINES LISTED ABOVE. PLEASE USE DISCRETION.**

www.whfoods.org

www.vegetariantimes.com

www.eatingwell.com

www.againstallgrain.com

www.thepaleomom.com

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Tuna Wrap Recipe

Tuna

Olive oil and lemon juice dressing

Salt and pepper

Add your choice of: Julienne carrots, Green or black olives, Capers, Red onion, Celery, Dill, Etc.

Eat by itself, as a wrap in a Romaine lettuce leaf, or over a salad of baby lettuce leaves with olive and balsamic vinegar dressing.

Country Style Ribs

Season as you wish

Brown on stovetop

Place in roasting pan over sauerkraut (such as Lakewinds Powerkraut) and bake at 350 for 75 minutes.

Chicken Liver with bacon & onions

Chicken liver, Applegate Natural uncured bacon, and onion. Saute on stove top.

Sweet Potato Fries

Sweet Potatoes

Olive Oil

Basil

Salt and pepper

Cut ends off unpeeled sweet potatoes. Cut in half, then cut each half into thirds, then cut each third into steak fries. Arrange on baking sheet. Drizzle with extra virgin olive oil and sprinkle with salt. Toss to evenly coat in olive oil. Bake at 400 degrees for 45 minutes until crisp and golden.

Chop 4-5 leaves of fresh basil and mix with 2 Tablespoons of coarse salt. Mix together. Add pepper. While sweet potatoes are still hot, sprinkle with basil salt so fries absorb flavors.

Rise and Shine Juice

1 bag (6 Oz) Baby Spinach

2 stalks celery (cut in half)

2 carrots (cut in half – no need to peel)

2 apples (cut in half – no need to peel or core); Gala or Red (not green, too tart)

½ lemon (cut in half – with rind and all)

1 – 1 ½ inch piece of ginger (DO peel)

Place each item in the juicer and juice individually into a common container. Drink over ice. Can make a container and keep it in the refrigerator.

Creamy Zucchini & Coconut Milk Soup

1 Tbsp olive oil

½ medium yellow onion, finely chopped

2 cloves garlic,

3 cups (packed) grated zucchini

1 Tbsp minced fresh mint leaves

½ tsp kosher salt (plus more to taste)

½ tsp freshly ground black pepper (plus more to taste)

2 ¾ cups vegetable broth

1/3 cup coconut milk

1. Heat olive oil in a large sauce pan set over medium-low heat. Add the onion and sweat (cook without browning) until the onion is soft and translucent, 7 to 10 minutes. Add the garlic and cook for additional 2 minutes.
2. Turn the heat to medium, add the grated zucchini and chopped mint leaves, and cook until the zucchini is starting to soften, about 4 to 5 minutes. Season with salt and pepper.
3. Add broth, bring to a boil, and then reduce heat to medium-low. Simmer for 10 minutes.
4. Remove soup from the heat and let cool for about 10 minutes. Trust me; you do not want to skip this step. That is, unless you enjoy wiping hot soup off your ceiling after your blender lid flies off.
5. Process the soup in a blender, in two batches, until the soup is almost smooth, but with a little bit of texture. Return to the saucepan, stir in coconut milk, reheat, and season to taste with salt and pepper. Serve.

This soup can also be served chilled – a nice treat on a hot day.

Tom Yum Soup with Coconut Milk ("Tom Khaa")

Ingredients:

4-6 cups good-tasting chicken stock

1 stalk lemongrass, minced, or 4 Tbsp. frozen prepared lemongrass

3 kaffir lime leaves (available fresh or frozen at Asian stores)

3-4 cloves garlic, minced

3 Tbsp. fish sauce (available at all Asian/Chinese food stores and some supermarket chains)

12 medium raw shrimp, shells removed

1/2 can good-quality coconut milk, OR 1/2 can evaporated milk

1 Tbsp. freshly-squeezed lime juice

1/3 cup fresh coriander (cilantro), roughly chopped

optional: extra vegetables of your choice (ie. broccoli)

Preparation:

1. Pour stock into a deep cooking pot and bring to a boil.
2. Add the lemongrass and boil for 1-2 minutes. If using fresh lemongrass, also add the upper stalk pieces for extra flavor.
3. Add garlic, lime, and leaves. Reduce heat to medium and simmer 1-2 minutes.
4. Add the shrimp (plus other vegetables such as broccoli, if using). Simmer 3-4 minutes, or until shrimp is pink and plump.
5. Reduce heat to medium-low and add the coconut milk plus fish sauce and lime juice. Stir well to combine and gently simmer until hot. Test the soup for salt and spice, adding more fish sauce instead of salt. If it's too sour, add 1/2 tsp. sugar. If too spicy for your taste or if you'd like it creamier, add more coconut milk. If too salty, add another squeeze of lime juice.
6. Serve in bowls with fresh coriander sprinkled over. ENJOY!

Coconut Butternut Squash Soup

- 1 large butternut squash, about 2 pounds
- 1 Tbsp olive oil
- ¼ cup onion, minced
- 1 Tbsp freshly grated ginger
- 2 cloves garlic
- 6 kaffir lime leaves, middle vein removed and torn into pieces
- 4 cups chicken broth
- 1 13-14 oz can unsweetened coconut milk
- 1 tsp kosher salt
- 2 Tbsp freshly squeezed lime juice
- Toasted coconut for garnish (optional)

Preheat oven to 400°F. Cut the squash in half lengthwise and remove the seeds. Brush the cut sides of the squash with oil and place cut side down on a baking sheet. Roast for 45 minutes to 1 hour or until very tender. The squash should have a creamy texture. Once the squash has cooled enough to handle, scoop the flesh out of the peel using a spoon.

In a heavy bottomed pot, heat the oil over medium heat. Add the onion, ginger and garlic and sauté until softened, about 3 minutes. Stir in the chicken broth, coconut milk, salt, squash and shredded lime leaves. Simmer for 15 minutes. Remove from heat and stir in the lime juice. Puree soup with a hand mixer or in a blender. Serve garnished with unsweetened coconut toasted at 400°F for 2-3 minutes, or until golden brown.

Italian Chicken

- 3 tablespoons olive oil
- 1 chicken, cut into 8 pieces
- 6 to 8 garlic cloves, peeled and crushed
- 1 Tablespoon (or more) chopped fresh rosemary
- Chicken Stock
- Salt and Pepper
- Water or chicken stock

Heat 1 tablespoon oil in a heavy skillet over low heat. Add chicken pieces and cook several minutes. When they begin to color, add remaining 2 tablespoons oil and garlic. Turn chicken in the oil. Sprinkle with rosemary, salt, and pepper. Add ½ cup to 1 cup water or stock, and let it come to a boil, then reduce heat and cover skillet. Cook chicken 35 to 45 minutes, checking frequently to make sure there's still liquid in the pan. Chicken will fall away from the bone. Transfer chicken to dinner plates and deglaze the pan with a few tablespoons of water or stock, pouring pan liquid over chicken as sauce. Serves 4 to 8.

Easy Thai Magic Paste Recipe

Magic paste is one of those 'secret' Thai ingredients that give Thai food its wonderful and unique taste. ENJOY!

Ingredients:

- 1/2 cup chopped coriander, leaves and stems
- 1/2 tsp. ground white pepper (OR whole white peppercorns if using pestle & mortar)
- 4 cloves garlic
- 1 Tbsp. fish sauce

Place all ingredients in a mini chopper or a food processor. Blitz well to create a fragrant green paste. You can adjust these ingredients to your liking, add up to 3/4 tsp. ground white pepper if you prefer even more zing.

If Using Pestle & Mortar: You can use whole white peppercorns if you wish. Start by pounding dry ingredients together, then add the fish sauce and blend together with a circular motion.

Use your magic paste in place of the usual minced garlic and shallots that starts so many Thai recipes. It doesn't store very well, so it's best to make it fresh as you need it. ENJOY!

Baked Halibut with Arugula Salsa Verde

2 Tbsp.fresh chives

2 Tbsp.Italian parsley

Zest of ½ lemon

4 Halibut fillet (center cut, so they cook evenly)

Chop herbs and mix. Place Halibut on rimmed baking sheet and sprinkle with olive oil, salt, and pepper. Sprinkle with dry rub above. Cook at 375 for 8 – 10 minutes, until flaky.

Salsa Verde:

1 cup arugula

¼ cup drained capers

Zest of remaining ½ of lemon

2 Tbsp.lemon juice

Salt

¼ cup extra virgin olive oil

Place all in food processor and blend until still a little chunky. Place on serving dish. Scoop the salsa Verde over fish. Enjoy!