

AUTO IMMUNE PROTOCOL

FOODS TO INCLUDE

VEGETABLES

artichoke green beans
asparagus kale
bok choy leek
broccoli lettuce
brussels sprout mushroom
cabbage olives
cauliflower pumpkin
celery rhubarb
chard rocket
collard greens snap pea
cucumber spinach
fennel watercress

ROOTS

beetroot turnip
carrot radish
celeriac shallot
onion sweet
parsnip potato yam

FERMENTS

sauerkraut
fermented vegetables
(carrot, beet, etc.)
kombucha

ORGAN MEAT

bone broth liver
kidney heart
tongue

FRUIT

apple lemon
apricot lime
avocado mango
banana nectarine
blackberry orange
blueberry papaya
cantaloupe peach
cherry pear
coconut persimmon
date plum
fig pineapple
grape pomegranate
grapefruit raspberry
guava strawberry
honeydew tangerine
kiwi watermelon

HERBS

basil mint
bay leaves parsley
chamomile peppermint
chives rosemary
coriander sage
dill spearmint
lavender tarragon
lemongrass thyme
marjoram

DRINKS

broth
coconut milk
carob hot choc (make your
own)
dandelion tea
herbal tea

SPICES

cinnamon cloves
garlic ginger
safron sea salt
shallots turmeric

MEATS

beef lamb
fish kangaroo
shellfish chicken
turkey duck
pork rabbit
venison wild game

aramé kombu
dulse nori
wakame

PANTRY

apple-cider vinegar
anchovies
arrowroot powder
carob powder
coconut flour
coconut flakes
coconut vinegar
coconut aminos
dates
dried fruit
olives
salmon
sardines
tuna ume
plum vinegar