

# The Paleo Way

## Autoimmune Protocol Food List

The Paleo Autoimmune Protocol (AIP) eliminates certain primal foods that can sometimes trigger inflammation in people with autoimmune disease (dairy, eggs, nightshades, nuts and seeds). AIP isn't necessarily easy – it definitely takes commitment. If you have an autoimmune condition and you want to get on top of it, then you're going to need to do AIP 100%.

We want everyone to be able to enjoy the benefits of our 10 Week Program and reclaim their health, so we have designed recipes to suit those following this protocol. We have also put together this supporting list of foods that are suitable for an Autoimmune Protocol.



## Vegetables & Fruits

Organic is best

### EAT

#### Vegetables of all kinds (8–14 cups/day)

*As much variety as much possible*

#### Colourful vegetables and fruit

#### Cruciferous vegetables

Arugula

Broccoli

Brussels sprouts

Cabbage

Kale

Mustard greens

Turnips

Watercress

#### Sea Vegetables

*Excluding algae e.g. Chlorella, Spirulina*

### AVOID

#### Nightshades

Ashwagandha

Bush tomato

Cape gooseberry

Capsicum

Cocona

Eggplant

Garden huckleberry

Goji berries

Hot peppers (e.g. jalapeños, habanero)

Kutjera

Naranjillas

Paprika

Pepinos

Pimentos

Potatoes (sweet potatoes)

Tamarillos

Tomatillos

## Protein

Naturally pasture fed and sustainably raised

### EAT

#### Quality meats (Pastured, grass-fed, organic)

*Poultry in moderation due to high omega-6*

Beef

Buffalo

Chicken

Duck

Elk

Lamb

Pheasant

Pork

Rabbit

Turkey

Venison

Wild boar

#### Organ meat and offal

*Aim for 5 times a week, the more the better*

#### Fish and shellfish (Wild is best)

*Aim for 3 times a week, the more the better*

#### Glycine-rich foods

Connective tissue, joints, organ meats, etc

## Fats

### EAT

Avocados

Coconut

Fatty fish

Pastured, grass-fed animal fats

Olives

## Probiotic foods

### EAT

Coconut milk kefir

Coconut milk yogurt

Fermented vegetables or fruit

Kombucha

Water kefir

#### NOTE:

You can also improve your intake of important trace minerals by switching to Himalayan pink salt or “dirty” sea salt.

# Herbs & Spices

## EAT

Balm (lemon balm)

Basil (sweet)

Bay leaves (laurel leaves)

Chamomile

Chervil

Chives

Coriander

Cinnamon/Cassia

Cloves

Dill weed

Garlic

Ginger

Horseradish

Lavender

Mace

Marjoram leaves

Onion powder

Oregano leaves

Parsley

Peppermint

Rosemary

Saffron

Sage

Salt

Savory leaves

Spearmint

Tarragon

Thyme

Turmeric

## PROVISIONAL

Allspice

Black pepper

Caraway

Cardamom

Green peppercorns

Juniper

Pink peppercorns

Star anise

Vanilla bean

White pepper

## AVOID

Anise seed

Annatto seed

Black caraway

Cayenne

Celery seeds

Chilli pepper flakes

Chilli powder

Coriander seeds

Curry

Cumin seeds

Dill seed

Fennel seed

Fenugreek

Mustard seed

Nutmeg

Paprika

Poppy seed

Sesame seed

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## Foods to Avoid

### AVOID

Alcohol

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Eggs (especially the whites)

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Emulsifiers/Thickeners

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Food additives

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Fructose (No more than 20g/day)

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Non-nutritive sweeteners (incl. stevia)

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NSAIDS (Aspirin or Ibuprofen)

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Nuts

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Seeds (cocoa, coffee, seed-based spices)

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### Foods that cross react with gluten

Amaranth

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Barley

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Buckwheat

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Chocolate

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Coffee (instant, latte, espresso, imported)

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Corn

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Hemp

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Millet

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Milk

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Oats (two different cultivars)

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Polish Wheat

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Potato

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Quinoa

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Rice

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Rye

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Sesame

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Sorghum

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Spelt

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Soy

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Tapioca (cassava, yucca)

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Teff

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### NOTE:

If there are any particular foods that you are allergic or sensitive to, even though they're on the foods to include list, then they need to be omitted for the time being as well. You may still need some pharmaceutical support to get the affected organ or system functioning properly again, preventing further tissue damage and providing relief for what can be some really severe symptoms.

We always recommend the guidance of an integrative medicine GP or naturopath.

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