



Restore Your Health w/ Autoimmune Paleo

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My Journey to AIP



The Autoimmune Protocol

AIP is a version of the Paleo Diet advocated by Robb Wolf (author of *The Paleo Solution*) as well as Sarah Ballantyne (author of *The Paleo Approach*) specifically tailored to those suffering from autoimmune or other chronic conditions.

The Autoimmune Protocol

Foods to Include:

Vegetables	Roots	Meats	Fruit	Herbs	Pantry Items	
artichoke arugula asparagus bok choy broccoli brussels sprout cabbage cauliflower celery chard collard green cucumber fennel green bean kale leek lettuce mushroom rhubarb snap pea spinach squash watercress	beet carrot celeriac jicama onion parsnip turnip radish rutabaga shallot sweet potato yam	beef bison buffalo lamb fish shellfish chicken turkey duck pork rabbit venison	apple apricot avocado banana blackberry blueberry cantaloupe cherry clementine coconut date fig grape grapefruit guava huckleberry honeydew kiwi lemon lime mango marionberry nectarine orange	papaya peach pear persimmon plum pineapple pomegranate raspberry strawberry tangerine watermelon	basil bay leaves chamomile chives cilantro dill lavender lemongrass marjoram mint parsley peppermint rosemary sage spearmint tarragon thyme	apple-cider vinegar anchovies arrowroot powder coconut flour coconut flakes coconut vinegar coconut aminos dates dried fruit olives salmon sardines tuna ume plum vinegar
	Fats animal fat avocado oil coconut oil duck fat lard olive oil palm oil tallow	Offal bone broth liver kidney heart		Spices cinnamon cloves garlic ginger saffron sea salt shallots turmeric	Ferments sauerkraut fermented vegetables (carrot, beet, etc.) kombucha water kefir	

The Autoimmune Protocol

Foods to Avoid:

Grains	Beans + Legumes	Eggs	Nightshades	Seeds	Nuts	Dairy	Alcohol
amaranth barley buckwheat bulgur corn farro kamut millet oats quinoa rice rye sorghum spelt teff wheat	adzuki beans black beans black-eyed peas chickpeas fava beans lentils lima beans peanuts kidney beans soybeans	chicken duck goose	cayenne chili pepper eggplant goji berry ground cherry haba�ero jalepeno paprika poblano potato sweet pepper tobacco tomato tomatillo wolf berries	anise canola caraway chia coriander cumin fennel seed fennugreek flax mustard nutmeg poppy pumpkin sesame sunflower hemp	almond brazil cashew coffee cocoa hazelnut pecan macadamia walnut	butter cheese cream cream cheese ghee milk yogurt	<p>NSAIDs</p> <p>aspirin ibuprofen naproxen</p> <p>Other</p> <p>carrageenan chemicals dyes emulsifiers guar gum non-nutritive sweeteners stevia thickeners</p>

Nutrient Density

The Autoimmune Protocol is not just about what you aren't eating—it's equally about what you replace all of those inflammatory foods with!



Nutrient-Dense Foods

- Organ Meats (liver, kidney, heart)
- Bone Broth
- Fermented Foods (sauerkraut, kombucha)
- Fish and Shellfish
- Seaweed
- Colorful Fruits and Vegetables

How Long to Eliminate?

It is important to do the elimination diet until you feel an improvement in symptoms—otherwise it will be nearly impossible to tell if foods are affecting you come time for reintroduction.

For most people, this translates to 30-60 days. Some people feel better in a matter of weeks, with others needing 6 months or more.

Reintroducing Foods



When to Start Reintroductions

- Have you made positive progress during the elimination diet?
- Are you able to track and monitor your food/symptoms while you assess if different foods are working for you?
- Do you have any stressful events or activities coming up that could affect your trials?

Reintroduction Protocol

1. Pick a food to challenge and eat it a couple times in one day.
2. Eat the food for the first time, only having a nibble. Wait fifteen minutes, and if you don't have any symptoms, take a small bite a little larger than the last.
3. Wait another fifteen minutes, and if you still don't have any symptoms, take another bite, again slightly larger.
4. Wait two to three hours, watching to see if any symptoms appear.

Reintroduction Protocol (continued)

5. Next, eat an average quantity of the food, either by itself or as part of a meal.
6. Watch your symptoms for three to seven days afterwards, being sure to avoid the food you reintroduced as well as not reintroducing any other foods.
7. You may incorporate this food into your diet if you have no additional symptoms during this whole process.

Protocol as outlined by Dr. Sarah Ballantyne in *The Paleo Approach*.

Order of Reintroduction



Stage I

- Egg yolks
- Legumes w/ edible pods
- Fruit and berry-based spices
- Seed-based spices
- Seed and nut oils
- Ghee from grass-fed dairy

Stage II

- Seeds
- Nuts (except cashews and pistachios)
- Cocoa or chocolate
- Egg whites
- Grass-fed butter
- Alcohol (in small quantities)

Stage III

- Cashews and pistachios
- Eggplant
- Sweet peppers
- Paprika
- Coffee
- Grass-fed raw cream
- Fermented grass-fed raw dairy (yogurt and kefir)

Stage IV

- Other dairy (grass-fed milk and cheese)
- Chili peppers
- Tomatoes
- Potatoes
- Other nightshades and spices
- Alcohol (in larger quantities)
- White rice
- Traditionally prepared legumes (soaked and fermented)
- Traditionally prepared gluten-free grains (soaked and fermented)
- Foods you have a history of a severe reaction to
- Foods you are allergic to

Reactions to Look For

- Symptoms returning or worsening
- Digestive symptoms (stomachache, constipation, loose stool, heartburn, nausea, gas, bloating)
- Fatigue or lack of energy
- Sleep disturbances
- Headaches
- Dizziness or lightheadedness
- Increased mucous production
- Trouble breathing or coughing
- Skin changes—rashes, itchiness, dry skin
- Muscle or joint pain/aches
- Mood changes (depression, anxiety)

How to Prepare for the Autoimmune Protocol



Three-Step Pantry Prep

1. Get rid of all the “bad stuff”
2. Store all of the “maybe stuff”
3. Stock your pantry with all of the “good stuff”

Shopping for the Autoimmune Protocol

- Meat: hormone-free at least, if possible grass-fed or pastured
- Fats/Oils: olive and avocado for cold applications; solid fats like coconut, home-rendered tallow, duck fat, or lard for cooking
- Produce: organic if possible, check out clean 15 and dirty dozen at EWG.org to help inform purchases

Batch Cooking

- This refers to the act of cooking large quantities of food in one session to have for later in the week
- Meals can be protein components used for quick dishes (roasted chicken, pot roast, or meat patties) or dishes that store in the fridge/freezer well (soups, stews, and sauces).
- Set yourself up for success!

Meal Planning

- Having a meal plan in place helps you shop and plan your time effectively
- At the very least, plan your proteins for the week and assemble vegetable dishes on the fly

Autoimmune Paleo

2-week meal plan

Week 1

This is an interactive .pdf—click the name of the dish to access the recipe!

	BREAKFAST	LUNCH	DINNER
SUNDAY	Italian-Spiced 50/50 Sausages (also make Three-Herb Beef Patties)*	Bacon-Beef Liver Pate** Cabbage and Avocado Salad*** Bone Broth	Citrus and Herb Pot Roast Rainbow Roasted Root Vegetables
MONDAY	Three-Herb Beef Patties	Citrus and Herb Pot Roast Rainbow Roasted Root Vegetables	Citrus and Herb Pot Roast Cabbage and Avocado Salad
TUESDAY	Italian-Spiced 50/50 Sausages	Citrus and Herb Pot Roast Rainbow Roasted Root Vegetables	Ginger-Baked Salmon*** Beet and Fennel Salad***
WEDNESDAY	Three-Herb Beef Patties	Ginger Baked Salmon Beet and Fennel Salad	Carrot and Sweet Potato Chili
THURSDAY	Italian-Spiced 50/50 Sausages	Carrot and Sweet Potato Chili	Sear-Roasted Pork Chops Early Spring Salad
FRIDAY	Three-Herb Beef Patties	Sear-Roasted Pork Chops Early Spring Salad	Carrot and Sweet Potato Chili
SATURDAY	Italian-Spiced 50/50 Sausages	Carrot and Sweet Potato Chili	Garlic "Mayo" Shredded Chicken Breast Curried Chicken Salad

*cook and freeze between slices of wax paper **use for snacks throughout the week ***halve recipe

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Week 1 Shopping List

PANTRY ITEMS	SATURDAY	WEDNESDAY
sea salt garlic powder ginger powder turmeric bay leaves cinnamon solid cooking fat (coconut oil, lard, tallow, duck fat, etc.) extra-virgin olive oil apple cider vinegar coconut vinegar (optional) coconut concentrate (optional)	3 pounds grass-fed ground beef 1 pound pastured ground pork 1 pound grass-fed beef liver 2-3 pounds grass-fed beef roast 12 ounces salmon 6 pieces AIP-friendly bacon bones for making broth 9 carrots 6 beets 2 parsnips 1 turnip 2 cucumber 1 fennel bulb 1 head cabbage 2 oranges 1-2 avocados fresh oregano fresh thyme fresh rosemary fresh sage fresh bunch parsley fresh mint	2 pounds grass-fed ground beef 2 6oz pastured pork chops 1 pound pastured chicken breast 1 onion 1 red onion 4 carrots 2 large sweet potatoes 12 ounces arugula 1 fennel bulb 1-2 avocados 1 lemon 1 large or 2 small grapefruits ¼ cup raisins (optional) fresh cilantro
KEEP IN STOCK ginger garlic red onion yellow onion lemons		
OPTIONAL ADDITIONS kombucha fermented vegetables seasonal fresh fruit		

Autoimmune Paleo 2-week meal plan

Week 2

This is an interactive .pdf—click the name of the dish to access the recipe!

	BREAKFAST	LUNCH	DINNER
SUNDAY	Three-Herb Beef Patties	Curried Chicken Salad Bacon-Beef Liver Pate* Bone Broth	Citrus and Herb Pot Roast Rainbow Roasted Root Vegetables
MONDAY	Italian-Spiced 50/50 Sausages	Citrus and Herb Pot Roast Rainbow Roasted Root Vegetables	Citrus and Herb Pot Roast Ribboned Asparagus and Fennel Salad
TUESDAY	Three-Herb Beef Patties	Citrus and Herb Pot Roast Ribboned Asparagus and Fennel Salad	Tuna Salad Endive Boats
WEDNESDAY	Italian-Spiced 50/50 Sausages	Tuna Salad Endive Boats	Chicken and Acorn Squash Soup
THURSDAY	Three-Herb Beef Patties	Tuna Salad Endive Boats	Chicken and Acorn Squash Soup
FRIDAY	Italian-Spiced 50/50 Sausages	Chicken and Acorn Squash Soup	Ginger-Baked Salmon** Cinnamon-Sage Squash
SATURDAY	Three-Herb Beef Patties	Chicken and Acorn Squash Soup	Ginger-Baked Salmon Cinnamon-Sage Squash

* use for snacks throughout the week **halve recipe

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Week 2 Shopping List

PANTRY ITEMS

sea salt
garlic powder
ginger powder
turmeric
bay leaves
cinnamon
solid cooking fat (coconut oil, lard, tallow, duck fat, etc.)
extra-virgin olive oil
apple cider vinegar
coconut vinegar (optional)
coconut concentrate (optional)

KEEP IN STOCK

ginger
garlic
red onion
yellow onion
lemons

OPTIONAL ADDITIONS

kombucha
fermented vegetables
seasonal fresh fruit

SATURDAY

1 pound grass-fed beef liver
2-3 pounds grass-fed beef roast
2 5oz BPA-free canned tuna
bones for making broth
4 beets
1 turnip
4 carrots
1 bunch celery
1 cucumber
2 parsnips
1-2 pounds asparagus
1 large fennel bulb
2 endive heads
1 small green apple
fresh rosemary
fresh thyme
fresh sage
fresh dill

WEDNESDAY

1 4-5 pound stewing hen or rooster
12 ounces salmon
1 onion
4 carrots
1 large or 2 small acorn squash
2 delicata squash
fresh sage

AIP Snack Ideas

- EPIC bars (epicbar.com)
- Sweet potato, plantain, or taro chips
- Sea snax
- AIP-compliant jerky (no nightshades)
- Olives
- Homemade gummy snacks
- Coconut butter and fruit
- Pate and plantain crackers/fruit slices

Q and A!

