

Auto Immune Paleo

Lots of fresh veg & Protein: No gluten, grain or dairy
YES, FOODS (think of all the yummy options)
Milk: Rice & almond or cashew super market is fine: look for sugar free such as pure harvest. It's easy to make also: Yoghurt: Sheep and goat yoghurt. Available at IGA
Almond milk for baking not coconut milk
Cheese (goat, real goat feta and sheep cheese (pecorino)(there is a great Bulgarian sheep cheese available at Woolworths that is pesticide free and inexpensive.
Fish (uncrumbed and preferably poached or steamed. (a great way to steam fish is to place it in a Chinese bamboo steamer on banana leaf). You can get all the implements cheaply at the Asian stores. You may want it grilled also which is fine. Curries make a great use of cheap fish cuts. Shell fish as long as no known allergy.
Chicken, Quail, Duck, Turkey.
Legumes (mung bean, lentil, tofu, chick peas)
Lean Meat (In order of preference: kangaroo, veal, lamb, lean beef, goat, rabbit)
Chia seeds, soaked overnight only. No raw.
Fruit and veg: All fruit and vegetables except bananas and dried fruits, preferably organic. See our shopping guide http://natmed.com.au/resources/
Eggs (organic & free range) note the rules have changed so you now need organic & free range.
Tea & Coffee: max one cup a day. As much of the following as you like: Green and herbal tea.
Vegetable Juice: Any but must be organic or non-sprayed source. Peel vegetables first.
Olive Oil extra virgin or sesame oil: up to 3 tablespoons daily for cooking or dressing. Do not use coconut oil despite its low smoking temp it may raise cholesterol due to the amount of saturated fat. No coconut oil if cholesterol high
Herbs, spices and flavourings: Sea salt, Black Pepper, All herbs and spices. Sauerkraut, olives, pickled onions and homemade sugar free sauces made with foods on the yes list are also fine.
Nuts: Usually nuts are fine but your practitioner will discuss this with you. 8-10 per day of Each: Almonds, brazil nuts, cashews or nut pastes made from the above (see health food sections of supermarkets) Water chestnuts in can. The Nuts must be soaked if you have active bloating or reflux problems: cover in water overnight and eat the next day: Seeds: Soaked chia seeds or tahini paste made from sesame seeds: pumpkin, sesame, sunflower seeds are all fine but if you are suffering with bloat please soak. To soak, cover in water or almond milk and leave in fridge overnight. Almond meal is a great alternative for baking.
Legumes (chick pea, lentil, tempeh, tofu)
Beans
NO FOODS (think of all the alternatives)
Grain: flour, oats, cereal, bread, pasta, white & brown rice, baked products such as cakes, muffins biscuits: See paleogrubs.com for grain free options. There are also a variety of ways to make gluten free crackers if you follow the links below.
Sugar: When looking for packet foods such as almond milk, look to the floor! All the high sugar is at eye level in shopping isles.
No Alcohol and No low carb Beer
Cordial, Soft drinks or diet drinks
Coffee of the instant variety. It is dehydrated with dry cleaning chemicals that increase cancer risk.
Processed meat such as bacon, polony, salami, ham (it is fine to have processed meat as a treat if you like it but make sure its nitrate free, no polony however or other junk meats in a roll)
Chips, crisps, Doritos, popcorn and twisties etc. (alternative: kale chips or veggie sticks with dip)
Crackers, crisp breads, rice cakes, rice crackers: (alternative: kale chips or veggie sticks with dip)
Deep fried or crumbed foods: If you do want to crumb the alternative is rice crumbs which you can buy in the gluten free isle.
Anything that ends in "ose", such as fructose, sucrose, dextrose, maltose. Syrup and in particular, high fructose corn syrup. Sugar.
Dairy from Cow source: These include cheeses, milk, milk solids, Cocoa butter, Cocoa mass, Vegetable oils, Butter fat. Condensed milk (which contains fat and sugar)

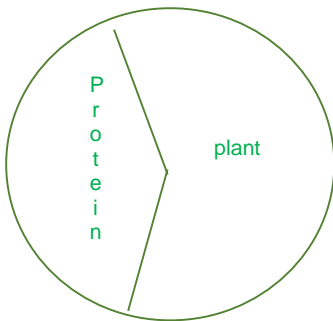
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These web sites are great resources: Not all recipes will be congruent with your plan, however there is a multitude of great ideas on these sites from chia seed pancakes to paleo bread.

- <http://paleogrubs.com/>
- <http://www.taste.com.au/search-recipes/?q=low+carb>
- <http://autoimmune-paleo.com/>



Your plate: 1/3 -2/3 Planning Tip: 1. choose your protein:1 g protein per kg1kg body weight



A typical meal plan for a 70kg person

- *Breakfast: scramble eggs with three whole eggs and 4 egg whites and spinach. = 18g
- *Lunch: Chicken (100g) and salad = 20 g protein
- *Dinner: Poached fish (150g per serve) and vegetables =30g protein

Total for day = 70 g protein = 1/3 protein: 2/3 plant per plate
(plant is alkaline so this diet is mostly alkaline despite being high in protein)

Protein builds muscle, protecting bone density and delivering important amino acids such as Tyrosine for thyroid health. Muscle is 5 x more metabolically active than fat.

Colourful plants on your plate = ^ nutrition



Where to shop, more on dairy & gluten & how to detox your life
<http://natmed.com.au/resources/>

Call us or email if you need more info: 08 93391999: info@natmed.com.au