

Auto-Immune Paleo Diet

Aim to drive your immunity up

The AIP diet is an elimination and reintroduction protocol which aims to reduce inflammation in the gut, heal the gastrointestinal tract and in turn, reduce overall systemic inflammation. It is a diet targeted specifically at autoimmune diseases.

The AIP diet focuses on removing foods from the diet that people are commonly sensitive to, in order to lower overall inflammation.

The AIP diet is a version of the original Paleo diet which addresses underlying inflammation stemming from the gut, and can be a major driver of autoimmune disease. The AIP diet aims to bring the gut microbiota back into balance, whilst optimizing overall nutrient intake.

AVOID (IN ORDER)

- Gluten
- Dairy
- Citrus
- Nightshades
- Legumes
- Nuts and seeds
- Salicylates
- Oxalates
- Amines

HAVE

- Clean protein such as organic free-range eggs, meat, seafood.
- All vegetables except nightshades
- Fresh fruit
- Coconut (oil, milk, flour)
- Yoghurt (coconut, sheep and goat milk is ok)
- Olive oil, herbs and spices

NEED MORE HELP?

Enquire about our meal planning service and receive a bespoke 2-week auto-immune paleo meal plan.

HINT

Your diet should not deviate too far from what you are doing currently - just think + more protein - drop the carbs and crap.

PROTEIN& FATS

Serving size: 1 palm-sized (including fingers) portion per meal unless otherwise specified. Choose grass fed if possible.

Fish (un-crumbed and preferably poached/steamed/grilled).
Shellfish is fine.

Poultry: free-range organic (chicken, quail, duck, turkey)

Eggs (prefer organic/free-range) **Check with your practitioner - should be eliminated during the elimination phase.*

Meat: Preferably lean meat (kangaroo, veal, lamb, lean beef, goat, rabbit, biodynamic chicken liver)

Dairy: Sheep, goat yoghurts/cheese

Coconut: oil, milk, flour

Aim for 1g of protein per kg of weight - See protein chart



OILS

Olive oil, avocado oil or ghee.
All oils except peanut oil

PLANT

Serving size: Each plate = 2/3 plant

All plant foods are allowed except tomato, potato, capsicum, eggplant and chilli)

All fruit.

Herbs: ginger, turmeric, basil, thyme, sage, oregano, rosemary, mint and cinnamon

Coconut based foods such as yoghurt as long as they are sugar-free are fine.



Auto Immune Paleo Diet

Ever heard that the secret to success is planning and organisation? Well, it's the same with food. Plan via deciding on your meals for the week. Organise by shopping. The rest is easier from there.

BREAKFAST IDEAS

- Nitrate free bacon & eggs* with spinach
- Smashed avo on sweet potato toast
- Coconut yoghurt with berries
- Coconut + cassava pancakes (AIP)
- Protein shake



LUNCH IDEAS

Leftovers are best but if this doesn't happen here are some great ideas.

- Roasted veg or salad with a source of protein (eggs, chicken, beef)
- AIP flatbread - google it :)

Eating out or on the road?

Get the sandwich without the bread.

Buy a pre-made salad from the shops and add in protein (chicken or canned fish)



DINNER IDEAS

**Cooking for one? Make sure to freeze dinners to reduce prep time.*

- Homemade burger patties in lettuce leaf cups
- Shepard's pie with cauli mash
- Roast chicken and vegetables
- Stir fry of any kind on cauliflower rice
- Lamb shank stew with veggies.
- Fish with roast veg / steamed greens
- Chicken and vegetable stir fry
- Steak and salad
- Soup

NEED MORE IDEAS?

Ask your practitioner about a bespoke two-week meal plan with recipes and a shopping list.



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YES FOODS

Protein such as chicken, fish (uncrumbed and grilled) turkey, organic and free-range eggs* and lean meat such as lamb, beef, kangaroo, veal, rabbit, and goat – aim for 1g of protein per 1 kg of body weight

All vegetables (except nightshades) cabbage, green leafy vegetables, kale, radish, bok choy, rocket, asparagus, beans, artichokes, broccoli, beetroot, cucumber, leek, Brussel sprouts, sprouts, mushrooms, garlic, onion, kale, cabbage celery, spinach, zucchini, fennel.

All fruit – apple, pear, berries, lemon, limes

Coconut – oil, milk and flour

Herbal and green tea, coffee – 1 per day

Olive oil and avocado oil

Herbs and spices for flavouring: salt, pepper

NOTE

This YES/NO list is based on the strict elimination phase of the AIP diet.

Speak to your practitioner about any modifications.

NO FOODS

Vegetables – tomato, potato, eggplant, capsicum, chilli

All nuts and seeds

Dairy products

Sausages (unless grain and filler-free) , corned beef tinned & processed meats.

Sliced cold meats (Try to avoid all pre-sliced foods if possible)

Smoked food as they are highest in purines, amines and other by-products that radically increase histamine release.

Crisps/chips, cordial/soft drinks

Crackers, rice cakes etc. Deep-fried or crumbed foods

Sugar, honey, glucose, fructose, mannitol, sorbitol, maple syrup, and molasses.

Alcohol – swap to vodka and soda if you must.

Grains – rice, pasta, bread, oats, wheat, rye, buckwheat, spelt, baked product, and cereals. Tapioca. Anything made with flour that is grain-based.

Legumes: if you are vegetarian please discuss this with your practitioner

Canned and processed foods

Avoid coconut oil if cholesterol is high – high in saturated fats

Anything ending in “ose” e.g. fructose, sucrose, dextrose, maltose. Stevia, xylitol

Protein Goal

1g:kg of body weight

Protein source	10 gms Roughly half a palm	20 gms Roughly a whole palm
Protein powder/ protein shake	1 scoop	2 scoops
Eggs (free range)	2 medium	4 medium
Beef steak	45 gms	90 gms
Lamb	45 gms	90 gms
Pork/Ham	45 gms	90 gms
Bacon	3 slices	6 slices
Minced beef	65 gms	130 gms
Chicken breast	45 gms	90 gms
Chicken thigh/leg	1 leg = 15 gms	2 legs = 30 gms
Fish tinned Tuna/salmon	45 gms	90 gms
Scallops	90 gms	180 gms
Prawns (flesh)	50 gms	100 gms
Fish fillets	50 gms	100 gms
Tofu	50 gms	100gms
Tempeh	50 gms	100 gms
Cheese, Hard or Cheddar	45 gms	90 gms
Cheese, Cottage	40 gms	80 gms
Cheese, feta	60 gms	120 gms
Cheese<Ricotta	95 gms	190 gms
Yoghurt Natural, low fat	1 cup 150 gms	2 cups
Milk, Low fat	300 mls	600 mls
Almonds	50 gms	100 gms
Brazil Nuts	70 gms	140 gms 1 cup
Cashews	60 gms	120 gms
Walnuts	70 gms	140 gms
Peanut butter	2 tbsp	4 tbsp
Flax seeds	50 gms 1/3 cup	100 gms 2/3
Sunflower seeds	40 gms	80 gms
Hummus	1 cup	2 cups
Chickpeas	2/3 cup 100 gms	200 gms
Red kidney beans	2/3 cup 100 gms	200 gms
Lentils cooked	½ cup	1 cup