

# autoimmune protocol (nutrient dense)

**who** people who are have autoimmune digestion issues but are not insulin resistant

**how** maximises nutrient density while also removing foods that many people with autoimmune issues struggle with such as nuts, seeds, beans, grains, sweeteners, dairy, alcohol, chocolate and nightshades

## vegetables, spices and fruit

- broccoli
- spinach
- zucchini
- watercress
- endive
- chicory greens
- basil
- beet greens
- asparagus
- escarole
- Chinese cabbage
- chard
- parsley
- lettuce
- cauliflower
- alfalfa
- okra
- summer squash
- chives
- portabella mushrooms
- arugula
- turnip greens
- cloves
- sage
- brown mushrooms
- collards
- white mushroom
- celery
- dandelion greens
- sauerkraut
- curry powder
- shitake mushroom

- yeast extract spread
- cucumber
- seaweed (wakame)
- edamame
- radishes
- spirulina
- avocado
- cabbage
- Brussel sprouts
- thyme

## seafood

- salmon
- fish roe
- trout
- caviar
- anchovy
- oyster
- mackerel
- sturgeon
- cisco
- crab
- halibut
- herring
- flounder
- tuna
- lobster
- shrimp
- rockfish
- pollock
- cod
- crayfish
- perch
- haddock
- whiting
- white fish

## animal products

- lamb liver
- lamb kidney
- turkey liver
- veal liver
- beef liver
- chicken liver
- beef kidney
- beef brains
- ham
- lamb brains
- lamb heart
- chicken liver pate
- ground turkey
- turkey heart
- rib eye steak
- pork liver
- lean beef
- lamb chop
- roast beef
- roast pork
- beef heart
- salami
- chicken
- veal
- turkey meat
- turkey drumstick
- beef tongue
- pork chop
- T-bone steak
- ground pork
- pepperoni
- lamb sweetbread
- pork shoulder