

autoimmune paleo diet meal plan

autoimmune paleo diet meal plan is a specialized nutritional approach designed to help individuals manage autoimmune conditions through dietary changes. This meal plan focuses on eliminating inflammatory foods and incorporating nutrient-dense, whole foods that support immune system health and gut integrity. By following an autoimmune paleo diet meal plan, many find relief from symptoms associated with autoimmune diseases such as rheumatoid arthritis, lupus, and Hashimoto's thyroiditis. This article provides a comprehensive overview of the autoimmune paleo diet meal plan, including what to eat, what to avoid, and sample meal ideas to assist in daily meal preparation. Additionally, it discusses the benefits and potential challenges of adopting this diet and offers practical tips for long-term adherence. Understanding the structure and goals of the autoimmune paleo diet meal plan is essential for anyone considering this approach to improve their health outcomes.

- Understanding the Autoimmune Paleo Diet
- Foods to Include in the Autoimmune Paleo Diet Meal Plan
- Foods to Avoid on the Autoimmune Paleo Diet
- Sample Autoimmune Paleo Diet Meal Plan
- Benefits of Following the Autoimmune Paleo Diet
- Tips for Success on the Autoimmune Paleo Diet

Understanding the Autoimmune Paleo Diet

The autoimmune paleo diet (AIP) is an extension of the traditional paleo diet, tailored specifically for individuals with autoimmune diseases. This diet emphasizes the removal of foods that may trigger inflammation or immune responses, focusing instead on nutrient-rich foods that support healing and reduce autoimmunity symptoms. The autoimmune paleo diet meal plan revolves around whole foods, high in vitamins, minerals, and antioxidants, while eliminating processed foods and common allergens.

Purpose and Approach

The primary goal of the autoimmune paleo diet meal plan is to reduce chronic inflammation and promote gut health. Since many autoimmune conditions are linked to intestinal permeability or "leaky gut," the diet

aims to restore gut integrity by avoiding foods that can exacerbate gut lining damage. This approach involves an elimination phase followed by a gradual reintroduction of certain foods to identify personal triggers.

How It Differs from the Standard Paleo Diet

While the standard paleo diet encourages whole foods and excludes grains, legumes, and dairy, the autoimmune paleo diet takes this a step further by excluding additional foods known to provoke immune reactions. These include nightshades, eggs, nuts, seeds, and certain spices. This stricter regimen is designed specifically to accommodate the sensitivities common in autoimmune disorders.

Foods to Include in the Autoimmune Paleo Diet Meal Plan

In an autoimmune paleo diet meal plan, the focus is on nutrient-dense, anti-inflammatory foods that support immune regulation and gut repair. These foods are carefully selected to provide essential vitamins, minerals, and healthy fats without triggering immune responses.

Vegetables and Fruits

Non-nightshade vegetables are a cornerstone of the autoimmune paleo diet. These include leafy greens, cruciferous vegetables, and root vegetables.

- Kale, spinach, and collard greens
- Broccoli, cauliflower, and Brussels sprouts
- Carrots, beets, and sweet potatoes
- Squash varieties such as zucchini and pumpkin
- Fruits like berries, apples, and pears in moderation

Proteins

High-quality animal proteins provide essential amino acids necessary for tissue repair and immune function. The autoimmune paleo diet meal plan encourages sourcing proteins from grass-fed, pasture-raised, and wild-caught animals whenever possible.

- Grass-fed beef and bison
- Wild-caught fish such as salmon and cod
- Free-range poultry including chicken and turkey
- Organ meats like liver for added nutrient density

Healthy Fats

Healthy fats play a vital role in reducing inflammation and supporting brain health. The autoimmune paleo diet meal plan prioritizes fats from natural sources.

- Avocado and avocado oil
- Coconut oil and coconut milk
- Olive oil (cold-pressed extra virgin)
- Fatty fish rich in omega-3 fatty acids

Additional Supportive Foods

Fermented foods and bone broth are highly recommended for their gut-healing properties within the autoimmune paleo diet meal plan.

- Sauerkraut, kimchi, and fermented vegetables
- Bone broth rich in collagen and amino acids

Foods to Avoid on the Autoimmune Paleo Diet

The autoimmune paleo diet meal plan involves strict avoidance of foods known to trigger inflammation or immune responses. Eliminating these foods is critical during the initial phase to allow the body to heal.

Nightshade Vegetables

Nightshades contain alkaloids that may exacerbate autoimmune symptoms. Common nightshades to avoid include:

- Tomatoes
- Potatoes
- Eggplants
- Peppers (bell peppers, chili peppers, paprika)

Grains and Legumes

Grains and legumes are excluded due to their potential to increase gut permeability and inflammation.

- Wheat, barley, rye, oats, and rice
- Beans, lentils, chickpeas, and peanuts

Dairy and Eggs

Both dairy and eggs can provoke immune reactions in sensitive individuals and are removed from the autoimmune paleo diet meal plan.

Nuts, Seeds, and Certain Oils

These foods may irritate the gut lining and are avoided during the elimination phase.

- Almonds, walnuts, cashews, and other nuts
- Sunflower seeds, pumpkin seeds, sesame seeds
- Soy, corn, and canola oils

Processed Foods and Additives

Highly processed foods, artificial sweeteners, and preservatives are also excluded to reduce immune stress.

Sample Autoimmune Paleo Diet Meal Plan

A well-structured autoimmune paleo diet meal plan includes balanced meals rich in protein, vegetables, and healthy fats. Below is an example of a daily meal plan suitable for someone following this diet.

Breakfast

Sautéed kale and mushrooms cooked in coconut oil with wild-caught salmon and a side of fresh berries.

Lunch

Grilled free-range chicken breast served with steamed broccoli, roasted sweet potatoes, and a mixed greens salad dressed with avocado oil and lemon juice.

Dinner

Beef stew made with grass-fed beef, carrots, celery, and bone broth, accompanied by mashed cauliflower.

Snacks

- Fermented vegetables like sauerkraut
- Fresh fruit such as an apple or pear
- Coconut yogurt (unsweetened)

Benefits of Following the Autoimmune Paleo Diet

Adhering to an autoimmune paleo diet meal plan can provide several health benefits, particularly for individuals experiencing autoimmune conditions. These benefits stem from the diet's focus on reducing inflammation and supporting immune balance.

Reduced Inflammation and Symptom Relief

By eliminating common inflammatory foods, many individuals report decreased joint pain, fatigue, and gastrointestinal symptoms, leading to an overall improvement in quality of life.

Improved Gut Health

The emphasis on gut-healing foods such as bone broth and fermented vegetables helps restore the intestinal lining and promotes a healthy microbiome, which is crucial for immune regulation.

Enhanced Nutrient Intake

The diet's focus on whole, nutrient-dense foods increases the intake of vitamins, minerals, and antioxidants essential for immune function and tissue repair.

Tips for Success on the Autoimmune Paleo Diet

Successfully following an autoimmune paleo diet meal plan requires careful planning and commitment. The following strategies can help maintain adherence and achieve the best outcomes.

Plan and Prepare Meals in Advance

Meal prepping ensures availability of compliant foods and prevents the temptation to consume off-plan options. Batch cooking soups, stews, and roasted vegetables can save time and effort.

Keep a Food and Symptom Journal

Documenting food intake and any changes in symptoms helps identify personal triggers during the reintroduction phase and allows for individualized adjustments.

Seek Support and Professional Guidance

Working with a healthcare provider or registered dietitian experienced in autoimmune and paleo diets can provide personalized advice and monitor nutrient adequacy.

Be Patient and Consistent

Symptom improvement may take several weeks to months. Consistency with the autoimmune paleo diet meal plan and gradual reintroduction of foods is key to long-term success.

Frequently Asked Questions

What is the autoimmune paleo diet meal plan?

The autoimmune paleo (AIP) diet meal plan is a dietary approach designed to reduce inflammation and manage symptoms of autoimmune diseases by eliminating potential trigger foods and focusing on nutrient-dense, anti-inflammatory foods.

Which foods are allowed on an autoimmune paleo diet meal plan?

Allowed foods typically include lean meats, fish, vegetables (except nightshades), fruits in moderation, bone broth, fermented foods, and healthy fats like coconut oil and avocado. Grains, dairy, legumes, nuts, seeds, eggs, and nightshades are avoided.

How long should I follow an autoimmune paleo diet meal plan?

Most people follow the strict elimination phase of the AIP diet for 30 to 90 days before gradually reintroducing eliminated foods to identify personal triggers.

Can the autoimmune paleo diet meal plan help with autoimmune disease symptoms?

Many individuals report reduced inflammation, improved digestion, and fewer autoimmune symptoms while following the AIP diet, though results can vary and it should be done under medical supervision.

What are some easy meal ideas for an autoimmune paleo diet meal plan?

Simple meal ideas include grilled salmon with steamed broccoli, turkey meatballs with zucchini noodles, bone broth soup with mixed vegetables, and roasted sweet potatoes with sautéed greens.

Are there any supplements recommended with the autoimmune paleo diet meal plan?

Supplements like probiotics, omega-3 fatty acids, vitamin D, and collagen may be beneficial, but it's best to consult with a healthcare provider for personalized recommendations.

How does the autoimmune paleo diet differ from the standard paleo diet?

The autoimmune paleo diet is a more restrictive version of the paleo diet that removes additional foods such as eggs, nuts, seeds, and nightshades to further reduce inflammation and immune system activation.

Can the autoimmune paleo diet meal plan be followed long-term?

The strict elimination phase is not typically intended for long-term use; after symptom improvement, many people reintroduce foods carefully to maintain a balanced, sustainable diet.

Additional Resources

1. *The Autoimmune Paleo Cookbook: An Allergen-Free Approach to Managing Chronic Illness*

This book offers a comprehensive guide to the autoimmune paleo diet, focusing on eliminating common allergens and inflammatory foods. It includes over 150 recipes designed to support healing and reduce symptoms of autoimmune diseases. The author provides meal planning tips and nutritional advice tailored for people with chronic conditions.

2. *The Autoimmune Protocol Made Simple: A Practical Guide to Healing Your Body*

A straightforward introduction to the autoimmune paleo lifestyle, this book breaks down the science behind the diet and how it helps manage autoimmune disorders. It features easy-to-follow meal plans and recipes that eliminate inflammatory foods. The book also discusses lifestyle changes that complement the diet for better health outcomes.

3. *AIP Meal Prep: 4-Week Autoimmune Paleo Diet Plan with Easy Recipes*

Designed for busy individuals, this book offers a structured 4-week meal plan with simple recipes that adhere to the autoimmune paleo protocol. It emphasizes batch cooking and ingredient prep to save time and reduce stress. The plan helps readers stay consistent while nourishing their bodies for optimal autoimmune health.

4. *The Autoimmune Paleo Approach: Nourish Your Body, Reclaim Your Health*

This guide dives into the principles of the autoimmune paleo diet, explaining how food choices impact immune function and inflammation. It includes detailed meal plans, shopping lists, and recipes to support healing. Readers will find practical advice for transitioning to and maintaining the diet long-term.

5. *Paleo for Autoimmune Disease: Healing Recipes and Meal Plans*

Focusing on the connection between diet and autoimmune disease, this book provides healing recipes free from common triggers like gluten, dairy, and nightshades. It offers meal plans tailored to reduce inflammation and promote gut health. The author combines scientific insights with culinary creativity to make the diet enjoyable and sustainable.

6. *The Healing Autoimmune Paleo Plan: Recipes & Tips for Inflammation Relief*

This book presents a healing-focused autoimmune paleo plan with flavorful recipes designed to reduce inflammation and support immune balance. It includes tips on ingredient substitutions and how to customize meals for individual needs. The practical approach helps readers feel empowered in managing their autoimmune conditions.

7. Autoimmune Protocol Cookbook: Delicious, Gut-Healing Recipes for AIP

Featuring a wide variety of gut-healing recipes, this cookbook is tailored for those following the autoimmune protocol diet. It emphasizes nutrient-dense, anti-inflammatory ingredients to promote recovery and symptom relief. The book also contains helpful advice on meal preparation and maintaining dietary compliance.

8. Simply AIP: Easy Autoimmune Paleo Meals for Everyday Healing

Ideal for beginners, this book offers simple and approachable autoimmune paleo recipes that require minimal ingredients and preparation time. It encourages a gradual transition into the diet with flexible meal plans. The author focuses on making healing accessible through delicious, easy meals.

9. The Autoimmune Paleo Solution: Your Guide to Health and Wellness

This comprehensive guide combines scientific explanations with practical meal planning strategies to support autoimmune health. It includes recipes, shopping guides, and lifestyle recommendations to complement the autoimmune paleo diet. The book aims to empower readers to take control of their health through informed dietary choices.

Autoimmune Paleo Diet Meal Plan

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autoimmune paleo diet meal plan: The Autoimmune Paleo Cookbook & Action Plan Michelle Anderson, 2025-06-17 A Step-by-Step Guide to Reclaiming Your Health with Nourishing Food Autoimmune diseases affect an estimated 50 million Americans, many of whom face a wide range of uncomfortable, sometimes debilitating symptoms. Fortunately, The Autoimmune Paleo Cookbook & Action Plan offers a customizable solution, a dietary approach that heals your body and empowers you to regain some control over your health. The Autoimmune Paleo Cookbook & Action Plan offers: 130 Paleo diet-based recipes that are completely free of inflammation-causing ingredients Extensive lists of foods to avoid—and to enjoy—during the elimination phase of the diet A 30-day meal plan so you never have to wonder what to eat Step-by-step instructions for reintroducing foods, tracking reactions, and identifying personal triggers Changing your diet is never easy, but the freedom offered by The Autoimmune Paleo Cookbook & Action Plan makes it all worth it.

autoimmune paleo diet meal plan: AIP (Autoimmune Paleo) Diet Brandon Gilta, 2020-05-16 I want to thank you and congratulate you for getting this guide. There are several reasons why people go on a diet. Usually, it's to lose weight or prepare the body to undergo changes

by choosing healthier options. The autoimmune protocol or AIP diet is more than just that. Following such, you're making better choices for your body to help prevent the several problems caused by poor food choices, particularly those rich in additives, and even things that can't be prevented such as medications. These bad choices usually trigger the following problems, such as gut bacteria imbalance, also known as dysbiosis, as well as inflamed intestines, and food intolerance that is usually symptomatic. If you start choosing better options for your diet, you'll slowly see an improvement in your health and overall condition. Those with autoimmune diseases could also greatly benefit from this diet. While it may sound new or unfamiliar, the AIP diet isn't actually all that new. If you're familiar with the Paleolithic diet, then you can also consider yourself familiar with the AIP diet as there isn't much of a difference. As a refresher, the Paleo diet includes food items that, during the Paleolithic days, were hunted and gathered. This book provides a comprehensive and concise look at the benefits of the AIP diet and offers a step-by-step guide for meal planning. It also judges the merits of the diet based on the available evidence and shares a few important steps to remember when trying this diet. Here are other things you can learn by reading this guide: ● More about the AIP Diet ● How it helps the guts ● Food list for the AIP Diet ● Four-week plan for the AIP Diet ● Recipes great for AIP Diet Thanks again for getting this guide. I hope you enjoy it!

autoimmune paleo diet meal plan: AIP (Autoimmune Paleo) Diet Brandon Gilt, 2019-11 A Concise Beginner's Step-by-Step Guide to the AIP Diet If you are struggling with autoimmune diseases such as rheumatoid arthritis you might be curious about alternative ways of managing your symptoms. While medications may dull chronic pain, they sometimes come with unpleasant side effects. Also known as the autoimmune protocol diet, the autoimmune paleo (AIP) diet offers one way of helping reduce your symptoms by addressing one of their potential causes. The AIP diet provides people with autoimmune diseases an opportunity to manage chronic pain by eliminating specific type of foods that are thought to cause or worsen inflammation throughout the body. In addition, the diet also incorporates many different types of food that could help reduce joint inflammation and soothe pain, including those rich in healthy omega-3 fatty acids. Some patients have reported a reduce the need for their pain medications and significant improvements in their quality of life. This book provides a comprehensive and concise look at the benefits of the AIP diet and offers a step-by-step guide for meal planning. It also judges the merits of the diet based on the available evidence and shares a few important steps to remember when trying this diet. Table of Contents About the Diet Gut Matters Week 1 Week 2 Week 3 Week 4 and Beyond Selected Recipes Roasted Pork Chops My Review and Analysis of the Diet Conclusion Download your copy today! Interested in holistic health and weight loss? Visit mindplusfood.com to get your free 41-page holistic health cheat sheet

autoimmune paleo diet meal plan: Autoimmune Paleo Cookbook :Top 30 Autoimmune Paleo Recipes Revealed! Scott Green, 2015-06-10 The Autoimmune Paleo Diet is geared specifically for people like you with autoimmune diseases such as the following: • Type I diabetes • Celiac disease • Addison's disease • Graves' disease • Hashimoto's thyroiditis • Pernicious anemia • Reactive arthritis • Rheumatoid arthritis • Sjogren syndrome • Dermatomyositis • Multiple sclerosis • Myasthenia gravis • Systemic lupus erythematosus These health conditions are caused by a malfunctioning immune system. One way to handle your situation better is to be careful about what you eat. The Paleo Diet in general aims to recreate the peak health conditions of Paleolithic humans by copying what they eat. The Autoimmune Paleo Diet modifies the overall approach by restricting foods that trigger unpleasant immune responses. This ebook/cookbook provides useful information to help you know what to eat – so you can get the most pleasure and nutrition from food. Grab The book to discover more!

autoimmune paleo diet meal plan: Paleo Autoimmune Protocol Dylanna Press, 2014-12-01 Paleo Autoimmune Protocol (AIP): Paleo Recipes and Meal Plan to Heal Your Body Everything you need to start the Paleo Autoimmune Protocol. Find out: *The link between autoimmune disease and diet *What is a leaky gut and how to tell if you have one *What is the Paleo Autoimmune Protocol (AIP) *How to get started on the AIP *Complete food lists of what to avoid and what to eat while on

the AIP *The best way to reintroduce foods *FAQs about the Paleo Autoimmune Protocol * Complete 14-day meal plan *Over 80 delicious AIP-compliant recipes *AIP breakfast recipes This book will help guide you through the process of transforming your diet and regaining control over your health. Contains details about the AIP, its guidelines, and its many benefits. Also included is a meal plan to make it easier to stick to the Autoimmune Protocol, as well as detailed shopping lists, and many delicious, easy-to-prepare, AIP-compliant recipes. Following the Paleo Autoimmune Protocol isn't easy, but the benefits are enormous and potentially life changing. This book attempts to make it as easy as possible for you to learn about and implement the AIP. Download your copy now and get started with the Paleo Autoimmune Protocol. Search Terms: gluten-free, autoimmunity, paleo cooking, paleo recipes, paleo diet, autoimmune protocol, AIP, paleo autoimmune protocol

autoimmune paleo diet meal plan: *The Personalized Autism Nutrition Plan* Julie S. Matthews, 2025-03-18 Create the right diet to support your child with autism or other neurodevelopmental delays through this step-by-step guide to optimal nutrition for their unique needs. If your child with autism spectrum disorder struggles with common symptoms such as irritability, anxiety, stimming, or gastrointestinal upset, you are not alone—and you are not powerless to help. This groundbreaking book offers the first personalized approach to help improve these disruptive symptoms through your child's diet, supplying you with the information and resources you need to holistically help them thrive. Certified nutrition consultant Julie Matthews pairs more than 20 years of clinical experience with practical advice and an attainable and adaptable 12-step plan for effectively addressing the symptoms of autism spectrum disorder, ADHD, ADD, Tourette's syndrome, Down syndrome, learning delays, anxiety, aggression, and defiant disorders. Matthews illustrates the underlying biochemical factors that cause these symptoms, and explains how therapeutic diets and nutritional supplements can have profound benefits for your child's body and brain. This scientifically proven program includes: Common and impactful diets to implement Adjustable daily meal plan ideas for each diet Detailed lists of key foods and nutritional supplements 50 nourishing and picky eater-approved recipes Symptom questionnaires for determining the right diet Just as every child with autism spectrum disorder is unique, there is no one-size-fits-all diet recommendation. The Personalized Autism Nutrition Plan is tailored yet flexible, empowering you with tools to drastically improve your child's well-being and help them thrive—with food as medicine.

autoimmune paleo diet meal plan: *The Everything Guide to Hashimoto's Thyroiditis* Aimee McNew, 2016-10-07 Heal your thyroid with the Paleo diet! If you've been diagnosed with the autoimmune condition Hashimoto's thyroiditis, you know how difficult it can be to improve symptoms. However, scientists are discovering ways to address this disease without resorting to prescription drugs and synthetic treatments: through the Paleo diet. By using functional medicine and healing foods, you may finally find relief! In *The Everything Guide to Hashimoto's Thyroiditis*, you'll discover the causes and symptoms, as well as the link between gut health and thyroid health. You'll learn exactly which foods can help improve your condition and which ones exacerbate problems. This all-in-one health guide features meal plans, 200 nutritious recipes, and easy tips for transitioning to the Paleo lifestyle--so you can improve your well-being and heal your body naturally.

autoimmune paleo diet meal plan: *AIP Diet* Sarah M Lundgren, 2021-02-15 [55% OFF for Bookstores!] A perfect recipe book for anyone looking for a diet plan to start the Autoimmune Diet Protocol. There are many benefits to incorporating an autoimmune diet into daily life. With this book, patients of any autoimmune disease will reduce their symptoms and pain, and those who do not suffer from this disease will reduce the risk of autoimmune diseases. It will guide readers on what foods are allowed and what foods to avoid when planning meals. It also includes easy and delicious recipes with all the ingredients that can be taken in the autoimmune diet, making the diet easier to follow. The AIP Diet includes: - A basic understanding of autoimmune diseases and the autoimmune diet - Benefits of the autoimmune diet - What to eat to beat autoimmune disease - Tips for adding the AIP diet to your lifestyle - Foods to eat and foods to avoid - Food plan to start with the autoimmune diet And more! The AIP diet aims to provide a basic understanding of autoimmune diseases and the autoimmune diet. It's a complete book to start the autoimmune protocol, with tons

of tips and meal plans with over 100 delicious and easy-to-prepare recipes.

autoimmune paleo diet meal plan: *Wired to Eat* Robb Wolf, 2019-09-17 NEW YORK TIMES BESTSELLER • Reset your metabolism for lasting fat loss in one month and discover the carbs that are right for you. The surprising truth is that we are genetically wired to eat more and move less, the exact opposite of the advice we are often given. Now there is a more customized weight loss solution that works with your body, a solution based not on arbitrary restriction of foods but on what works for YOU. Developed by former research biochemist, health expert, and bestselling author Robb Wolf, *Wired to Eat* offers an eating program, based on groundbreaking research, that will rewire your appetite for weight loss and help you finally determine the optimal foods for your diet and metabolism. With his bestselling book, *The Paleo Solution*, Robb Wolf helped hundreds of thousands of people lose weight by eating a low-carb Paleo diet, but Paleo is only a starting point, not a destination. Now, he'll share a more customized way of eating that may be the key to permanent weight loss and better health. You'll start with Wolf's 30-Day Reset to help you restore your body's blood sugar levels, repair your appetite, and reverse insulin resistance. There are more than 70 delicious recipes, detailed meal plans, and shopping lists to aid you on your journey. Wolf also includes meal plans for people who suffer with autoimmune diseases, as well as advice on eating a ketogenic diet. Once you've completed this phase of the plan, the unique 7-Day Carb Test will help you determine what amounts and types of carbs you can tolerate. No more guessing. Now you can find out for yourself which foods you can and cannot eat, instead of relying on a one-size-fits all diet. Transform your diet by discovering your personalized weight loss blueprint with *Wired to Eat*.

autoimmune paleo diet meal plan: *Paleo Diet Plan: How to Start Autoimmune Paleo? 7 Day Autoimmune Paleo Diet Plan-Change Your Diet to Heal Your Body* Amelia Sanders, 2014-11-25 7 Day Autoimmune Paleo Diet Plan-Change Your Diet To Heal Your Body This diet is difficult-Sometimes the best things in life require some work and denial of self. An elimination diet is temporary and it gives you a window into your own body and what you need to eat for optimal health. This book teaches us the basics of the autoimmune paleo protocol diet or AIP and provides a week-long sample meal plan based on the AIP food list. Useful tips, recipes and guidelines will help readers view the AIP diet as a major lifestyle change that can become therapeutic for the gut, which has become the cradle of debilitating autoimmune conditions. In a nutshell, autoimmune disease is a state wherein the body's immune system attacks itself and damages the lining of the intestines, thus allowing the passage of harmful bacteria and toxins. Vital organs and blood cells are damaged as a result of this self-attacking disorder. Though science may claim that this debilitating disease is passed on through genetics, some studies have proven that problems within the immune system are a result of unhealthy habits involving daily activities such as exercise, sleep and nutrition. This material will help us on our journey towards repairing our digestive tract and preventing autoimmune disease from taking over our lives. Moreover, with the AIP meal planning method, we can create long-term positive effects to our health by simply changing our food choices. Here Is A Preview Of What You'll Learn... Autoimmune Paleo Diet 101: How Food Choices Affect the Body Autoimmune Paleo Diet Food List Day 1 of AIP Recipes Day 2 of AIP Recipes Day 3 of AIP Recipes Day 4 of AIP Recipes Day 5 of AIP Recipes Day 6 of AIP Recipes Day 6 of AIP Recipes Eight Tips to Keep You on Track with The Autoimmune Paleo Diet Much, much more! Buy your copy today! Try it now, click the add to cart button and buy Risk-Free

autoimmune paleo diet meal plan: *The Hypothyroidism Diet Plan* Karen Frazier, 2017-04-25 A food plan to manage hypothyroidism? Naturally. You've been diagnosed with hypothyroidism. Now what? Begin restoring thyroid balance in your body with this simple 4-week meal plan. The Hypothyroidism Diet Plan will help you manage symptoms naturally—and eat well while you do it. This groundbreaking resource is designed specifically for hypothyroidism and features the latest information, food charts, and lifestyle tips. These straightforward strategies can boost energy, prompt weight loss, and bring your body back into balance. The plan uses ingredients free of common allergens and even provides a method to identify potential allergies. The Hypothyroidism Diet Plan includes: Month-long meal plan—Rest easy with 31 days of planned meals, including

nutrition facts and shopping lists. 100 delicious recipes—Treat yourself to Pancakes with Blueberry Sauce, Creamy Broccoli Soup, Tri-Tip Tacos, and more easy-to-make dishes. Reduce inflammation—These recipes follow the autoimmune protocol to help reduce inflammation and give your body a chance to heal. Managing hypothyroidism is a challenge, but The Hypothyroidism Diet Plan will help you nourish and care for yourself—naturally.

autoimmune paleo diet meal plan: Paleo Principles Sarah Ballantyne, 2017-11-07 From the New York Times bestselling author of *The Paleo Approach* and *The Healing Kitchen* comes the most comprehensive resource to date for those seeking a scientifically founded nutritional approach to optimal health. In her signature approachable yet comprehensive style, Sarah Ballantyne, PhD, has laid a complete foundation for understanding the principles of the Paleo template in order to inform and empower people's day-to-day choices. Combined with an unprecedented collection of practical strategies, tips, and visual guides, plus more than 200 delicious recipes and twenty meal plans for a variety of health goals, this book is a one-stop-shop for nutrition nerds, health nuts, and gourmands alike. The Paleo diet is a nutrient-dense, anti-inflammatory whole-foods diet based on eating a variety of quality vegetables, meats, seafood, fruits, eggs, nuts, seeds, healthy fats, herbs, and spices. It is clinically proven to improve health by providing complete and balanced nutrition while omitting most processed and refined foods and empty calories. Far from being a historical re-enactment, the Paleo framework is derived from thousands of scientific studies that illuminate our understanding of which foods support health and which foods undermine it. Combined with attention to essential lifestyle factors like physical activity, sleep, and stress, the Paleo template is quite simply the most robust approach out there for optimal health, performance, and longevity! With the perfect balance of detailed explanations, accessible summaries of actionable information, and visual guides, *Paleo Principles* provides everything readers need to achieve their best health. Beyond a set of rules, this book teaches precisely why some foods are better choices than others while providing indispensable resources like food lists, shopping guides, and cooking how-tos. Health comes from more than just the foods on our plates, however, which is why Dr. Ballantyne also incorporates a focus on lifestyle factors known to improve health, including being active, getting enough sleep, managing stress, and connecting with community. People needn't worry that following a Paleo-style diet will leave them feeling hungry or deprived. Healthy re-creations of family-friendly favorites, from pizza to pancakes, prove that you can regain your health and love every bite! *Paleo Principles* contains more than 200 nutritious Paleo recipes that are free of gluten, grain, dairy, legumes, and refined sugar—including kitchen basics, breakfasts, soups and salads, main dishes, side dishes, baked goods, and desserts—all labeled for the top eight allergen ingredients as well as other common food sensitivities, like FODMAPs and nightshades, and the Autoimmune Protocol. Adapt the Paleo template to serve your specific needs and health goals by using *Paleo Principles'* guides on customizing macronutrient ratios, navigating gray-area foods, troubleshooting chronic illnesses and food sensitivities, transitioning to a Paleo-style diet, understanding your body's individual response to different foods, and balancing Paleo priorities with competing interests for lifelong success. Combine these resources with twenty meal plans reflecting the most common health objectives, and you have the know-how to personalize your plan to fit your life. Join the millions of people taking back their health by following a Paleo lifestyle. Whether your goal is to lose weight, increase performance, reduce cardiovascular disease risk factors, prevent cancer, mitigate autoimmune disease, reverse diabetes, or simply achieve your best health, *Paleo Principles* gives you answers and a veritable toolkit to make lasting, positive change toward better health.

autoimmune paleo diet meal plan: Practical Paleo, 2nd Edition (Updated and Expanded) Diane Sanfilippo, 2016-09-06 This book explains why avoiding both processed foods and foods commonly marketed as healthy—Like grains, legumes, and pasteurized dairy—will improve how people look and feel and lead to lasting weight loss. This second edition has been updated to include new information, answer common questions, and make it even easier for you to customize your diet to meet your personal health goals. Includes two new chapters, three new 30-day meal plans, 40+ new recipes, a new guide to special ingredients and where to find them and new additions

throughout the book explore new topics, such as when eating low-carb can actually be a problem, how stress affects the adrenal system, and why the government changed its mind about dietary cholesterol. And the organization has been extensively revised to make the valuable information on food and how it affects the body more user-friendly--and easier to apply to your own health needs.--

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Easy Allergen-Free, AIP-Compliant Recipes for Healing An autoimmune disorder is a condition where the body's immune system wrongly attacks its healthy cells. Researchers are yet to find what exactly causes autoimmune diseases; however, studies revolve around diet, infections, genetics, etc. AIP, therefore, focuses on eliminating food contents that promote autoimmune disorders and are considered detrimental to health as the case may be. The Easy AIP Diet Cookbook provides you with simple, nutritious, and tasty recipes that will help speed up the healing of your autoimmune condition. The AIP recipes provided in this cookbook combine easy-to-find ingredients with quick prep and cook times to enable you to spend less time in the kitchen. All the recipes in this cookbook do not include any grains, eggs, nightshades, nuts, seeds, soy, beans, etc. Inside The Easy AIP Diet Cookbook, you'll find the following; A comprehensive overview for understanding the basics of Autoimmune Protocol A 30-day meal plan and AIP-friendly food list Easy and flavourful recipes with nutritional information - many of which take 30 minutes or less to make Delicious AIP-Compliant recipes covering breakfast, appetizers, main dishes, snacks, desserts, salad, soups, etc. Recipes listed step by step in a clear and understandable manner with simple instructions With loads of wholesome recipes, you'll find lots of choices for any meal of the day in this cookbook. The Easy AIP Diet Cookbook is packed with healing, restorative recipes to repair your gut and restore proper immune function. BUY NOW to kick-start your journey to a quick healing!!!

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