

The 30-Day Reset AUTOIMMUNE DIET

~foods to consume list~

Meats:

- Beef
- Bison
- Chicken
- Turkey
- Duck
- Fish (wild caught)
- Lamb
- Wild Game
- Offal
- Bone Broth

Fats:

- Coconut Oil
- Lard
- Tallow
- Duck fat
- Olive Oil/olives
- Avocado/oil

Fruits:

- 1-2 servings per day max, berries and non-tropical fruits preferred

Vegetables:

(except nightshades)

- Leafy Greens
- asparagus
- cabbages
- broccoli
- cauliflower
- celery
- cucumber
- fennel
- squash
- winter squash
- beets
- carrot
- celeriac
- jicama
- onions
- parsnip
- turnip
- radish
- sweet potato
- plantain
- zucchini

Herbs & Spices:

(no seed based spices)

- Basil
- Cinnamon
- Garlic
- Ginger
- Salt (non-iodized)
- Chives
- Cilantro
- Dill
- Marjoram
- Mint
- Oregano
- Rosemary
- Sage
- Saffron
- Tarragon
- Thyme
- Turmeric

Teas:

- Chamomile
- Mint
- Herbal teas without additives or stevia



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