

autoimmune protocol (diabetes friendly)

who people who are struggling with autoimmune issues and are insulin resistant

how maximises nutrient density and keeps the insulin load low while removing foods that many people with autoimmune issues struggle with such as nuts, seeds, beans, grains, dairy, alcohol, chocolate and nightshades

vegetables & fruit

- broccoli
- endive
- chicory greens
- alfalfa
- escarole
- spinach
- zucchini
- beet greens
- curry powder
- asparagus
- basil
- avocado
- watercress
- olives
- turnip greens
- parsley
- sage
- chard
- Chinese cabbage
- lettuce
- portabella mushrooms
- cauliflower
- cloves
- collards
- summer squash
- chives
- okra
- poppy seeds
- sauerkraut

seafood

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

animal products

- lamb kidney
- lamb liver
- beef brains
- turkey liver
- lamb brains
- chicken liver
- salami

- pepperoni
- bratwurst
- beef kidney
- ground turkey
- bacon
- veal liver
- pork ribs
- sweetbread
- chicken liver pate
- beef tongue
- kielbasa
- T-bone steak
- beef liver
- pork sausage
- park sausage
- roast beef
- liver sausage
- rib eye steak
- roast pork
- beef sausage
- turkey
- turkey bacon
- meatballs
- lamb heart
- knackwurst
- turkey heart
- liver pate
- chorizo
- lamb rib
- lamb chop
- ham
- duck
- blood sausage