

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