This is a great diet to start on if you have an auto-immune diet. With proper coaching this diet should be followed strictly for 90 days and then you can begin to add in some other healing foods as instructed by your health coach.

*Purchase as much of the product organically as possible. Exposure to pesticides/herbicides can be trigger an auto-immune inflammatory reaction*

This nutrition plan is a high good fat, moderate carb, moderate protein diet that eliminates night-shade veggies (potato, eggplant, tomato, bell peppers), dairy, eggs, chocolate, coffee & nuts.

**LOW-GLYCEMIC FRUITS**
- Granny Smith Apples
- Blackberries
- Coconuts
- Grapefruits
- Raspberries
- Avocados
- Blueberries
- Lemons/Limes
- Goji Berries
- Strawberries

**VEGETABLES**
- Artichokes
- Asparagus
- Broccoli
- Cabbage
- Celery
- Cilantro
- Cucumbers
- Dill Weed
- Kale
- Lettuce
- Rhubarb
- Squash
- Arugula
- Bok Choy
- Brussel Sprouts
- Cauliflower
- Chard
- Collard Greens
- Dandelion
- Fennel
- Leeks
- Parsley
- Spinach
- Watercress

**HEALING ROOT VEGETABLES**
- Beets
- Celeriac
- Onions
- Turnips
- Rutabagas
- Sweet Potatoes
- Carrots
- Jicama
- Parsnips
- Radishes
- Shallots
- Yams

Organic Vegetable Broths are also Excellent!

**PROTEIN**
- Beef
- Bison
- Buffalo
- Chicken
- Duck
- Lamb
- Pheasant
- Turkey
- Venison
- Wild-caught Fish such as Alaskan Sockeye Salmon
- Hypoallergenic Brown rice or pea protein
- Bone Broth from well-raised animals are Excellent!

**GOOD FATS**
- Virgin or EV Coconut Oil
- Extra Virgin Olive Oil
- Borage, Hemp or Flax Oil
- High Quality Fish Oil
- Pumpkin, flax, hemp and chia seeds
- Ghee
- Avocado