

# 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

