

THE AUTOIMMUNE PROTOCOL NUTRIENT REPLETION DIET

For Optimal Pain Relief



WELCOME

I welcome you to start the Autoimmune Protocol (AIP) Nutrient Repletion Diet for Optimal Pain Relief. This dietary nutrition plan is designed to restore nutrient levels in the body by following an autoimmune protocol style of eating. This truly innovative nutrition plan breaks through all dietary barriers and harnesses the power of food to unlock the secrets for optimal pain relief.



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THE AUTOIMMUNE PROTOCOL (AIP) NUTRIENT REPLETION DIET: GETTING STARTED

Curating change in your life is a powerful step to feeling your best; adopting a new dietary plan can be a transformative part of that journey. Our goal is to ease the transition and give you the materials you need to get started stress-free. Each section of your dietary nutrition plan provides vital information for getting started and healing your body from within. Let's dive into what each section delivers!

Section 1: About The Autoimmune Protocol (AIP) Nutrient Repletion Diet

Discover how the AIP Nutrient Repletion Diet goes beyond traditional eating habits to provide a powerful framework for enhancing your health and well-being. Managing your health isn't just about cutting food groups or following a fad diet; it's about fueling your body with the right kinds of nutrients for sustainable health! In this section, you'll lay the groundwork for understanding what the AIP Nutrient Repletion Diet is.

Section 2: Foods To Eat & Avoid List

Understanding what to eat and avoid is crucial for maintaining a nutrient-rich diet. Our comprehensive list highlights the foods that fuel your body; at the same time, it identifies foods that can undermine your progress and flare your symptoms. The foods to eat and avoid list allows you to make informed choices, empowering you to embrace a diet that supports your health and fits seamlessly into your lifestyle.

Section 3: Nutrients & Food Sources

Get to know the essential nutrients that form the foundation of the AIP Nutrient Repletion Diet and the whole foods that provide them. From phytonutrients and antioxidants to essential vitamins and minerals, this section breaks down 125 key nutrients your body needs for optimal performance. Explore the best natural food sources of these nutrients and learn how each nutrient affects your health. With this knowledge, you'll feel confident building a nutrient repletion diet that nourishes your body and supports your health goals.

Section 4: Nutritional Supplements

While food is the cornerstone of long-lasting health, nutritional supplements can help fill in the gaps to ensure your body gets everything it needs along the way. This section provides tailored recommendations for supplements that complement the AIP Nutrient Repletion Diet. You'll gain the knowledge on which professional-grade supplements to take, when to take them, and how they work alongside your diet to enhance overall wellness. With the right nutritional supplement support, you'll amplify your results and feel your best.

Section 5: Food Swap Brand Guide

Making healthier choices doesn't always mean sacrificing taste or convenience. In this section, we've curated a list of better-for-you food brand swaps. If you're looking to learn how to trade processed, nutrient-poor foods for nutrient-dense options, this guide makes the process simple. Discover trusted brands that align with your health goals and make it easier than ever to stock your pantry with nourishing, nutrient-dense ingredients and foods.

Section 6: AIP Nutrient-Dense Recipes

Transform your kitchen into a hub of vibrant flavors and healthy eating with our curated collection of 30 nutrient-dense recipes. Packed with nutrient-dense ingredients, these recipes are designed to help you meet your health goals without sacrificing taste or enjoyment. Each recipe is easy to follow and crafted to support a balanced, delicious approach to optimal health.

Section 7: Nutrition Worksheets

Eating nutrient-dense foods can have a profound impact on your overall wellness goals. Track your progress in the provided nutrition worksheets so you can visualize your health journey.

THE AUTOIMMUNE PROTOCOL (AIP) NUTRIENT REPLETION DIET: A SIMPLE, DELICIOUS WAY TO SUPPORT YOUR PAIN RELIEF

Living with chronic pain can feel overwhelming—like carrying an invisible weight that affects every part of your day. If you're looking for a new way to support chronic pain, the Autoimmune Protocol (AIP) Nutrient Repletion Diet might be exactly what you need. Picture this: instead of stressing over organizing meal plans and building grocery lists, you're filling your plate with vibrant, nutrient-packed foods that actually taste good—and make you feel even better. It's not a fad or a passing trend—it's a sustainable lifestyle rooted in balance, flavor, and nutrient-dense foods. Let's talk about what makes this diet so effective and how you can get started without feeling overwhelmed.

What IS the Autoimmune Protocol (AIP) Nutrient Repletion Diet?

The AIP Nutrient Repletion Diet is all about limiting foods that flare the immune system and produce inflammation in the body. Foods like gluten, grains, dairy, eggs, nuts, seeds, legumes, nightshade vegetables, and processed sugars can all inflame the body and cause inflammation.

Inflammation isn't all bad—it's your body's way of protecting itself when you're hurt or sick. But when inflammation sticks around for too long, it becomes chronic, silently wreaking havoc on your health. This can show up as anything from joint pain to headaches, chronic fatigue, or more serious conditions like fibromyalgia, migraines, and osteoarthritis.

Think colorful veggies, high-quality proteins, and healthy fats. These foods are especially helpful for supporting pain relief because they focus on nutrient repletion. By ditching inflammatory foods and boosting nutrient levels, you're giving your body the chance to stabilize. The result? Better mood, decreased pain, and less of that hangry crash we all know too well.

The AIP Nutrient Repletion Diet is ideal for those with inflammation and chronic pain, as it emphasizes sustainable, satisfying meals that work with your body—not against it. While the modern diet has brought us convenience, it's also left many of us struggling with inflammation and pain.

Why Nutrient-Dense Foods Matter

The AIP Nutrient Repletion Diet is about eating the right foods. If you completely cut out a food group without understanding how to replace those nutrients in your diet, your body won't be able to manage basic processes. The result? Feeling even more sluggish.

These foods don't just fill you up—they nourish your body in a way that optimizes pain relief. Fiber, for instance, absorbs toxins. Healthy fats? They keep you satisfied longer. And let's not forget protein—it's like the body's steady hand, preventing sudden spikes and crashes.

Picture a plate of roasted salmon drizzled with olive oil, paired with a vibrant cucumber salad bursting with herbs and fresh lemon. Or a bowl of creamy coconut yogurt topped with blueberries and a sprinkle of cinnamon.

With the AIP Nutrient Repletion Diet, you're nourishing your body in a way that supports pain relief naturally.

How We Make It Easy

We're here to help simplify the process of getting started. Whether you're new to the diet or just looking for fresh ideas, our curated food lists, recipes, and shopping guides are designed to make it easy. No guesswork, no stress—just real, wholesome food that supports your health and fits your life.

Plus, we believe that healthy eating should feel like a joy, not a chore. That's why our resources focus on meals you'll actually want to eat.

The AIP Nutrient Repletion Diet is more than a way of eating—it's a lifestyle that prioritizes fresh, flavorful food and mindful choices. It's about enjoying every meal while nourishing your body in the best way possible.

Optional: Unlocking the Benefits of Intermittent Fasting

Intermittent fasting (IF) is an eating pattern that cycles between periods of eating and fasting. It's not a strict diet that limits what you eat, but rather when you eat. The idea is to give your digestive system a rest and allow your body to focus on other important processes, like cellular repair. If you're looking for a way to enhance your nutrient repletion dietary results, intermittent fasting could be the boost you need!

How to Integrate Intermittent Fasting into Your AIP Nutrient Repletion Diet

Incorporating intermittent fasting into your AIP Nutrient Repletion Diet requires no changes to what you eat, only when you eat.

- 1 Choose a Time Period:** There are many different time periods, but a few popular ones are the 12/12, 16/8, and 18/6 options. You will know which option is right for you. Only some people can work up to the 18/6 time period option. If after 3-4 weeks you are still feeling sluggish, consider adjusting your routine
 - 12/12 Period: Fast for 12 hours and eat within a 12-hour window each day.
 - 16/8 Period: Fast for 16 hours and eat within an 8-hour window each day.
 - 18/6 Period: Fast for 18 hours and eat within a 6-hour window each day.
- 2 Listen to Your Body:** Pay attention to how you feel. If you're excessively dizzy, lightheaded, nauseous, weak, or painfully hungry, adjust your fasting schedule or eat a small, nutrient-dense snack. It's worth noting that you might feel sluggish the first few days as your body transitions to metabolic switching and burning more fat for energy. We recommend initially starting on the 12/12 time period and gradually increasing to the next time period option if you feel comfortable with it.
- 3 Less Is Not More:** Intermittent fasting typically does NOT restrict your caloric intake. In fact, it's vital to intake various nutrient-dense foods during eating windows to fuel your body properly.
- 4 Hydration & Electrolytes:** Drink plenty of water and electrolytes throughout the day, especially during fasting periods.

FOODS TO EAT & AVOID LIST



	EAT	LIMIT	AVOID
MEATS & POULTRY			
Beef	x		
Bison	x		
Bologna		x	
Chicken	x		
Chicken Liver	x		
Chorizo			x
Deer/Venison	x		
Duck	x		
Eggs-Chicken			x
Eggs-Duck			x
Eggs-Quail			x
Elk	x		
Goat	x		
Ham		x	
Lamb	x		
Pepperoni			x
Pork	x		
Pork Bacon		x	
Pork Sausage			x
Prosciutto		x	
Salami			x
Turkey	x		
Turkey Bacon		x	
Turkey Sausage			x
Veal	x		
SEAFOOD			
Anchovies	x		
Bass	x		
Catfish	x		
Caviar			x

	EAT	LIMIT	AVOID
Clams	X		
Cod	X		
Crawfish	X		
Eel	X		
Flounder	X		
Grouper	X		
Haddock	X		
Halibut	X		
Herring	X		
King Crab	X		
Lobster	X		
Mackerel	X		
Mahi Mahi	X		
Monkfish	X		
Mussels	X		
Octopus	X		
Oyster	X		
Perch	X		
Pike	X		
Salmon	X		
Sardines	X		
Scallops	X		
Sea Bass	X		
Shark	X		
Shrimp	X		
Snapper	X		
Snow Crab	X		
Softshell Crab	X		
Squid	X		
Swordfish	X		
Tilapia	X		
Trout	X		

	EAT	LIMIT	AVOID
Tuna, Canned	x		
Tuna, Fresh	x		
Whitefish	x		
Yellowtail	x		
DAIRY			
Butter-Grass-Fed			x
Buttermilk			x
Camembert			x
Cheddar Cheese			x
Cottage Cheese			x
Cream Cheese			x
Evaporated Milk			x
Feta			x
Goat Cheese			x
Gorgonzola			x
Greek Yogurt			x
Gruyere			x
Half & Half			x
Heavy Whipping Cream			x
Kefir			x
Mozzarella			x
Parmesan			x
Provolone Cheese			x
Ricotta			x
Romano Cheese			x
Sheep Cheese			x
Sour Cream			x
Swiss Cheese			x
Whey Protein Isolate			x
Yogurt-Unsweetened			x

	EAT	LIMIT	AVOID
BEVERAGES			
Almond Milk			X
Black Tea	X		
Cashew Milk			X
Chai Tea	X		
Chamomile Tea	X		
Coconut Milk	X		
Coffee			X
Cow's Milk			X
Ginger Tea	X		
Goat's Milk			X
Green Tea	X		
Hemp Milk			X
Hibiscus Tea	X		
Kombucha	X		
Macadamia Milk			X
Matcha	X		
Mushroom Coffee	X		
Oat Milk			X
Oolong Tea	X		
Pea Milk			X
Rice Milk			X
Rooibos Tea	X		
Sheep's Milk			X
Soy Milk			X
White Tea	X		
Yerba Mate		X	
GLUTEN-FREE GRAINS			
Amaranth			X
Arborio Rice			X
Basmati Rice			X

	EAT	LIMIT	AVOID
Black Rice			X
Brown Rice			X
Buckwheat			X
Corn			X
Jasmine Rice			X
Millet			X
Muesli			X
Oats			X
Quinoa			X
Sorghum			X
Teff			X
White Rice			X
Wild Rice			X

GLUTEN-CONTAINING GRAINS

Barley			X
Bulgur			X
Einkorn Whole Wheat			X
Farro/Emmer			X
Kamut			X
Rye			X
Semolina			X
Spelt			X
Whole Wheat			X

FLOURS & STARCHES

Almond Flour			X
Almond Meal			X
Arrowroot Starch	X		
Buckwheat Flour			X
Cassava Flour	X		
Chickpea Flour/Besan			X
Coconut Flour	X		

	EAT	LIMIT	AVOID
Cornmeal			X
Cornstarch			X
Oat Flour			X
Potato Starch			X
Rice Flour			X
Soy Flour			X
Tapioca Starch	X		
Whole Wheat Flour			X
LEGUMES			
Bean Sprouts			X
Black Beans			X
Black-Eyed Peas			X
Chickpeas/Garbanzo Beans			X
Chili Beans			X
Fava Beans			X
Great Northern Beans			X
Green Peas			X
Kidney Beans			X
Lentils			X
Lima Beans			X
Mung Beans			X
Navy Beans			X
Peanuts		X	X
Pinto Beans			X
Soybeans			X
Split Peas			X
NUTS			
Almonds			X
Brazil Nuts			X
Cashews			X
Chestnuts			X

	EAT	LIMIT	AVOID
Hazelnuts			X
Macadamia Nuts			X
Pecans			X
Pili Nuts			X
Pine Nuts			X
Pistachios			X
Tiger Nuts	X		
Walnuts			X
SEEDS			
Cacao			X
Chia Seeds			X
Flax Seeds			X
Hemp Seeds			X
Poppy Seeds			X
Pumpkin Seeds			X
Sesame Seeds			X
Sunflower Seeds			X
FRUITS			
Acai	X		
Apples	X		
Apricot		X	
Avocado	X		
Banana	X		
Blackberry	X		
Blackcurrant	X		
Blueberry	X		
Boysenberry	X		
Cantaloupe	X		
Cherry	X		
Coconut	X		
Cranberry	X		
Currant	X		

	EAT	LIMIT	AVOID
Date		x	
Dragon Fruit	x		
Elderberry	x		
Fig	x		
Goji Berry			x
Grapefruit	x		
Grapes	x		
Guava	x		
Honeydew Melon	x		
Jackfruit	x		
Kiwi	x		
Kumquat	x		
Lemon	x		
Lime	x		
Lychee	x		
Mandarin Orange	x		
Mango		x	
Nectarine	x		
Orange	x		
Papaya		x	
Passionfruit	x		
Peach	x		
Pear	x		
Persimmon	x		
Pineapple		x	
Plantain	x		
Plum	x		
Pomegranate	x		
Raisin		x	
Raspberry	x		
Strawberry	x		
Tangerine	x		
Watermelon		x	

	EAT	LIMIT	AVOID
VEGETABLES			
Artichoke	x		
Arugula	x		
Asparagus	x		
Banana Peppers			x
Beets	x		
Bell Peppers			x
Black Olives	x		
Bok Choy	x		
Broccoli	x		
Broccolini	x		
Brussels Sprouts	x		
Butternut Squash	x		
Cabbage	x		
Carrots	x		
Cauliflower	x		
Celery	x		
Chard	x		
Collard Greens	x		
Cucumber	x		
Dandelion Greens	x		
Delicata Squash	x		
Edamame			x
Eggplant			x
Endive	x		
French Beans			x
Garlic	x		
Gold Potatoes			x
Green Beans			x
Green Olives	x		
Green Onions	x		
Habanero Peppers			x

	EAT	LIMIT	AVOID
Horseradish	x		
Iceberg Lettuce	x		
Jalapenos			x
Jicama	x		
Kale	x		
Kelp	x		
Leeks	x		
Lemongrass	x		
Mushrooms-Button	x		
Mushrooms-Cremeni	x		
Mushrooms-Maitake	x		
Mushrooms-Porcini	x		
Mushrooms-Portobello	x		
Mushrooms-Shiitake	x		
Mustard Greens	x		
New Potatoes			x
Okra	x		
Onions	x		
Parsnip	x		
Poblano Peppers			x
Pumpkin	x		
Radish	x		
Rhubarb	x		
Romaine Lettuce	x		
Rutabaga	x		
Sauerkraut	x		
Serrano Peppers			x
Shallots	x		
Snow Peas			x
Spinach	x		
Sugar Snap Peas			x
Sweet Potatoes	x		
Tomatillo			x

	EAT	LIMIT	AVOID
Tomato			X
Turnip	X		
Wasabi	X		
Water Chestnut	X		
Watercress	X		
Whole Wheatgrass			X
White Potatoes			X
Winter Squash	X		
Yam	X		
Yellow Squash	X		
Zucchini	X		

SPICES & SEASONINGS

Allspice			X
Anise			X
Black Pepper			X
Cardamom	X		
Carob Powder	X		
Cayenne Pepper			X
Celery Salt			X
Celery Seed			X
Chili Powder			X
Cinnamon	X		
Cloves	X		
Cocoa Nibs			X
Cocoa Powder			X
Coriander			X
Crushed Red Pepper			X
Cumin			X
Curry Powder			X
Dill Seed			X
Fenugreek Seeds			X
Garam Masala			X

	EAT	LIMIT	AVOID
Garlic Powder	x		
Garlic Salt	x		
Ginger	x		
Mustard Powder			x
Mustard Seeds			x
Nutmeg			x
Onion Powder	x		
Paprika			x
Saffron	x		
Sumac			x
Turmeric	x		
Vanilla	x		
Wasabi Powder			x
White Pepper			x
Zaatar Spice			x
HERBS			
Basil	x		
Bay Leaves	x		
Chives	x		
Cilantro	x		
Dill	x		
Fennel	x		
Fenugreek			x
Lemongrass	x		
Marjoram	x		
Mint	x		
Oregano	x		
Parsley	x		
Rosemary	x		
Sage	x		
Tarragon	x		
Thyme	x		

	EAT	LIMIT	AVOID
SUGARS & SWEETENERS			
Agave			X
Allulose			X
Beet Sugar			X
Brown Sugar			X
Coconut Sugar		X	
Date Sugar		X	
Erythritol			X
Honey		X	
Maltitol			X
Mannitol			X
Maple Syrup		X	
Molasses		X	
Monk Fruit Extract		X	
Powdered Sugar			X
Raw Cane Sugar			X
Sorbitol			X
Stevia		X	
Sucrose (White Sugar)			X
Xylitol			X
OILS & FATS			
Almond Oil			X
Avocado Oil	X		
Beef Tallow	X		
Butter-Grass-Fed			X
Canola Oil			X
Coconut Oil	X		
Corn Oil			X
Duck Fat	X		
Flaxseed Oil			X
Ghee			X

	EAT	LIMIT	AVOID
Grapeseed Oil			X
Lard, Pork	X		
MCT Oil	X		
Olive Oil	X		
Palm Kernel Oil			X
Palm Oil	X		
Peanut Oil			X
Pecan Oil			X
Rice Bran Oil			X
Safflower Oil			X
Sesame Oil			X
Soybean Oil			X
Sunflower Oil			X
Vegetable Oil			X
Walnut Oil			X
CONDIMENTS & OTHER			
Almond Extract			X
Apple Cider Vinegar	X		
Balsamic Vinegar	X		
Brewer's Yeast		X	
Coconut Aminos		X	
Gluten Free Soy Sauce/Tamari			X
Nutritional Yeast	X		
Red Wine Vinegar	X		
Rice Vinegar			X
Seaweed	X		
Vanilla Extract	X		
White Wine Vinegar	X		

NUTRIENTS & FOOD SOURCES FOR OPTIMAL PAIN RELIEF



NUTRIENT REPLETION FOR OPTIMAL PAIN RELIEF

Focusing on nutrient-dense foods that nourish your body is the most powerful step in reducing pain levels. Chronic pain and inflammation can be a major sign of an imbalance in the body.

The Autoimmune Protocol Nutrient Repletion Diet focuses on 125 key nutrients, from phytonutrients and antioxidants to essential vitamins and minerals. By incorporating these nutrients and the whole food sources of these nutrients into your dietary plan, you give your body the resources it needs for optimal pain relief.

What are the benefits of nutrient repletion for optimal pain relief?

- Less digestive discomfort
- Less joint, muscle, & nerve pain
- Fewer headaches
- Decreased pain from Fibromyalgia

How do targeted nutrients impact pain levels?

- Balances immune system
- Reduces inflammatory chemicals & mediators

VITAMINS

NUTRIENTS	BENEFITS	AUTOIMMUNE PROTOCOL DIET APPROVED FOOD SOURCES
Vitamin A	Reduces Neuropathy & Dry Eye Pain	Chicken, Carrots, Spinach, Sweet Potatoes, Parsley, Cilantro
Vitamin B1	Reduces Neuropathy Pain	Pork, Salmon, Tuna, Garlic, Asparagus
Vitamin B2	Reduces Migraine Headache Pain	Beef, Salmon, Tuna, Avocado, Broccoli, Mushrooms
Vitamin B3	Reduces Arthritis, Migraine, & Neuropathy Pain	Beef, Chicken, Salmon, Tuna, Avocado, Sweet Potatoes
Vitamin B5	Reduces Rheumatoid Arthritis Joint & Stiffness Pain	Chicken, Salmon, Turkey, Shiitake Mushrooms, Cauliflower
Vitamin B6	Reduces Neuropathy Pain	Chicken, Turkey, Salmon, Sweet Potatoes, Avocado, Banana
Vitamin B12	Reduces Depression	Beef, Tuna, Salmon, Mackerel, Crab
Biotin	Reduces Neuropathy Pain	Pork, Sardines, Salmon, Spinach, Cauliflower
Folate	Reduces Visceral & Neuropathy Pain	Asparagus, Spinach, Broccoli, Avocado, Cilantro
Inositol	Reduces Neuropathy Pain	Beef, Chicken, Turkey, Oranges, Cantaloupe, Prunes
Vitamin C	Reduces Neuropathy & Cancer-Related Pain	Brussel Sprouts, Guava, Kiwi, Strawberries, Kale, Parsley

NUTRIENTS	BENEFITS	AUTOIMMUNE PROTOCOL DIET APPROVED FOOD SOURCES
Vitamin D	Reduces Bone, Joint, Muscle, & Nerve Pain	Salmon, Tuna, Mackerel, Crimini Mushrooms
Vitamin E	Reduces Neuropathy & Fibromyalgia Pain	Shrimp, Avocado, Spinach, Sweet Potatoes, Olive Oil
Vitamin K1	Reduces Menstrual & Arthritis Pain	Kale, Broccoli, Brussels Sprouts, Cabbage, Parsley, Cilantro
Vitamin K2	Reduces Muscle & Restless Leg Pain	Spinach, Kale, Kiwi



MINERALS

NUTRIENTS	BENEFITS	AUTOIMMUNE PROTOCOL DIET APPROVED FOOD SOURCES
Boron	Reduces Menstrual & Arthritis Pain	Avocado, Peaches, Pears, Grapes, Apples
Calcium	Reduces Muscle Pain	Kale, Spinach, Collard Greens, Olives, Figs
Chloride	Reduces Muscle Pain	Olives, Celery, Seaweed
Chromium	Minimal Benefit	Beef, Turkey, Chicken, Broccoli, Apple
Copper	Reduces Neuropathy Pain	Oysters, Lobster, Salmon, Shiitake Mushrooms, Coconut Milk
Iodine	Reduces Thyroid-Related Joint & Muscle Pain	Cod, Shrimp, Tuna, Sardines, Seaweed
Iron	Reduces Iron Deficiency-Related Joint & Muscle Pain	Beef, Apricot, Spinach, Asparagus, Parsley, Coconut Milk
Lithium	Reduces Fibromyalgia & Neuropathy Pain	Green Cabbage, Black Tea, Green Tea
Magnesium	Reduces Menstrual, Muscle, Headache, & Nerve Pain	Tuna, Spinach, Artichokes, Avocado, Banana, Coconut Milk
Manganese	Reduces Joint & Muscle Pain	Mussels, Sweet Potatoes, Blueberries, Cloves, Coconut Milk
Molybdenum	Reduces Joint Pain	Beef, Chicken, Spinach, Banana, Orange

NUTRIENTS	BENEFITS	AUTOIMMUNE PROTOCOL DIET APPROVED FOOD SOURCES
Phosphorus	Reduces Bone & Muscle Pain	Chicken, Pork, Tuna, Scallops, Coconut Milk
Potassium	Reduces Muscle Cramp Pain	Salmon, Avocado, Beet Greens, Swiss Chard
Selenium	Reduces Muscle Pain	Beef, Chicken, Pork, Tuna, Shrimp, Coconut Milk
Silicon	Reduces Joint Pain	Asparagus, Swiss Chard, Cauliflower, Strawberries
Sodium	Reduces Muscle Cramp Pain	Clams, Shrimp, Pickled Cucumber
Strontium	Reduces Bone Pain	Carrots, Garlic, Red Beets, Parsnips
Vanadium	Minimal Benefit	Lobster, Garlic, Dill
Zinc	Reduces Bladder, Joint, Muscle, & Fibromyalgia Pain	Oysters, Beef, Chicken, Pork, Spinach, Avocado, Blackberries



AMINO ACIDS & METABOLITES

NUTRIENTS	BENEFITS	AUTOIMMUNE PROTOCOL DIET APPROVED FOOD SOURCES
Alanine	Reduces Muscle Pain	Beef, Chicken, Turkey, Pork, Salmon, Avocado
Arginine	Reduces Fibromyalgia & Migraine Pain	Beef, Chicken, Turkey, Tuna, Onion, Spinach, Beets
Asparagine	Reduces Muscle Stiffness & Spasm Pain	Chicken, Shrimp, Asparagus
Aspartic Acid	Reduces Neuropathy Pain	Beef, Chicken, Tuna, Sweet Potatoes, Nectarines
Carnosine	Reduces Neuropathy & Muscle Pain	Beef, Pork, Chicken, Turkey
Carnitine	Reduces Muscle Cramp Pain	Beef, Chicken, Pork, Cod, Asparagus, Avocado
Citrulline	Reduces Muscle Pain	Squash, Pumpkin, Beets, Cucumbers, Watermelon
Cysteine	Reduces Neuropathy Pain	Pork, Chicken, Tuna, Spinach, Carrots
Glutamic Acid	No Benefit	Beef, Lamb, Chicken, Beets, Avocado
Glutamine	Reduces Gut & Muscle Pain	Chicken, Beets, Red Cabbage, Bone Broth
Glutathione	Reduces Fibromyalgia, Joint, Muscle, & Nerve Pain	Avocado, Asparagus, Spinach, Cucumber, Onion

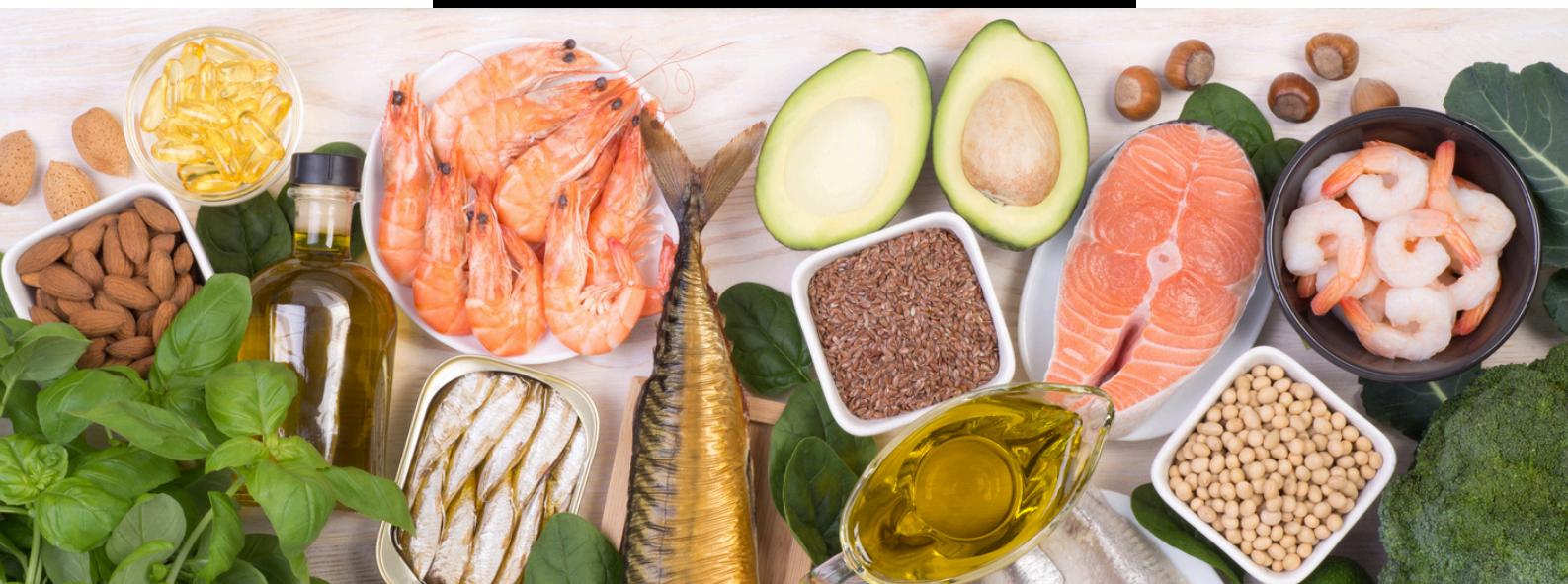
NUTRIENTS	BENEFITS	AUTOIMMUNE PROTOCOL DIET APPROVED FOOD SOURCES
Glycine	Reduces Sensation of Pain	Beef, Chicken, Turkey, Tuna, Avocado, Kale
Histidine	Reduces Joint Pain	Beef, Chicken, Pork, Tuna, Kale, Banana, Dill
Isoleucine	Reduces Muscle Pain	Chicken, Pork, Tuna, Spinach, Avocado
Leucine	Reduces Muscle Pain	Beef, Chicken, Tuna, Kale, Banana
Lysine	Reduces Sensation of Pain	Beef, Chicken, Turkey, Tuna, Crab, Asparagus, Spinach
Methionine	Reduces Muscle & Nerve Pain	Turkey, Pork, Tuna, Sweet Potatoes, Avocado, Kiwi
Phenylalanine	Reduces Migraine Pain	Beef, Chicken, Pork, Tuna, Sweet Potatoes
Proline	Reduces Joint & Connective Tissue Pain	Turkey, Pork, Cabbage, Spirulina, Apricot
Serine	Reduces Neuropathy Pain	Beef, Lamb, Chicken, Spirulina, Sweet Potatoes, Kiwi
Taurine	Reduces Sensation of Pain	Cod, Shrimp, Tuna, Seaweed
Threonine	Reduces Sensation of Pain	Beef, Chicken, Pork, Tuna, Avocado, Kiwi
Tryptophan	Reduces Sensation of Pain	Beef, Chicken, Turkey, Salmon, Avocado

NUTRIENTS	BENEFITS	AUTOIMMUNE PROTOCOL DIET APPROVED FOOD SOURCES
Tyrosine	Reduces Joint, Muscle, & Eye Pain	Beef, Chicken, Pork, Salmon, Sweet Potatoes
Valine	Reduces Muscle Pain	Beef, Chicken, Pork, Tuna, Avocado, Guava



FATTY ACIDS & OTHER NUTRIENTS

NUTRIENTS	BENEFITS	AUTOIMMUNE PROTOCOL DIET APPROVED FOOD SOURCES
Alpha Lipoic Acid	Reduces Neuropathy Pain	Beef, Carrots, Beets, Brussels Sprouts
Choline	Reduces Muscle & Neuropathy Pain	Salmon, Shrimp, Broccoli
CoQ10	Reduces Migraine & Muscle Pain	Beef, Pork, Sardines, Orange, Spinach, Olive Oil
MCT Oil	Reduces Rheumatoid Arthritis Pain	Coconut Oil, Coconut
Omega 3	Reduces Migraine, Joint, Muscle, & Nerve Pain	Salmon, Tuna, Oysters, Avocado, Brussels Sprouts
Omega 6	Minimal Benefit	Chicken, Pork, Asparagus
Omega 9	Reduces Migraine, Joint, Muscle, & Nerve Pain	Olive Oil, Avocado Oil



PHYTONUTRIENTS

NUTRIENTS	BENEFITS	AUTOIMMUNE PROTOCOL DIET APPROVED FOOD SOURCES
a-Carotene	Reduces Neuropathy Pain	Carrots, Pumpkin, Oranges, Tangerines
Allicin	Reduces Gut & Tooth Pain	Garlic
Apigenin	Reduces Arthritis & Neuropathy Pain	Celery, Artichokes, Parsley, Chamomile, Oregano
Astaxanthin	Reduces Arthritis, Neuropathy, & Fibromyalgia Pain	Salmon, Shrimp, Crab, Lobster
B-Carotene	Reduces Neuropathy Pain	Carrots, Kale, Swiss Chard, Grape Leaves, Cantaloupe
Beta-Glucan	Reduces Gut Pain	Shiitake Mushrooms, Reishi Mushrooms, Nutritional Yeast
Betacyanin	Reduces Sensation of Pain	Red Beets, Swiss Chard
Caffeic Acid	Reduces Arthritis & Neuropathy Pain	Artichokes, Olive Oil, Basil, Oregano, Rosemary
Capsaicin	Reduces Neuropathy, Fibromyalgia, & Muscle Pain	Oregano, Cilantro, Cinnamon
Carnosol	Reduces Sensation of Pain	Rosemary, Sage, Basil, Thyme
Carvacrol	Reduces Oral Pain	Oregano, Thyme

NUTRIENTS	BENEFITS	AUTOIMMUNE PROTOCOL DIET APPROVED FOOD SOURCES
Catechins	Reduces Muscle & Neuropathy Pain	Grapes, Blackberries, Tea, Rosemary, Oregano
Chlorogenic Acid	Reduces Neuropathy Pain	Strawberries, Blueberries, Pineapple, Cinnamon
Chlorophyllin	Reduces Dysmenorrhea Pain	Kiwi, Spinach, Kale, Chlorella, Spirulina
Chrysin	Reduces Neuropathy Pain	Honey, Mushrooms, Carrots, Bitter Melon, Mint
Cinnamic Acid	Reduces Chemo-Induced Neuropathy Pain	Cinnamon
Crocin	Reduces Headache Pain	Saffron
Curcumin	Reduces Gut, Joint, Muscle & Nerve Pain	Turmeric
Cyanidin	Reduces Arthritis Pain	Apples, Pears, Cranberries, Blackberries, Cherries
DIM	Reduces Inflammation	Broccoli, Cauliflower, Cabbage, Kale, Brussels Sprouts
Ellagitannins	Reduces Neuropathy Pain	Strawberries, Blueberries, Raspberries, Green Tea, Black Tea
Ferulic Acid	Reduces Neuropathy Pain	Red Apples, Oranges, Pineapple, Artichoke, Spinach
Fisetin	Reduces Neuropathy Pain	Strawberries, Apples, Kale, Onions, Persimmon

NUTRIENTS	BENEFITS	AUTOIMMUNE PROTOCOL DIET APPROVED FOOD SOURCES
Gallic Acid	Reduces Sensation of Pain	Mangoes, Strawberries, Rhubarb, Green Tea, Cloves
Genistein	Reduces Migraine & Neuropathy Pain	N/A
Gingerol	Reduces Gut Pain	Ginger
Hesperidin	Reduces Sensation of Pain	Oranges, Lemon, Lime, Grapefruit
Indole-3-Carbinol	Reduces Menstrual & Arthritis Pain	Broccoli, Cauliflower, Cabbage, Kale, Brussels Sprouts
Inulin	Reduces Neuropathy Pain	Banana, Asparagus, Onion, Leeks, Garlic
Kaempferol	Reduces Neuropathy Pain	Kale, Capers, Strawberries, Cranberries, Chives, Cloves
Lignans	Reduces Menstrual & Arthritis Pain	Asparagus, Kiwi, Lemon, Oranges
Limonene	Reduces Heartburn Pain	Cherries, Garlic, Celery, Rosemary, Dill, Basil
Lutein	Reduces Arthritis Pain	Pumpkin, Mangoes, Papayas, Spinach, Romaine Lettuce
Luteolin	Reduce Bone & Neuropathy Pain	Beets, Celery, Thyme, Parsley, Rosemary, Chamomile
Lycopene	Reduces Arthritis, Pelvic, & Neuropathy Pain	Grapefruit, Watermelon, Apricots, Olives, Carrots

NUTRIENTS	BENEFITS	AUTOIMMUNE PROTOCOL DIET APPROVED FOOD SOURCES
Malic Acid	Reduces Fibromyalgia Muscle Pain	Apples, Apple Cider Vinegar
Matairesinol	Minimal Benefit	Strawberries, Broccoli
Menthol	Reduces Menstrual, Joint, & Muscle Pain	Peppermint, Spearmint, Mint
Myricetin	Reduces Neuropathy Pain	Cranberries, Parsley, Carob
Oleanolic Acid	Reduces Neuropathy Pain	Garlic, Cloves
Oleuropein	Reduces Joint & Neuropathy Pain	Olive Oil
Pectins	Reduces Joint & Neuropathy Pain	Carrots, Apple Skin
Phytic Acid	Minimal Benefit	Pumpkin
Phytosterols	Reduces Gut, Pelvic, & Prostate Pain	Olive Oil
Piperine	Reduces Sensation of Pain	N/A
Proanthocyanidins	Reduces Neuropathy Pain	Grapes, Blackberries, Green Tea
Pterostilbene	Reduces Arthritis & Neuropathy Pain	Blueberries, Grapes

NUTRIENTS	BENEFITS	AUTOIMMUNE PROTOCOL DIET APPROVED FOOD SOURCES
Quercetin	Reduces Bladder, Joint, Muscle, Migraine, & Neuropathy Pain	Apples, Cranberries, Onion, Green Tea, Black Tea
Resveratrol	Reduces Pelvic & Arthritis Pain	Grapes, Blueberries, Raspberries
Rutin	Reduces Arthritis Pain	Lemon, Limes, Olives, Asparagus, Parsley
Salicylic Acid	Reduces Sensation of Pain	Dill, Oregano, Thyme, Rosemary
Saponins	Reduces Neuropathy Pain	Spinach, Asparagus, Blackberries
Silymarin	Reduces Chemo-Induced Neuropathy Pain	Artichokes
Sulforaphane	Reduces Joint & Muscle Pain	Broccoli, Cauliflower, Cabbage, Kale, Brussels Sprouts
Tannic Acid	Reduces Sensation of Pain	Pomegranate, Blackberries, Raspberries, Green Tea
Thymol	Reduces Sensation of Pain	Basil, Oregano, Cloves, Thyme
Ursolic Acid	Reduces Neuropathy Pain	Cranberries, Basil, Oregano, Peppermint
Vanillic Acid	Reduces Sensation of Pain	Cloves
Zeaxanthin	Reduces Fibromyalgia Pain	Kale, Spinach, Swiss Chard, Collards, Mustard Greens

JOINT, MUSCLE, & NERVE SUPPORT NUTRITIONAL SUPPLEMENTS



SUPPLEMENT	BRAND	DOSAGE
Multi w/o Iron	Select Formulations	AM Packet - 2 capsules
D3 5000	Select Formulations	AM Packet - 1 softgel
Omega Oil Mono 650	Select Formulations	AM Packet - 1 softgel
HA-Plus	Select Formulations	AM Packet - 1 capsule
Magnesium Chelate	Select Formulations	AM Packet - 1 capsule PM Packet - 1 capsule
Boswellia & Turmeric	Select Formulations	AM Packet - 1 softgel PM Packet - 1 softgel
Muscle Support	Select Formulations	PM Packet - 1 capsule
Relaxation Support	Select Formulations	PM Packet - 2 capsules



Our daily supplement packets make taking your supplements easier than ever. You will receive 30 daily AM & PM supplement packets - no more organizing multiple supplement bottles each day.

**Disclaimer: These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Talk to your physician before starting any nutritional supplement protocols.*

FOOD SWAP BRAND GUIDE



What is the Food Swap Brand Guide?

The Food Swap Brand Guide is your go-to resource for discovering 700+ brands that offer nutrient-dense foods and ingredients; it's designed to help you make healthier choices without sacrificing the foods you love. The brands in this guide prioritize quality ingredients and superior nutrition profiles, making it easier than ever to swap out nutrient-poor foods for nutrient-dense foods. From protein bars to bread, pasta, chips, and more, you'll find options with better-for-you ingredients that don't compromise taste. These brands aren't exclusive to specialty grocery stores either; we chose options that range from Whole Foods and Trader Joe's to Target, Aldi, Walmart, Thrive Market, Amazon, Kroger, and more!

The Food Swap Brand Guide caters to any diet, so you can feel good about the choices you make. As you explore these brands, you'll discover exciting products that transform everyday meals and snacks to fuel your body.

NOTE: We always encourage you to read the nutrition label before purchasing any product to ensure your food allergies and intolerances are addressed.

How to Use the Food Swap Brand Guide

If you're new to branching outside of nutrient-poor commercial food brands, it's normal to feel overwhelmed. Grocery stores and online services are spilling with new brands and products to explore. That's why we made this guide! Finding foods that you enjoy and fuel your body should be easy.

Let's start with an example. What if chocolatey cookies are your downfall? They're something you can't see yourself living without forever. We get it - everyone has certain foods they aren't willing to go without. Enhancing your health shouldn't mean restricting all of the things you enjoy.

To find a more nutrient-dense cookie option, locate the "Cookies" section in your Food Swap Brand Guide. Here, you will find a list of brands that offer better-for-you cookie options!

Now that you've located the "Cookies" section of the Food Swap Brand Guide, what next? You're left with a list of brands, but how do you find the right brand and product for you? This is where the process can be fun! We suggest reading reviews on the product—try looking for pictures on their website as well! Many reviewers will be open about the texture, taste, and quality of the product.

SNACKS & SIDES

Bars

88 Acres	KIND
365 by Whole Foods	Larabar
Aloha	Once Upon a Farm
Annie's	Paleovalley
Bearded Brothers	Pamela's
BelliWelli	Papa Steve's
Blake's Seed Based	Rise Bars
Bob's Red Mill	RX Bar
Bobo's	Sans Bars
Cerebelly	Simple Mills
Dave's Killer Bread	Skout Organic
Deliciously Ella	Taos Bakes
Elemental Superfood	That's It
EPIC	Thunderbird Bars
Fody Foods	Tosi
Go Macro	Trubar
Good & Gather	Unreal
IQ Bar	Urban Remedy
Jones Bar	Yes Bar
Kate's Real Food	Wild Zora

Cereal

365 by Whole Foods	Lovebird
Amara	Magic Spoon
Annie's	Nature's Path
Bob's Red Mill	Nuco
Cataline Crunch	Olyra Foods
Else Nutrition	One Degree Organic Foods
Good & Gather	Purely Elizabeth
Heavenly Hunks	Seven Sundays
Holle	Simple Mills
Living Intentions	Three Wishes

Cereal

Thrive Market	Wildway
Trader Joe's	Wild Zora
Wella	

Chips & Crunchies

365 by Whole Foods	Late July
Annie's	Lesser Evil
Artisan Tropic	Popchips
Bare Snacks	Siete Foods
Biena	Simple Truth
Boulder Canyon	Simply 7
From the Ground Up	Terra Chips
Good & Gather	The Good Crisp Company
Hippeas	Thrive Market
Jackson's	Trader Joe's
Kettle Brand	Zack's Mighty
Kibo Foods	

Chocolate

Alter Eco	Navitas Organics
Choc Zero	Thea Chocolate
Endangered Species Chocolate	Thrive Market
Enjoy Life	Trader Joe's
Hu	Unreal
JoJo's	

Cookies

34 Degress	Good Bites
365 by Whole Foods	Heavenly Hunks
Annie's	Jack's Paleo Kitchen
Bakeology	Jovial
BelliWelli	Karma Nuts
Cappello's	King Arther Baking Company
Eat G.A.N.G.S.T.E.R	Made Good
Emmy's Organics	Mavericks

Cookies

Miss Jones Baking	Simple Mills
Ona	Simple Truth
Olyra	The Greater Goods
Ott's Naturals	Toto Foods
Partake Foods	Urban Remedy

Crackers

34 Degrees	From the Ground UP
Absolutely!	Good & Gather
Annie's	Hippie Snacks
Artisan Tropic	Jovial
Better with Buckwheat	Julian Bakery
Casabi Crackers	Must Love
Craize	Patagonia
Crunchmaster	Mary's Gone Crackers
Every Body Eat	Simple Mills
Fair & Square	Sunnie
Fit Joy	The Greater Goods
Foods Alive	The Humble Seed
Flackers	

Dips

365 by Whole Foods	Mt. Vikos
Brami	Primal Kitchen
Cocojune	Primal Palate
Good & Gather	Thrive Market
Kite Hill	Trader Joe's

Fruits & Veggies

365 by Whole Foods	Blue Stripes
Amara	Brad's Plant Based
Anthony's	Calbee Harvest Snacks
Bare	Fresh Bellies
Barnana	Frooze Balls
Biena	GimMe

Fruits & Veggies

Good & Gather	Poshi
Hippie Snacks	Rind
Iwon	Sambazon
Made in Nature	Serenity Kids
Mavuno Harvest	Simple Truth
Natierra	Soley
Nora	Thrive Market
Once Upon a Farm	Trader Joe's
Patience	

Granola

365 by Whole Foods	Paleo Tiger
Alter Eco	Paleonola
Go Raw	Purely Elizabeth
Good & Gather	Seven Sundays
KIND	Three Wishes
Lark Ellen Farm	Thrive Market
Lil Bucks	Trader Joe's
Nature's Path	Wildway
Natureul	

Legumes & Lentils

Biena	Kibo Foods
Brami	Lebby Snacks
Callbee Harvest Snaps	Lentiful
Crunchsters	Thrive Market
Enjoy Life	Trader Joe's
Hippeas	

Meat Snacks & Jerky

Chomps	Paleovalley
Country Archer	The New Primal
EPIC	Thrive Market
Grazly	Think Jerky
Mission Meats	Wild Zora

Nuts & Seeds

88 Acres	Karma Nuts
365 by Whole Foods	Lake Ellen Farm
Anthony's	Lebby Snacks
Artisana Organics	Mama Chia
Aurora Natural	Manitoba Harvest
Back to Nature	Mission MightyMe
Barney Butter	Navitas Organics
Bhu Foods	Nuttzo
Blake's Seed Based	Paleo Tiger
Bob's Red Mill	Philosopher Foods
Chia Smash	Perfect Balance Trail Mix
Chinook Seedery	Rind Remix
Chosen Foods	Rind Snacks
Country House	Sahale Snacks
Daily Crunch	Santa Cruz Organic
Dastony Organic Butter	Simple Mills
Deliciously Ella	Simple Truth
Elavi	SkinnyDipped
Fix & Fogg	Soom
Go Raw	South 40 Snacks
Good & Gather	SunButter
GoodSam	Thrive Market
Grandy Organics	Trader Joe's
Justin's	Wonderful Pistachios

Soups

365 by Whole Foods	Power Provisions
Amy's Kitchen	Proper Good
Health Valley	Sprague
Imagine Foods	Trader Joe's
Kettle & Fire	True Primal
Kevin's Natural Foods	Wild Zora
Pacific Foods	

Spreads & Jams

Artisana Organics	Natureul
Chia Smash	Nutiva
Chosen Foods	Oat Haus
Crofters	PickerFresh
Daiya	Primal Kitchen
Divina	Roots
Eden Foods	Simple Truth
Justin's	Soom
Kitchen & Love	Thrive Market
Miyoko's Creamery	Trader Joe's
Mt. Vikos	Violife



GLUTEN-FREE GRAINS

Baking Mixes

365 by Whole Foods	Legit Bread Company
Birch Benders	Miss Jones
Bob's Red Mill	Otto's Naturals
Eat G.A.N.G.S.T.E.R	Pamela's Products
GoNanas	Simple Mills
Julie's Real	Thrive Market
King Arthur Baking Company	Trader Joe's
Kodiak	Truly AIP
Lakanto	

Bread & Bread Mixes

Against the Grain	Julian's Bakery
Banza	King Arthur Baking Company
Base Culture	Legit Bread Company
Bob's Red Mill	Schar
Canyon Gluten Free Bakehouse	Silver Hills Bakery
Cappello's	Simple Mills
Carbonaut	Sunflour
Casabi Artisan Flatbread	Pacha
Cook's Gluten Free	Paleolicious
Dave's Killer Bread	Truly AIP
Food for Life	

Flour Alternatives

365 by Whole Foods	Hearthy Foods
Anthony's	King Arthur Baking Company
Arrowhead Mills	Navitas Organics
Beth Blends	Otto's Natural
Blue Diamond Almonds	Simple Truth
Bob's Red Mill	Thrive Market
Carrington Farms	Tiger Nuts USA

Pasta Noodle Alternatives

365 by Whole Foods	liveGfree
Ancient Harvest	Manini's
Andean Dream	Miracle Noodle
Banza	Natural Heaven
Barilla	Shinny Pasta
Big Green Organic Food	Solely
Bionaturae	Simple Truth
Cappello's	Thrive Market
Good & Gather	Tolerant
Heaven & Earth	Trader Joe's
Jovial	VeggieCraft Farms

Tortilla Wraps & Taco Shells

365 by Whole Foods	Nuco
Against the Grain	Siete Foods
Egglife	Thrive Market
NewGem	Wrawp



DAIRY ALTERNATIVES**Non-Dairy Butter**

Melt Organic	WayFare
Miyoki's Creamery	Wildbrine
Violife	

Non-Dairy Cheese

Daiya	Miyoko's Creamery
Follow Your Heart	Trader Joe's
Kite Hill	Violife

Non-Dairy Coffee Creamer

Califia Farms	Ripple
Elmhurst	Silk
Laird Superfoods	So Delicious
Nutpods	Trader Joe's

Non-Dairy Ice Cream & Popsicles

DeeBee's Organics	Jolly Llama
Dream Pops	Oatly
GoodPop	So Delicious

Non-Dairy Milk

365 by Whole Foods	Milkadamia
Blue Diamond	Oatly
Califia Farms	Orgain
Chobani	Pacific Foods
Elmhurst	Ripple
Good & Gather	Silk
Good Karma	Thrive Market
Kiki Milk	Trader Joe's

Non-Dairy Yogurt

365 by Whole Foods	Once Upon a Farm
Chobani	Oui by Yoplait
Cocojune	Siggi's
Forager	Silk
Kite Hill	So Delicious
Lavva	

MEAT & MEAT ALTERNATIVES**Bacon**

365 by Whole Foods	North Country Smokehouse
Applegate Organics	Pederson Natural Farms
EPIC	Trader Joe's
Good & Gather	True Story
Nature's Rancher	Wellshire Farms
Niman Ranch	

Deli Meats

365 by Whole Foods	Niman Ranch
Applegate Organics	North Country Smokehouse
Diestel Family Ranch	Trader Joe's
Garrett Valley Farms	True Story
Good & Gather	

Packaged Seafood

365 by Whole Foods	Trader Joe's
Freshe	Wild Planet
Safe Catch	Whole Catch
Thrive Market	

Ready-Made Meals

365 by Whole Foods	Red's
Amy's Organics	Saffron Road
Daily Harvest	Tattooed Chef
Deep Indian Kitchen	Trader Joe's
Evol	Wicked Kitchen
Kevin's Natural Foods	Wild Zora
Purple Carrot	

Non-Meat Alternatives

365 by Whole Foods	Thrive Market
Amy's Organics	Trader Joe's
Daily Harvest	Wicked Kitchen
Nasoya	Wildwood Organic
Purple Carrot	

SAUCES, DRESSINGS, & PANTRY

Broth

365 by Whole Foods	Kettle & Fire
Bare Bones	Pacific Foods
Bonafide	PlantStrong
Brite Start	Power Provisions
EPIC	Simple Truth
FOND	The Honest Kitchen
Good & Gather	Thrive Market
Imagine Foods	Trader Joe's

Condiments

365 by Whole Foods	Primal Kitchen
Bragg	Simple Truth
Chosen Foods	Sir Kensington's
Coconut Secret	Thrive Market
Good & Gather	Trader Joe's
KC Natural	True Made Foods
Mike's Hot Honey	

Cooking Oils & Fats

365 by Whole Foods	Good & Gather
California Olive Ranch	Napa Valley
Chosen Foods	Nutiva
EPIC	Primal Kitchen
Fatworks Foods	Simple Truth
Fody Foods	Thrive Market
Fourth & Heart	Trader Joe's

Salad Dressings & Marinades

365 by Whole Foods	KC Natural
Bragg	Primal Kitchen
Drench	SideDish
Fody Foods	Thrive Market
Follow Your Health	Trader Joe's
Good & Gather	

Sauces

365 by Whole Foods	Primal Kitchen
A Dozen Cousins	Rao's Homemade
Bachan's	Saffron Road
Carbone	Sauce Ventures
Daiya	Siete Foods
Fody Foods	The New Primal
Good & Gather	Thrive Market
KC Natural	Tia Lupita
Kevin's Natural Foods	Trader Joe's
Maya Kaimal	True Made Foods

Seasonings & Pantry

365 by Whole Foods	Simply Organic
Bragg	The New Primal
Good & Gather	The Spice Hunter
Kinder's	Thrive Market
Primal Palate	Trader Joe's
Siete Foods	

Sugars & Sweeteners

365 by Whole Foods	RxSugar
Anthony's	Sweetleaf
Big Tree Farms	Thrive Market
Lakanto	Trader Joe's



DRINKS**Coffee**

365 by Whole Foods	Pop & Bottle
Alex's Low-Acid Organic Coffee	Purity Coffee
Califia Farms	Trader Joe's
Four Sigmatic	VitaCup
Java Planet	Volcanica

Coffee Alternatives

Anthony's	RYZE Mushroom Coffee
Clevr Blends	Teeccino
Four Sigmatic	VitaCup
Om Mushroom	

Electrolytes

Ath Lytes	Nuun
Cure Hydration	Trace Minerals
Goodonya	Ultima Replenisher
LMNT	Wellmade

Non-Alcoholic Beverages

Athletic Brewing Co.	Hoptonic
Ghia	Odyssey Elixir
Gruvi	Surely

Seltzer, Soda, & Health Drinks

365 by Whole Foods	Jiant
Agua Bucha	Juneshine
Aura Bora	OCA
Boochcraft	Olipop
CLEAN Cause	Pop & Bottle
Culture Pop Soda	Poppi
Flying Embers	Reed's
GoodPop	Riot Energy
Good & Gather	Ruby
GIT's Synergy Kombucha	Sambazon
Hop WTR	Sanzo
Humm Kombucha	Simple Truth

Seltzer, Soda, & Health Drinks

Sun Sip Soda	Waterloo Sparkling Water
Swoon	WildWonder
Thrive Market	Zevia
Trader Joe's	

Tea

365 by Whole Foods	Taika
AutoimmuniTea	Taylor's of Harrogate
Celestial Seasonings	Teeccino
Four Sigmatic	The Republic of Tea
Got Matcha	Thrive Market
Mighty Leaf	Trader Joe's
Navitas Organics	Traditional Medicinals
Numi Tea	Yogi Tea
Organic India	Zevia
Rishi Tea	



AUTOIMMUNE PROTOCOL NUTRIENT-DENSE RECIPES



CINNAMON SWEET POTATO CHIPS

Ingredients:

- 2 medium sweet potatoes, thinly sliced
- 2 tbsp olive oil
- 1 tsp ground cinnamon
- 1/2 tsp sea salt

Instructions:

1. Preheat your oven to 375°F (190°C).
2. Toss the sweet potato slices in olive oil, cinnamon, and sea salt.
3. Lay the slices in a single layer on a baking sheet lined with parchment paper.
4. Bake for 20-25 minutes, flipping halfway through, until the chips are golden and crispy.
5. Let cool before serving.

CAROB AND COCONUT ENERGY BITES

Ingredients:

- 1/2 cup unsweetened shredded coconut
- 2 tbsp coconut flour
- 2 tbsp carob powder
- 1 tbsp maple syrup or honey
- 1/4 tsp ground cinnamon
- 1 tbsp coconut oil, melted
- 1-2 tbsp water (as needed to bind the mixture)

Instructions:

1. In a bowl, combine shredded coconut, coconut flour, carob powder, cinnamon, and sea salt.
2. Stir in maple syrup and melted coconut oil.
3. Add water a little at a time until the mixture holds together when pressed.
4. Roll the mixture into bite-sized balls.
5. Refrigerate for 30 minutes to firm up before serving.

COCONUT FLOUR CRACKERS

Ingredients:

- 1/2 cup coconut flour
- 2 tbsp olive oil
- 1/4 tsp ground turmeric
- 1/4 tsp sea salt
- 1/4 cup water

Instructions:

1. Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a bowl, mix coconut flour, olive oil, turmeric, and sea salt.
3. Gradually add the water and mix until the dough forms.
4. Roll out the dough between two sheets of parchment paper until it's about 1/8 inch thick.
5. Cut the dough into small squares or desired shapes.
6. Bake for 12-15 minutes, until the crackers are golden brown.
7. Let cool before serving.

CINNAMON CHERRY SMOOTHIE

Ingredients:

- 1/2 cup frozen cherries
- 1/2 cup coconut milk (unsweetened)
- 1 tbsp coconut oil
- 1/4 tsp ground cinnamon
- 1 tbsp fresh lemon juice
- Ice cubes (optional)

Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Pour into a glass and enjoy.

BERRY CITRUS SMOOTHIE

Ingredients:

- 1/2 cup frozen blueberries
- 1/2 cup frozen strawberries
- 1/2 banana, frozen
- 1/2 cup coconut milk (unsweetened)
- 1/2 orange, peeled and segmented
- 1/4 tsp ground turmeric
- 1 tbsp fresh lemon juice
- Ice cubes (optional)

Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Pour into a glass and enjoy.

GREEN SMOOTHIE

Ingredients:

- 1/2 cucumber, chopped
- 1 cup spinach (or kale)
- 1/2 avocado
- 1/2 cup coconut water
- 1 tbsp fresh lemon juice
- 1 tbsp fresh parsley
- Ice cubes (optional)

Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Pour into a glass and enjoy.

SALMON AND SWEET POTATO HASH

Ingredients:

- 2 oz cooked salmon, flaked
- 1 medium sweet potato, peeled and diced
- 1/2 onion, chopped
- 2 tbsp olive oil
- 1/2 tsp ground cinnamon
- 1 tbsp fresh parsley, chopped
- 1/2t sp sea salt

Instructions:

1. Heat olive oil in a skillet over medium heat. Add the diced sweet potato and cook for 10-12 minutes, until tender and slightly crispy.
2. Add the chopped onion and cook for an additional 2-3 minutes.
3. Stir in the flaked salmon, cinnamon, and sea salt. Cook for another 2 minutes to combine the flavors.
4. Garnish with fresh parsley and serve warm.

CINNAMON PEAR PANCAKES

Ingredients:

- 1 ripe pear, grated
- 1/4 cup coconut flour
- 1/4 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/2 tsp baking soda
- 2 tbsp coconut milk (unsweetened)
- 1 tbsp coconut oil, melted
- 1/4 tsp vanilla extract
- 1/4 cup mashed banana (or 1/4 cup applesauce)

Instructions:

1. In a bowl, combine the grated pear, coconut flour, cinnamon, ginger, baking soda, and sea salt.
2. Stir in the coconut milk, melted coconut oil, vanilla extract, and mashed banana (or applesauce) until the batter is smooth.
3. Heat a skillet over medium heat and grease with coconut oil.
4. Spoon the batter into the skillet and cook for 2-3 minutes on each side, until golden brown.
5. Serve warm with fresh fruit.

PORK SAUSAGE AND APPLE BREAKFAST PATTIES

Ingredients:

- 1 lb ground pork
- 1 apple, peeled and grated
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1 tsp sea salt
- 1 tbsp fresh rosemary, chopped
- 1 tbsp coconut oil (for cooking)

Instructions:

1. In a bowl, combine ground pork, grated apple, cinnamon, ginger, sea salt, and fresh rosemary. Mix thoroughly until well combined.
2. Form the mixture into small patties, about 2-3 inches in diameter.
3. Heat coconut oil in a skillet over medium heat. Add the patties and cook for 4-5 minutes on each side until golden brown and cooked through and serve immediately.

CAROB CAKE

Ingredients:

- 1 cup coconut flour
- 1/2 cup carob powder
- 1/2 tsp baking soda
- 1/4 tsp sea salt
- 1/4 cup coconut oil, melted
- 1/2 cup honey
- 1 cup coconut milk
- 1 tsp vanilla extract
- 1/4 cup mashed banana (or applesauce) as a binder

Instructions:

1. Preheat your oven to 350°F (175°C). Grease or line a cake pan with parchment paper.
2. In a large bowl, whisk together coconut flour, carob powder, baking soda, and sea salt.
3. In another bowl, combine the melted coconut oil, honey, coconut milk, vanilla extract, and mashed banana (or applesauce).
4. Add the wet ingredients to the dry ingredients and stir until smooth.
5. Pour the batter into the prepared cake pan.
6. Bake for 20-25 minutes, or until a toothpick inserted comes out clean.
7. Let cool before serving.

PEACH AND COCONUT CRUMBLE

Ingredients:

- 3 ripe peaches, peeled and chopped
- 1/4 cup unsweetened shredded coconut
- 1/4 cup tigernut flour
- 2 tbsp coconut oil, melted
- 1/2 tsp ground cinnamon
- A pinch of sea salt

Instructions:

1. Preheat your oven to 350°F (175°C) and grease a baking dish with coconut oil.
2. Place the chopped peaches in the baking dish. Sprinkle with cinnamon and sea salt.
3. In a bowl, combine shredded coconut, tigernut flour, and melted coconut oil. Stir until a crumble forms.
4. Spread the crumble mixture evenly over the peaches.
5. Bake for 20-25 minutes, or until the peaches are tender and the topping is golden brown. Serve warm.

PLUM TART

Ingredients:

- 2 large plums, pitted and sliced
- 1/4 cup coconut flour
- 1/4 cup unsweetened shredded coconut
- 1/4 cup honey
- 2 tbsp coconut oil, melted
- 1/2 tsp ground cinnamon
- 1/2 tsp vanilla extract

Instructions:

1. Preheat your oven to 350°F (175°C). Grease a tart pan or pie dish with coconut oil.
2. In a bowl, combine the coconut flour, shredded coconut, cinnamon, and sea salt.
3. Stir in the melted coconut oil, honey, and vanilla extract until the dough comes together.
4. Press the dough into the tart pan, making sure to cover the bottom and sides evenly.
5. Arrange the sliced plums on top of the crust in a circular pattern.
6. Bake for 20-25 minutes, or until the crust is golden and the plums are tender.
7. Let cool before serving.

CAULIFLOWER AND BROCCOLI MASH

Ingredients:

- 1 head of cauliflower, cut into florets
- 1 cup broccoli florets
- 2 tbsp olive oil
- 1/4 tsp ground turmeric
- 1/2 tsp garlic powder
- Sea salt to taste

Instructions:

1. Steam the cauliflower and broccoli florets until tender, about 10-12 minutes.
2. Drain any excess water and transfer the vegetables to a food processor or use a hand masher to mash them.
3. Add olive oil, turmeric, garlic powder, and sea salt. Process or mash until smooth and creamy. Serve immediately.

CREAMY MUSHROOMS AND SPINACH

Ingredients:

- 2 cups mushrooms, sliced
- 2 cups fresh spinach, chopped
- 1/2 cup coconut milk (unsweetened)
- 1 tbsp olive oil
- 1/2 tsp ground turmeric
- Sea salt to taste

Instructions:

1. Heat olive oil in a skillet over medium heat. Add the sliced mushrooms and sauté for 5-7 minutes until tender and lightly browned.
2. Stir in the chopped spinach and cook for another 2-3 minutes until wilted.
3. Add the coconut milk and ground turmeric, and simmer for 3-4 minutes until the sauce thickens.
4. Season with sea salt and serve warm.

GARLIC-LEMON ASPARAGUS

Ingredients:

- 1 bunch asparagus, trimmed
- 2 tbsp olive oil
- 2 garlic cloves, minced
- 1 tbsp fresh lemon juice
- Zest of 1 lemon
- 1/2 tsp sea salt
- Fresh parsley for garnish

Instructions:

1. Preheat your oven to 400°F (200°C).
2. Arrange the trimmed asparagus on a baking sheet. Drizzle with olive oil and sprinkle with minced garlic, lemon juice, lemon zest, and sea salt.
3. Roast for 15-20 minutes, or until the asparagus is tender and slightly crispy at the tips.
4. Garnish with fresh parsley before serving.

GROUND CHICKEN AND SQUASH CASSEROLE

Ingredients:

- 1 lb ground chicken
- 2 medium yellow squash, sliced
- 1/2 onion, chopped
- 1/2 cup coconut milk (unsweetened)
- 1 tbsp olive oil
- 1/2 tsp ground turmeric
- 1/2 tsp ground ginger
- 1/2 tsp sea salt

Instructions:

1. Preheat your oven to 375°F (190°C). Grease a casserole dish with olive oil.
2. Heat olive oil in a large skillet over medium heat. Add the chopped onion and cook for 2-3 minutes until softened.
3. Add the ground chicken and cook, breaking it up, until browned and cooked through, about 7-10 minutes.
4. Stir in the sliced squash, coconut milk, turmeric, ginger, and sea salt. Cook for 5-7 minutes until the squash is tender.
5. Transfer the mixture to the prepared casserole dish and bake for 20-25 minutes until bubbly and lightly golden on top. Serve warm.

STUFFED ACORN SQUASH WITH GROUND TURKEY AND CRANBERRIES

Ingredients:

- 2 acorn squash, halved and seeds removed
- 1 lb ground turkey
- 1/2 onion, chopped
- 1/2 cup fresh cranberries
- 1/2 cup coconut milk (unsweetened)
- 1 tbsp fresh thyme, chopped
- 1 tbsp olive oil
- 1/2 tsp sea salt

Instructions:

1. Preheat your oven to 375°F (190°C).
2. Place the acorn squash halves on a baking sheet and drizzle with olive oil. Season with sea salt.
3. Roast the squash for 30-40 minutes, or until the flesh is tender and easily pierced with a fork.
4. In a skillet, heat olive oil over medium heat. Add the chopped onion and cook for 2-3 minutes until softened.
5. Add the ground turkey to the skillet and cook, breaking it up, until browned.
6. Stir in the cranberries, coconut milk, and fresh thyme. Simmer for 5-7 minutes, until the cranberries start to burst and the mixture thickens slightly.
7. Once the squash is done roasting, spoon the turkey and cranberry mixture into the center of each squash half. Serve warm.

SHEET PAN PORK AND ROASTED VEGETABLES

Ingredients:

- 4 pork chops (bone-in or boneless)
- 2 cups cauliflower florets
- 1 cup carrots, peeled and sliced
- 1 red onion, cut into wedges
- 2 tbsp olive oil
- 1 tbsp fresh rosemary, chopped
- 1 tsp garlic powder
- 1 tsp sea salt

Instructions:

1. Preheat your oven to 400°F (200°C).
2. Season the pork chops with olive oil, rosemary, garlic powder, and sea salt, then place them on a sheet pan.
3. Toss the cauliflower, carrots, and onion with olive oil and sea salt. Spread them around the pork chops.
4. Roast for 25-30 minutes, or until the pork reaches an internal temperature of 145°F (63°C) and the vegetables are tender. Serve warm.

BEEF AND SWEET POTATO SHEPHERD'S PIE

Ingredients:

- 1 lb ground beef
- 2 medium sweet potatoes, peeled and cubed
- 2 large carrots, peeled and diced
- 2 medium parsnips, peeled and diced
- 1/2 onion, chopped
- 2 tbsp olive oil
- 1/2 tsp ground thyme
- 1/4 tsp garlic powder
- 1/2 tsp ground turmeric
- 1/4 tsp ground rosemary
- 1 tsp sea salt
- 1 tbsp fresh parsley, chopped (for garnish)

Instructions:

1. Preheat your oven to 375°F (190°C). Grease a baking dish with olive oil.
2. Steam or boil the sweet potatoes, carrots, and parsnips until tender, about 10-12 minutes. Drain and mash them with sea salt.
3. Heat olive oil in a skillet over medium heat. Add the chopped onion and cook for 2-3 minutes until softened.
4. Add the ground beef to the skillet and cook until browned, breaking it up with a spoon. Stir in thyme, garlic powder, turmeric, rosemary, and sea salt. Cook for another 2-3 minutes.
5. Layer the beef mixture in the bottom of the baking dish. Spread the mashed vegetables on top.
6. Bake for 20-25 minutes, until the top is slightly golden and the filling is heated through.
7. Garnish with fresh parsley and serve warm.

CHICKEN SALAD WITH APPLE AND CELERY

Ingredients:

- 2 boneless, skinless chicken breasts
- 1 apple, diced
- 2 celery stalks, chopped
- 1/4 cup fresh parsley, chopped
- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1/2 tsp sea salt

Instructions:

1. Heat a grill or grill pan over medium-high heat. Lightly oil the grill or pan with olive oil.
2. Cook the chicken breasts for 6-7 minutes per side, or until the internal temperature reaches 165°F (74°C). Let the chicken rest for 5 minutes before chopping into bite-sized pieces.
3. In a large bowl, combine the chopped chicken, apple, celery, and parsley.
4. In a small bowl, whisk together olive oil, apple cider vinegar, and sea salt.
5. Pour the dressing over the chicken mixture and toss to combine.
6. Serve chilled or at room temperature.

SCALLOPS WITH MANGO SALSA

Ingredients:

- 12 scallops, cleaned and patted dry
- 1 ripe mango, diced
- 1/2 cucumber, diced
- 1/4 cup fresh cilantro, chopped
- 1 tbsp fresh lime juice
- 1 tbsp olive oil
- 1/2 tsp sea salt

Instructions:

1. Heat olive oil in a skillet over medium-high heat. Add the scallops and sear for 2-3 minutes on each side, until golden and cooked through.
2. In a bowl, combine diced mango, cucumber, cilantro, and lime juice to make the salsa. Season with sea salt.
3. Serve the seared scallops topped with the fresh mango salsa.

PORK AND CABBAGE STIR-FRY

Ingredients:

- 1 lb ground pork
- 4 cups cabbage, shredded
- 1/2 onion, chopped
- 2 garlic cloves, minced
- 2 tbsp coconut oil
- 1 tbsp coconut aminos
- 1 tbsp fresh ginger, grated
- 1 tbsp apple cider vinegar
- 1/2 tsp sea salt

Instructions:

1. Heat 1 tbsp coconut oil in a large skillet over medium-high heat. Add the ground pork and cook until browned and fully cooked through, about 7-10 minutes. Remove the pork from the skillet and set aside.
2. In the same skillet, add the remaining coconut oil, onion, garlic, and ginger. Sauté for 2-3 minutes until fragrant.
3. Add the shredded cabbage and cook for 4-5 minutes until the cabbage begins to soften.
4. Return the cooked pork to the skillet. Stir in coconut aminos, apple cider vinegar, and sea salt. Cook for an additional 2-3 minutes to combine the flavors.

TURKEY AND SPINACH STUFFED ZUCCHINI BOATS

Ingredients:

- 4 medium zucchinis, halved and seeds removed
- 1 lb ground turkey
- 1 cup spinach, chopped
- 1/2 onion, chopped
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1/2 tsp sea salt

Instructions:

1. Preheat your oven to 375°F (190°C) and grease a baking dish with olive oil.
2. Using a spoon, scoop out the seeds of the zucchini halves to create boats.
3. Heat olive oil in a skillet over medium heat. Add the chopped onion and cook for 2-3 minutes until softened.
4. Add the ground turkey and cook until browned. Stir in the chopped spinach, garlic powder, and sea salt. Cook for another 2-3 minutes until the spinach is wilted.
5. Stuff the zucchini boats with the turkey and spinach mixture and place them in the prepared baking dish.
6. Bake for 20-25 minutes, or until the zucchini is tender and the filling is golden on top. Serve warm.

LEMON GARLIC SHRIMP WITH ZUCCHINI NOODLES

Ingredients:

- 1 lb shrimp, peeled and deveined
- 2 medium zucchinis, spiralized into noodles
- 2 tbsp olive oil
- 2 garlic cloves, minced
- 1 tbsp fresh lemon juice
- 1 tbsp fresh parsley, chopped
- Sea salt to taste

Instructions:

1. Heat olive oil in a skillet over medium-high heat. Add the shrimp and cook for 2-3 minutes per side, until pink and cooked through.
2. Remove the shrimp from the skillet and set aside.
3. In the same skillet, add the minced garlic and cook for 1 minute until fragrant.
4. Add the zucchini noodles and cook for 2-3 minutes, until they are tender but still slightly crisp.
5. Stir in the shrimp, fresh lemon juice, parsley, and sea salt. Cook for another 2 minutes to combine the flavors. Serve warm.

TURKEY AND APPLE CABBAGE ROLLS

Ingredients:

- 1 lb ground turkey
- 1/2 onion, chopped
- 2 apples, peeled and grated
- 1/2 head of cabbage, leaves separated and blanched
- 1 tbsp olive oil
- 1/2 tsp ground cinnamon
- 1/2 tsp sea salt

Instructions:

1. Preheat your oven to 375°F (190°C).
2. Heat olive oil in a skillet over medium heat. Add the chopped onion and cook for 2-3 minutes until softened.
3. Add the ground turkey to the skillet and cook, breaking it up, until browned.
4. Stir in the grated apples, cinnamon, and sea salt. Cook for another 2-3 minutes, allowing the flavors to meld.
5. Lay out the cabbage leaves and spoon the turkey-apple mixture onto each leaf.
6. Roll up the cabbage leaves tightly and place them in a baking dish. Cover with foil and bake for 20-25 minutes. Serve warm.

ROAST CHICKEN WITH ROOT VEGETABLES

Ingredients:

- 1 whole chicken (about 4 lbs)
- 2 tbsp olive oil
- 1 tsp fresh rosemary, chopped
- 1 tsp fresh thyme, chopped
- 2 garlic cloves, minced
- 1 lemon, halved
- 2 medium sweet potatoes, peeled and cubed
- 2 large carrots, peeled and sliced
- 1 red onion, quartered
- 1/2 tsp sea salt

Instructions:

1. Preheat your oven to 400°F (200°C).
2. Rub the chicken with olive oil, rosemary, thyme, minced garlic, and sea salt. Stuff the cavity with the lemon halves.
3. Place the chicken in a roasting pan, surrounded by the cubed sweet potatoes, sliced carrots, and onion.
4. Roast for 1.5 hours, or until the chicken reaches an internal temperature of 165°F (74°C) and the vegetables are tender.
5. Let the chicken rest for 10 minutes before carving. Serve with the roasted root vegetables.

BEEF AND VEGETABLE SOUP

Ingredients:

- 1 lb ground beef
- 2 medium carrots, peeled and chopped
- 2 cups cauliflower florets
- 1 medium zucchini, chopped
- 1/2 onion, chopped
- 2 cloves garlic, minced
- 4 cups bone broth
- 1 tbsp olive oil
- 1/2 tsp ground thyme
- 1/2 tsp ground turmeric
- 1/2 tsp sea salt

Instructions:

1. Heat olive oil in a large pot over medium heat. Add the chopped onion and garlic, and cook for 2-3 minutes until softened.
2. Add the ground beef to the pot and cook, breaking it up, until browned.
3. Stir in the chopped carrots, cauliflower florets, zucchini, bone broth, thyme, turmeric, and sea salt.
4. Bring to a boil, then reduce the heat and simmer for 25-30 minutes, or until the vegetables are tender. Serve warm.

GRILLED LAMB WITH MINT AND CUCUMBER SALAD

Ingredients:

- 4 lamb steaks (such as loin or rib chops)
- 2 tbsp olive oil
- 1 tbsp fresh mint, chopped
- 1 tbsp fresh lemon juice
- 1/2 tsp sea salt

Cucumber Salad:

- 2 cucumbers, thinly sliced
- 1/4 cup fresh mint, chopped
- 1 tbsp fresh lemon juice
- 1 tbsp olive oil
- Sea salt to taste

Instructions:

1. Preheat your grill to medium-high heat.
2. Rub the lamb steaks with olive oil, fresh mint, lemon juice, and sea salt.
3. Grill the lamb for 4-5 minutes per side, or until your desired level of doneness is achieved.
4. While the lamb is grilling, combine the cucumber slices, fresh mint, lemon juice, olive oil, and sea salt in a bowl.
5. Once the lamb is cooked, let it rest for a few minutes, then serve alongside the refreshing cucumber and mint salad.

GRILLED SALMON WITH AVOCADO SALSA

Ingredients:

- 4 salmon fillets
- 2 tbsp olive oil
- 1 tbsp fresh lemon juice
- 1/2 tsp sea salt
- 1 avocado, diced
- 1/2 cup diced cucumber
- 1 tbsp fresh cilantro, chopped
- 1 tbsp fresh lime juice

Instructions:

1. Preheat your grill or grill pan to medium-high heat.
2. Drizzle the salmon fillets with olive oil and lemon juice, and season with sea salt.
3. Grill the salmon for 4-5 minutes on each side, or until the fish flakes easily with a fork.
4. While the salmon cooks, combine the diced avocado, cucumber, cilantro, and lime juice in a bowl. Toss to combine.
5. Serve the grilled salmon topped with the fresh avocado salsa.

CHICKEN AND PUMPKIN CHILI

Ingredients:

- 2 boneless, skinless chicken breasts, cooked and shredded
- 1 can (15 oz) pumpkin puree
- 1/2 onion, chopped
- 2 garlic cloves, minced
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- 4 cups chicken broth
- 2 tbsp olive oil
- 1/2 tsp sea salt

Instructions:

1. Heat olive oil in a large pot over medium heat. Add the chopped onion and garlic, and cook for 2-3 minutes until softened.
2. Stir in cinnamon, and ginger, and cook for another minute until fragrant.
3. Add the shredded chicken, pumpkin puree, chicken broth, and sea salt. Stir to combine.
4. Bring to a simmer and cook for 20-25 minutes, allowing the flavors to meld and the chili to thicken.
5. Serve warm, optionally garnished with fresh parsley or cilantro.

NUTRITION WORKSHEETS



NUTRITION GOALS

START DATE:	DURATION:	END DATE:
START WEIGHT:	GOAL WEIGHT:	FINAL WEIGHT:
START BMI:	GOAL BMI:	FINAL BMI:

MOTIVATION

GOALS

WEEKLY FOOD TRACKER

WEEK OF:

	BREAKFAST	LUNCH	DINNER	SNACKS	HYDRATION	NOTES
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

WEEKLY FOOD TRACKER

WEEK OF:

	BREAKFAST	LUNCH	DINNER	SNACKS	HYDRATION	NOTES
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

WEEKLY FOOD TRACKER

WEEK OF:

	BREAKFAST	LUNCH	DINNER	SNACKS	HYDRATION	NOTES
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

WEEKLY FOOD TRACKER

WEEK OF:

	BREAKFAST	LUNCH	DINNER	SNACKS	HYDRATION	NOTES
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

PERIOD TRACKER

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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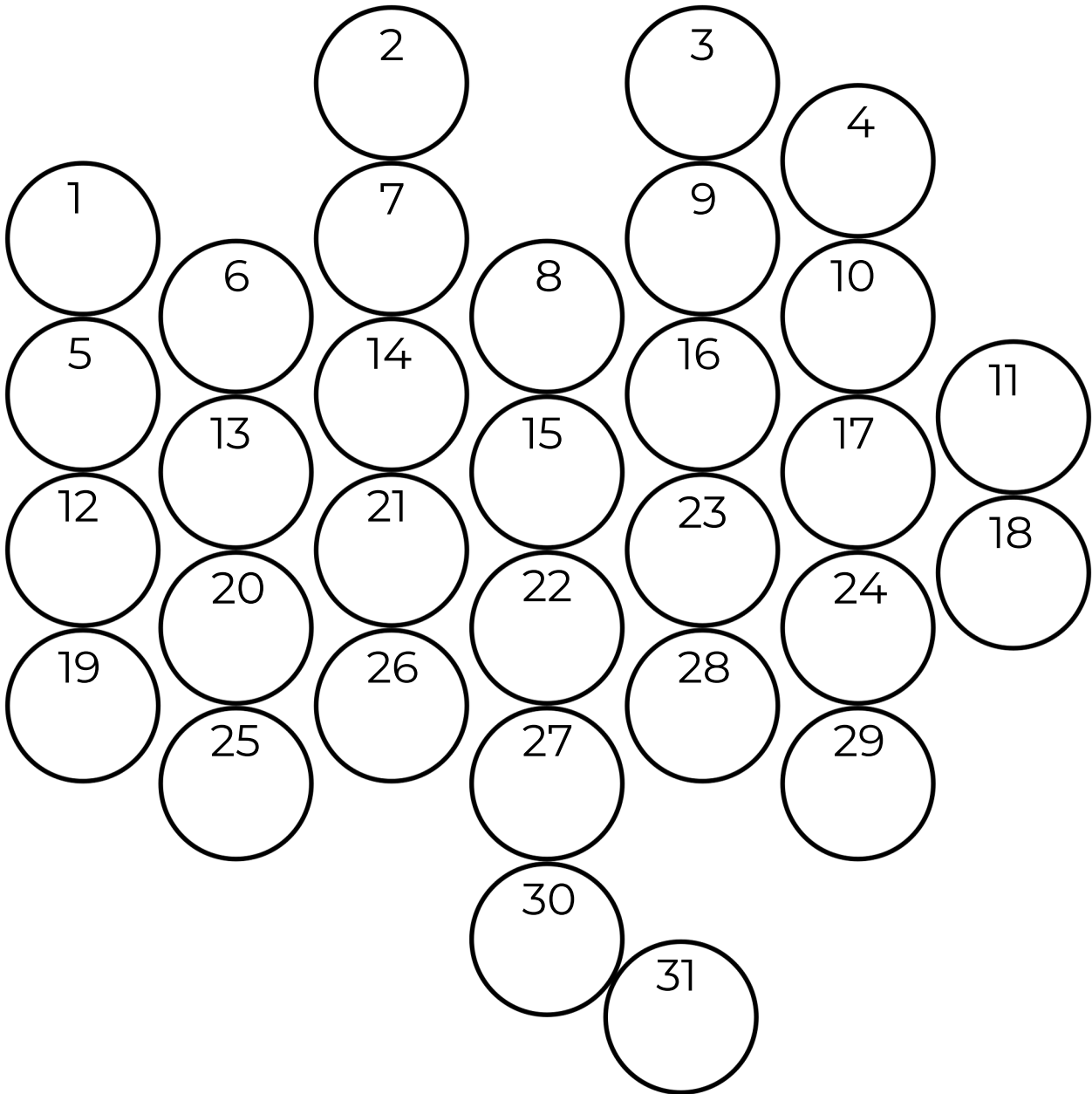
Period Key

Cycle Length

Jan		Jul	
Feb		Aug	
Mar		Sep	
Apr		Oct	
May		Nov	
Jun		Dec	

MOOD TRACKER

Month:



Happy



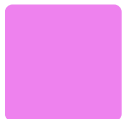
Sad



Angry



Excited



Anxious



WEEKLY MEAL PLANNER

Monday	B
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Tuesday	B
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Wednesday	B
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Thursday	B
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Friday	B
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Saturday	B
	L
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Sunday	B
	L
	D

SHOPPING LIST

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B - Breakfast L - Lunch D - Dinner

GROCERY LIST PLANNER

PRODUCE

MEAT

DAIRY

BEVERAGES

BAKERY

PANTRY/OTHER

RECIPE CREATOR

TITLE:

INGREDIENTS

Empty box for listing ingredients.

PREPARATIONS

Lined area for writing preparation instructions.

KITCHEN CONVERSION CHART

DRY MEASUREMENTS

CUP	TBSP	TSP	FL OZ	ML
1	16	48	8	237
3/4	12	36	6	177
2/3	10 2/3	32	5	158
1/2	8	24	4	118
1/3	5 1/3	16	3	79
1/4	4	12	2	59
1/6	2 2/3	8	1 1/3	40
1/8	2	6	1	30
1/16	1	3	1/2	15

LIQUID MEASUREMENTS

GAL	QT	PT	CUP	FL OZ
1	4	8	16	128
1/2	2	4	8	64
1/4	1	2	4	32
1/8	1/2	1	2	16
1/16	1/4	1/2	1	8
1/32	1/8	1/4	1/2	4
1/64	1/16	1/8	1/4	2

WEIGHT MEASUREMENTS

OUNCES	GRAMS	OUNCES	GRAMS
1	28	6	170
2	57	7	198
3	85	8	227
4	113	9	255
5	142	10	284

OVEN TEMPERATURES

°F	225	250	275	300	325	350	375	400	425	450	475	500
°C	110	120	140	150	170	180	190	200	220	230	240	260



Dr. Joseph Debé

Debé Center for Optimal Nutrition & Functional Medicine

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