

"Yes" foods

Here are some ideas from each of the major food Paleo Autoimmune Protocol food groups!



Organ Meat bone broth heart kidney liver tongue



turkey

wild game

Fish anchovies catfish cod halibut herring mackerel mahi mahi salmon sardines snapper tilapia trout tuna

Shellfish clams crab crawfish lobster mussels octopus oysters prawns scallops shrimp squid

Sea Vegetables arame dulse kombu nori wakame

Leafy Greens arugula beet greens bok choy carrot tops collard greens dandelion greens endive herbs kale lettuce mustard greens napa cabbage

spinach Swiss chard turnip greens watercress



Cruciferous Vegetables

arugula broccoli Brussels sprouts cabbage cauliflower collard greens

kale

kohlrabi mustard greens napa cabbage radishes radicchio turnips watercress

Root Vegetables & Winter Squash arrowroot beets carrots cassava (tapioca, yuca) jicama pumpkins squash

rutabagas

taro

yams

sweet potatoes

Berries blackberries blueberries cranberries currants grapes raspberries

Citrus Fruit clementines grapefruit lemons limes Mandarin oranges oranges

Olives & Other High-Fat Fruits avocados black olives coconuts

green olives

Onions, Garlic & Other Alliums chives garlic leeks onions scallions shallots spring onions



strawberries

Other Fruits & Veggies

apples apricots artichokes asparagus bananas cantaloupes

capers

celery cherries coconuts cucumbers dates

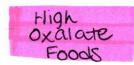
figs

mangoes nectarines okra papayas peaches honeydew melons pears

kiwis

pineapples plantains plums pomegranates watermelons zucchini

Yes, you get to add herbs, spices, and other ingredients to prepare these foods in delicious ways! See page 68.



"No" foods



Alcohol

Beer, wine (okay for cooking), spirits





Eggs

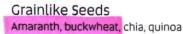
Coffee

Except for perhaps an occasional cup



Grains

Barley, corn, durum, fonio, Job's tears, kamut, millet, oats, rice, rye, sorghum, spelt, teff, triticale, wheat (all varieties, including einkorn and semolina), wild rice





Butter, buttermilk, butter oil, cheese, cottage cheese, cream, curds, dairy-protein isolates, ghee, heavy cream, ice cream, kefir, milk, sour cream, whey, whey-protein isolate, whipping cream, yogurt



Legumes

Adzuki beans, black beans, blackeyed peas, butter beans, calico beans, cannellini beans, chickpeas (garbanzo beans), fava beans (broad beans), great Northern beans, green beans, Italian beans, kidney beans, lentils, lima beans, mung beans, navy beans, peanuts, peas, pinto beans, runner beans, split peas, soybeans (including edamame, tofu, tempeh, other soy products, and soy isolates, such as soy lecithin)



Processed Vegetable Oils

Canola oil (rapeseed oil), corn oil, cottonseed oil, palm kernel oil, peanut oil, safflower oil, soybean oil, sunflower oil



Acrylamides, artificial food color, artificial and natural flavors, autolyzed protein, brominated vegetable oil, emulsifiers (carrageenan, cellulose gum, guar gum, lecithin, xanthan gum), hydrolyzed vegetable protein, monosodium glutamate, nitrates or nitrites (naturally occurring are okay), olestra, phosphoric acid, propylene glycol, textured vegetable protein, trans fats (partially hydrogenated vegetable oil, hydrogenated oil), yeast extract, any ingredient with a chemical name that you don't recognize

Problematic Sugars & Sweeteners

Agave, agave nectar, barley malt, barley malt syrup, brown rice syrup. brown sugar, cane crystals, cane sugar (refined), caramel, corn sweetener, corn syrup, corn syrup solids, crystalline fructose, dehydrated cane juice, demerara sugar, dextrin, dextrose, diastatic malt, evaporated cane juice, fructose, fruit juice, fruit juice concentrate, galactose, glucose, glucose solids, golden syrup, highfructose corn syrup, invert sugar, inulin, lactose, malt syrup, maltodextrin, maltose, monk fruit (luo han guo), panela, panocha, refined sugar, rice bran syrup, rice syrup, sorghum syrup, sucrose (saccharose), syrup, treacle, turbinado sugar, yacon syrup



Sugar Substitutes

Acesulfame potassium (acesulfame K), aspartame, erythritol, mannitol, neotame, saccharin, sorbitol, stevia, sucralose, xylitol



Nuts & Seeds

Almonds, Brazil nuts, cashews, chestnuts, flax seeds, hazelnuts, hemp seeds, macadamia nuts, pecans, pine nuts, pistachios, poppy seeds, pumpkin seeds, sesame seeds, sunflower seeds, walnuts, any flours, butters, oils, or other products derived from nuts or seeds



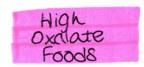
Nightshades & Spices Derived from Nightshades

Ashwagandha, bell peppers (sweet peppers), cayenne peppers, cape gooseberries (ground cherries, not to be confused with regular cherries, which are okay), eggplant, garden huckleberries (not to be confused with regular huckleberries, which are okay), goji berries (wolfberries), hot peppers (chili peppers and chili-based spices), naranjillas, paprika, pepinos, pimentos, potatoes (sweet potatoes are okay), tamarillos, tomatillos, tomatoes (Note: Some curry powders contain nightshade ingredients.)



Spices Derived from Seeds

Anise, annatto, black caraway (Russian caraway, black cumin), celery seed, coriander, cumin, dill, fennel, fenugreek, mustard, nutmeg



herbs, spices, and flavor combos

Unfortunately, many seasonings end up on the "no" list because they're derived from nightshades, seeds, or other "no" foods. Here are the herbs, spices, and other flavorings that are on the "yes" list.



Herbs, spices, and other flavorings

basil (sweet, Thai, etc.)

bay leaf

chamomile

chives

leaf)

cinnamon

cilantro (coriander

fennel leaf garlic

cloves

dill weed

ginger

horseradish

lemongrass

mace

marjoram mint (peppermint, spearmint, etc.)

oregano leaf

parsley

rosemary

saffron sage

savory sea salt

tarragon

thyme

turmeric

truffle (whole truffles, truffle oil, or truffle

salt)

vanilla extract

Want to experiment with your own flavor combinations? Here are some great starting points.

ASIAN

Lemongrass, coconut aminos, fish sauce, garlic, ginger, lime

GREEK

Basil, oregano, lemon, olive oil, olives

ITALIAN

Balsamic vinegar, basil, garlic, marjoram, olive oil, oregano, rosemary, sage, thyme

MIDDLE EASTERN

Lemon, cinnamon, cloves, garlic, mace, mint, olive oil, olives, onion, turmeric

Here are some other ingredients that can help you achieve that perfect flavor and/or texture.

ACIDITY

Apple cider vinegar, balsamic vinegar, grapefruit, lemon, lime, orange

HEARTINESS

Butternut squash, carrot, celery root, plantain, rutabaga, sweet potato

SAVORY BOOST

Apple cider vinegar, balsamic vinegar, coconut aminos, fish sauce, molasses, mushrooms,

truffle salt

SWEET ADDITIONS

Coconut milk, dried fruit, pureed fruit, fruit juice (in small quantities), ripe bananas and plantains,

honey, maple syrup, molasses, sweet potatoes

TEXTURE

Apple chips, berries, coconut flakes, dried dates or figs, nori, raisins, roasted vegetables

THICKENERS

Arrowroot starch; tapioca starch; pureed plantain, sweet potato, or butternut squash