

# AUTOIMMUNE PROTOCOL

## REINTRODUCTIONS

### Stage 1

egg yolks and grass-fed ghee  
fruit, berry and seed-based spices  
nut oils  
occasional coffee  
cocoa and/or chocolate  
peas & pulses / legumes with edible pods)  
sprouts from pulses / legumes

### Stage 2

seeds  
nuts  
chia seeds  
daily coffee  
egg whites  
grass-fed butter  
small quantities of alcohol

### Stage 3

eggplant / aubergine  
capsicum / sweet peppers  
paprika  
peeled potatoes  
grass-fed dairy  
lentils, split peas &  
chickpeas / garbanzo beans

### Stage 4

chilis & nightshade spices  
potatoes (inc.skin)  
alcohol  
soaked or fermented pulses / legumes  
gluten free grains & pseudo grains  
(preferably soaked)  
white rice

## KEEP A FOOD AND MOOD DIARY

...and use it!

As you reintroduce foods, track everything -  
diet, sleep, stress, movement, time outside, mood -  
It's the best way to identify where you have problems

## MAKE IT YOURS

Don't be afraid to own what works for you

As you experience positive change & start to reintroduce foods,  
tweak the protocol to meet your needs