



# Autoimmune Protocol (AIP)

**A therapeutic diet to support your body's innate healing system**

# What is autoimmunity?

Autoimmune diseases are a broad range of conditions in which the immune system produces an inappropriate response against its own cells, tissues and/or organs, resulting in inflammation and damage. This irrational misfiring of the immune system means that antibodies are produced and actively attack and damage cells and/or organs.

At current count there are over 80 different distinct autoimmune diseases. Some autoimmune diseases affect mainly one part of the body, such as multiple sclerosis, autoimmune thyroid disease, type 1 diabetes. Others can affect many parts of the body, such as systemic lupus erythematosus, rheumatoid arthritis and systemic vasculitis.

**We view autoimmunity as a spectrum; a process of irrational inflammation affecting various areas of the body, to varying degrees.**

As every person is unique, with a different autoimmune disease at a different stage, the autoimmune protocol is a helpful strategy for identifying the role food plays in your particular health paradigm. At the end of 4 -5 weeks we will reassess and develop an ongoing strategy from a food perspective.

# Why the autoimmune protocol?

The Autoimmune Protocol (AIP) is a healthful, nutrient-dense diet designed to eliminate the most probable food triggers for autoimmunity, and identify if food is indeed impacting on your condition by gauging symptomatic change.

Following AIP is a powerful way of establishing whether food is playing a role in your autoimmune process. Because of the half-life of antigen-antibody complexes, the AIP needs to be done for a minimum of four weeks to tell the story it needs to tell.

As every person is unique, with a different autoimmune disease at a different stage, this protocol is a helpful strategy for identifying the role food plays in your particular health paradigm. At the end of 4 -5 weeks we will reassess and develop an ongoing strategy from a food perspective.

Whilst diet appears to be our focus in this four week period, it is only part of the equation. We will be asking you to create or increase your mindfulness practice (quiet time/joy/low stress) with an aim to increase time spent in a parasympathetic state. This may include meditation, breath work, journaling, art, or yin exercises like tai chi or qi gong. **These are as important as food.**



**This guide is designed to take you through the preparation stage of doing AIP so that you are in the best starting position.**

# What to expect

While undergoing the AIP, you can likely anticipate:

- **Significant improvement.** A reduction in autoimmune symptoms caused through a change in diet is a pretty good indicator that food is playing a role.
- **No change.** This would be indicative that food is not playing a role and in our experience this is rarely the case.

The exact details of what you experience while going through the autoimmune protocol can be hard to predict, but at various times usually involve changes for the better or worse in your condition, as well as energy, sleep, and mental clarity.

Expect the first week to be a challenge - if this way of eating is very different from your norm, you can expect it to be somewhat difficult. Day 1 can be a big effort and between days 2 - 10 you can expect to feel out of sorts with varying emotional and physical reactions. This will be more difficult for some than others, but go into week 1 with a good plan (strategy), clarity around process (understanding the 'why') and lots of support (call on your troops to keep you on track). Sleep, hydration, stress management (finding joy as well as reducing environmental and lifestyle stressors) are all very important: see page 5 for inspiration



# Cupboard Cleanse

Before you go on a vacation what do you do? Most likely you think about where you are going and you pack accordingly. Today we're going to pack for AIP.

The goal is to get your home ready so that the first week (when things can get a little hairy) is more structured, and therefore feels safer. You know what you can and can't have, and you have an absolute sense about where your food is and how to prepare it. In fact, we recommend you do a little cooking so you've got some meals in the bank for week 1.

When it comes to your cupboards, what works for you? If your whole household is on board, you can remove foods from your house. If not, you might divide the pantry space so that AIP produce has its own shelves and non-AIP is clearly stored separately. You might like to do the same with the fridge. This is important in a share house where many people are sharing food as having clearly marked or separately stored food will be easiest.

## Remove

- Processed food
- All packet food sauces including tomato sauce
- Sugar
- Coffee
- Tea
- Milk
- All dairy (incl. yoghurt, milk, cheese)
- All grains (incl. gluten free grains like rice & quinoa)
- Nuts & Seeds Spices - not all. Check the list!
- Soft drinks
- Alcohol
- Eggs
- Sweets and baked goods
- All nightshades (tomatoes, potato, eggplant, capsicum)
- Breakfast cereal

## Add

- Vegetables (no nightshades)
- Fruit
- Meat
- Chicken
- Fish
- Organ meats
- Fermented foods
- AIP approved herbs & spices
- Broth
- Kefir
- Vinegar

# Caffeine

If you regularly drink coffee or tea, use the 3 - 5 days prior to starting your AIP to wean off coffee.

For some people, you won't experience withdrawals from coffee but for a small number of people it can induce symptoms such as:

- Headaches
- Irritability
- Strong caffeine cravings
- Sleep disturbance
- Mood disturbance

## Steps to avoid caffeine withdrawal

1. In the days leading up to your protocol, begin by first reducing the STRENGTH of your coffee. Go for a half strength.
2. Next reduce the QUANTITY of coffees - if you have more than one a day you cut it down to one. If you have only one coffee you can reduce it to a half or 3/4.
3. Gradually reduce the amount and strength of coffee.
4. Begin introducing some herbal or green tea and increasing your water intake.

**If you think coffee withdrawals are likely to be an issue for you, speak with your practitioner about support supplements before Week 1.**



# Rally Your Troops

## Who do you count on for support?

Being supported through week 1 will make a difference to your experience, so be sure to talk with friends, family, co-workers and your Health Coach about the way you would like to be supported.

Do you prefer:

1. To be given plenty of space to do things on your own when calmer when in control and you know exactly where you're at?
2. To be able to express how you're feeling at any given time?
3. Need constant support and prompting to stay on track?

Be sure to communicate this when talking to your dream team.

## Who is on your 'dream team'?

- Spouse
- Mum or dad
- Children
- Friends
- Siblings
- Co-workers
- Health Coach
- Naturopath
- Online community

## Social support

If you take comfort from others who are also going through a similar experience you might like to reach out on the social network. You can search for Auto Immune Disease forums and ask to join them on Facebook:

[www.facebook.com/autoimmune.disease.forum](http://www.facebook.com/autoimmune.disease.forum)

<https://autoimmunediseaselist.com./autoimmune-forums.php>



# Stress

## Address this foundational aspect of healing

Stress plays a significant role in inflammation and the goal of this process is to minimise the impact of stressors - one of them being food, another being social and lifestyle stress, on your health.

**Choose one, two or three options from below to integrate into your daily practice in Week 1 with an aim to introduce another one each week.**

- Journaling
- Meditation
- Breathwork
- Exercise
- Qi gong
- Tai chi Massage
- Sleep
- Floating
- Infrared sauna
- Art
- Mindful eating
- Body brushing (scrubbing dry skin with a firm brush, unless skin is sensitive then use soft loofah)

## Some tips

- Journaling can be done first thing in the morning and last thing at night
- Anchor breathing to your bathroom visits (4-7-8)
- Be gentle with meditation - if you're new to it, use apps like HeadSpace or SmilingMind to guide you.
- It can be as simple as sitting and focusing on your breath for 5 minutes
- Use your sleep hygiene list from your MFM Welcome Pack to get a good night's sleep





# Week 1

## Preparation tips

During the first week the less you have to think about, the better. Preparation is key! Here are our tips:

**Step 1:** Get your pantry and fridge sorted

**Step 2:** Go shopping for Week 1

**Step 3:** Do food prep and some batch cooking

**Step 4:** Talk to friends and family - make sure your nearest and dearest are on board

**Step 5:** Cancel reservations and social plans (just for week 1).

**Step 6:** Have a loose plan for the week including exercises, down time, and meal prep

## Meal plan - loose guide

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Monday</b>	Smoothie (banana if tolerated, greens, coconut milk or water, frozen berries, avocado)	Ham Hock and Veg Soup	Lamb burgers using lettuce leaves as bun
<b>Tuesday</b>	Ham Hock and Veg Soup	Large green salad with choice of protein (steak, chicken, fish)	Roast chicken with roasted vegetables
<b>Wednesday</b>	Smoothie of choice	Leftovers from roast chicken and salad/veg	Zucchini Noodles with Tomato Sauce
<b>Thursday</b>	Soup or smoothie	Leftover Zucchini Noodles with Tomato Sauce and salad	Cabbage and bacon soup. Dessert: Cinnamon-Ginger Pear
<b>Friday</b>	Soup or smoothie	Cabbage and Bacon Soup	Steak with vegetables and/or salad

# AIP Shopping List

## Shopping list for Week 1

### Vegetables and Fruit

- 3 onions
- Several cloves of garlic
- 2 lemons
- 3 sticks celery finely chopped
- 6 sweet potatoes
- 4 medium beetroots \*more for salads
- 6 medium carrots \*more for salads
- 1 pumpkin
- 1 cauliflower
- 1 lettuce (cos or romaine)
- 1 cucumber \*more if you're going to make more salads
- 1 avocado \*more if you're going to use more as sides
- 2 firm pears, halved and cored
- 3-4 large zucchini (for pasta zoodles)
- Large bag of mixed lettuce
- Bunch silverbeet
- 1 green cabbage

### Meat

- 1kg ground lamb
- 1 ham hock
- Solid cooking fat (coconut oil, tallow, rendered pork fat)
- Whole organic chicken
- Steak or fish (choice for Thursday night)
- Fish
- 200gm rindless bacon

### Other

- Coconut oil
- Beef broth (homemade, Massell or Nutra Organics)
- Chicken broth (enough for soup x 2)
- Coconut milk
- Carob
- 260gm dried, fine shredded coconut

### Herbs and Spices

- Ground cinnamon
- Ground ginger
- Fresh thyme
- Fresh rosemary
- Ground tumeric
- Dried marjoram
- Fresh mint leaves
- Fresh basil
- Sea salt



### Where to shop

- Organic stores
- Greengrocers
- Supermarket
- Markets
- Farmers markets
- Fishmongers
- Health food stores



# Burgers

## Ingredients

1kg ground lamb (organic)  
2 Tbsp finely chopped fresh mint  
1 Tbsp finely chopped fresh rosemary  
1 tsp sea salt  
1/2 tsp lemon zest  
1 Tbsp cooking fat (coconut, pork, tallow)

## Method

1. In a large bowl, combine the ground lamb, mint, rosemary, salt and lemon zest.
2. Using your hands, form into 12 patties.
3. Heat some of the cooking fat in a cast-iron skillet on medium heat.
4. Cook the patties for 5-8 minutes per side, until nicely browned on the outside and cooked on the inside (you can test by cutting into one).

Option: as an alternative cooking method you can bake in the oven for 20 minutes at 200 Celcius.

*enjoy!*



## Ham Hock and Veggie Soup

### Ingredients

Tbsp fat or oil (tallow, pork, fat, coconut oil)  
1 onion  
1 garlic  
1 stick celery finely chopped  
1 ham hock  
1 sweet potato cut into cubes  
1/2 pumpkin cut into cubes  
1/2 cauliflower chopped into florettes  
Beef or chicken stock (1ltr)  
Salt

### Method

1. Place finely chopped onion and garlic into a large saucepan with the fat and gently cook until transparent.
2. Add celery and stir as it heats through.
3. Add ham hock, broth and then all other ingredients.
4. Bring to the boil.
5. Reduce heat and simmer for 1-3 hours.

*enjoy!*



## Salad

### Ingredients

1 head lettuce (cos or romaine), washed, separated and torn  
2 medium carrots, shredded  
1 small beetroot, shredded  
1/2 small red onion thinly sliced  
1 cucumber, thinly sliced  
1 avocado, peeled and cubed

### Method

1. Combine all ingredients except avocado into a bowl and toss gently.
2. Once combined, add the avocado.

### Dressing

Olive oil with apple Cider Vinegar or the juice of 1/2 lemon.

*enjoy!*



## Cabbage and Bacon soup

### Ingredients

2 1/2 Tbsp coconut oil  
1 onion, chopped  
2 cloves garlic, chopped  
250gms silverbeet, separate leafy green from stalk - trim and chop  
250gms green cabbage, shredded  
200gms rindless bacon  
1/2 tsp ground turmeric  
1 1/2 ltr (6 cups) Chicken broth  
Sea salt

### Method

1. Heat 2 Tbsp oil in a large saucepan over medium heat. add onion and cook until soft, then add garlic, cabbage and silverbeet stems and cook until softened.
2. Heat remaining oil in another fry pan over medium-high heat. Add the bacon and cook until lightly golden. Remove from pan and reserve any fat in the pan.
3. Chop the bacon into 2cm pieces and stir into the cooked cabbage mixture.
4. Add the turmeric, broth and any bacon fat from the pan. Bring to the boil, reduce to low heat and gently simmer for 30mins stirring occasionally.
5. Stir in the chopped silverbeet leaves and cook a further 5 minutes or until wilted. Season with salt.



## Cinnamon-Ginger Baked Pears

### Ingredients

12 firm pears, halved and cored  
1 Tbsp coconut oil, melted  
1/2 lemon, juiced (about 1 Tbsp)  
1/8 tsp ground cinnamon  
1/8 tsp ground ginger  
Pinch of sea salt  
2 Tbsp coconut concentrate\*

#### Coconut concentrate

260gm dried, fine shredded coconut  
(unsweetened)  
1 Tbsp coconut oil  
sea salt to taste

### Method

1. Preheat oven to 180°C
2. Brush the pear halves with coconut oil and lemon juice.
3. Mix the cinnamon, ginger and salt in a bowl and sprinkle evenly over the pears
4. Place the pears (cut side up) in a baking dish and bake for 30 minutes or until soft. Remove from the oven and let cool for a few minutes.
5. Drizzle with coconut concentrate and serve immediately.

*enjoy!*



## Hot Carob and Coconut Drink

### Ingredients

The equivalent of 1 mug of coconut milk  
1 tbs carob powder

### Method

1. Put the milk onto the stove on a medium heat
2. Add in the carob - stirring well.
3. Heat until it begins to simmer.

*enjoy!*



# Resources

## Cookbooks

- The Autoimmune Paleo Cookbook by Mickey Trestcott
- The Complete Gut Health Cookbook by Pete Evans

## More

- Visit our page on AIP which houses this guide and more recipe resources  
<https://www.notion.so/melbournefunctionalmedicine/AIP-Auto-Immune-Protocol>

## Other resources to look into:

- Dr Terry Wahls - <http://terrywahls.com>
- The Paleo Mom - <https://www.thepalemom.com/category/recipes/aip-recipes/>
- Wellness Mama - <https://wellnessmama.com/2840/autoimmune-diet-recipes/>
- Primal Palate - <https://www.primalpalate.com/paleo-blog/24-amazing-autoimmune-protocol-aip-friendly-recipes/>



# Foods to INCLUDE

## Vegetables

artichoke  
asparagus\*  
bok choy  
broccoli  
brussels sprout\*  
cabbage  
cauliflower  
celery  
chard  
collard greens  
cucumber  
fennel\*

garlic\*  
kale  
leek\*  
lettuce  
mushroom\*  
olives\*  
pumpkin  
rhubarb  
rocket  
snap pea  
spinach  
watercress

## Roots

beetroot  
carrot  
celeriac  
onion  
parsnip

turnip  
radish  
shallot  
sweet potato  
yam\*

## Ferments

sauerkraut  
fermented vegetables  
(carrot, beet, etc.)  
kombucha

## Organ Meat

bone broth  
kidney  
tongue

heart  
liver

## Fruit

apple\*  
apricot\*  
avocado\*  
banana\*  
blackberry  
blueberry  
cantaloupe  
cherries\*  
coconut  
date  
fig  
grape  
grapefruit  
guava  
honeydew  
kiwi

lemon  
lime  
mango  
nectarine\*  
orange  
papaya  
peach  
pear  
persimmon\*  
plum  
pineapple  
pomegranate  
raspberry  
strawberry  
tangerine  
watermelon

## Herbs

basil  
bay leaves  
camomile  
chives  
coriander  
dill  
lavender  
lemongrass  
marjoram

mint  
parsley  
peppermint  
rosemary  
sage  
spearmint  
tarragon  
thyme

## Drinks

broth  
coconut milk  
carob hot choc (make your own)  
dandelion tea  
herbal tea  
water

## Spices

cinnamon  
garlic  
saffron  
shallots

cloves  
ginger  
sea salt  
tumeric

## Meats

beef  
chicken  
duck  
fish  
kangaroo  
lamb

pork  
rabbit  
shellfish  
turkey  
venison  
wild game

## Seaweed/Seafood

arame  
dulse  
kombu  
nori

wakame  
salmon  
sardines  
tuna ume

## Pantry

apple-cider vinegar  
anchovies  
arrowroot powder  
carob powder  
coconut flour  
coconut flakes  
coconut vinegar  
coconut aminos  
dates  
dried fruit  
olives  
plum vinegar

\*FODMAP foods - avoid if problematic

# Foods to LIMIT or AVOID

## Grains

amaranth  
barley  
buckwheat  
bulgur  
corn  
farrow  
kamut  
millet

oats  
quinoa  
rice  
rye  
sorghum  
spelt  
teff  
wheat

## Nightshades

cayenne  
chilli  
capsicum  
ground cherry  
chilli peppers  
eggplant  
goji berry

jalepeno  
potato  
sweet pepper  
tobacco  
tomato  
tomatillo  
wolf berries

## Spices

allspice  
star anise  
annatto  
canola  
caraway  
cardamom  
celery seed  
coriander

cumin  
fennel seed  
fennugreek  
juniper  
mustard  
nutmeg  
pepper  
poppyseed

## Nuts/Seeds

almond  
brazil  
cashew  
chestnut  
chia  
**coffee**  
cocoa  
**chocolate**  
flaxseed  
hazlenut

hemp  
macadamia  
pecan  
pine  
pistachio  
poppy  
pumpkin  
sesame  
sunflower  
walnuts

## Beans/Legumes

adzuki beans  
black beans  
black-eyed  
peas  
chickpeas  
broad beans  
kidney beans  
lentils  
lima beans

green beans  
mung beans  
peanuts  
runner beans  
soy beans  
(including  
tofu, tempeh,  
edamame,  
soy, lecithin)

## Sugars

agave  
agave nectar  
barley malt syrup  
brown rice syrup  
brown sugar  
cane sugar  
caramel  
corn sweetener  
fructose  
fruit juice concentrate  
golden syrup  
high fructose corn syrup  
inulin  
maltodextrin  
maltose  
refined sugar  
treacle

## Dairy

butter  
cheese  
ghee  
cream  
cream cheese  
yoghurt  
ghee  
milk (including goats  
and cow)

## Other

artificial colours  
lecithin  
msg  
trans fat  
vegetable oil  
yeast extract  
eggs of any kind

## Drinks

all alcohol  
coffee  
caffeinated tea  
cordial  
hot chocolate  
soft drinks