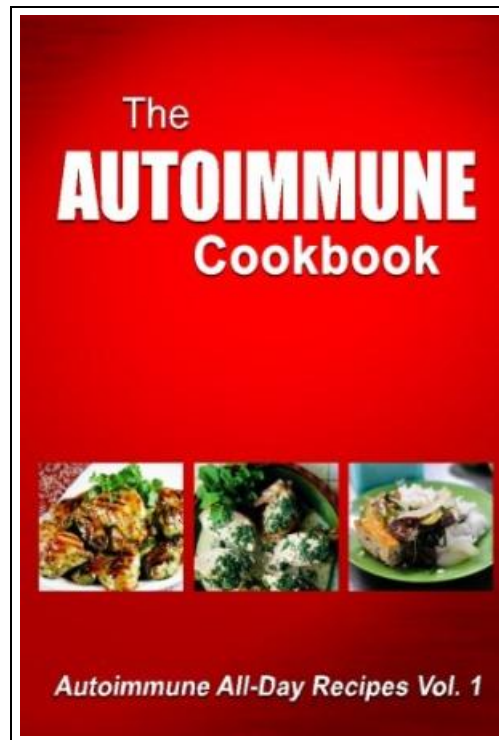


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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 54 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Autoimmune Cookbook Autoimmune All-Day Recipes The autoimmune protocol is a very basic diet. It consists of fruits, vegetables and meat. However, not all vegetables are allowed: a specific family of vegetables known as nightshades causes autoimmune reactions in a large amount of people. The nightshade family includes eggplants, tomatoes, peppers (sweet and hot kinds even chilies and jalapeos), mustard and potatoes. Artificial and no-calorie sweeteners are banned, as are processed foods, vegetable oils, dairy, grains, nuts, seeds, legumes, eggs, dried fruit and alcohol. What you can eat: meat (preferably grass-fed), fish and seafood, around 2 pieces of fruit per day, the occasional use of natural sweeteners (maple syrup, honey) in small amounts, fermented foods, many coconut products including milk, oil and coconut aminos, clarified butter (known as ghee) and non-nightshade veggies. Table of Contents Why the Autoimmune Protocol Foods to Avoid Introduction Chapter 1 Soups and Salads Creamy Parsnip Soup Chicken Soup Emerald Soup Citrus Fennel Salad Pineapple Jicama Salad Chapter 2 Main Dishes Steak Tacos Steak with Mushroom Sauce Skillet Sausage Scramble Spaghetti and Meatballs Italian Red Sauce Mahi Mahi with Citrus Salsa Cod with Saffron and Garlic Quick Chicken Stir-Fry Pork Tenderloin with Apples Turkey Cutlets Chapter 3 Side Dishes Lemon-Vinaigrette Carrots Sautéed Southern-Style Greens Mashed Root Vegetables Stuffed Acorn Squash Purple Plum Cabbage Coconut Cauliflower Roasted Brussels Sprouts Braised Sweet Potatoes and Kale Sautéed Snap Peas and Mushrooms Summer Squash Medley Chapter 4 Beverages Anti-Inflammatory Mango Smoothie Green Coconut Smoothie Minty Melon Smoothie Warming Turmeric Tea Mojito Mocktails This item ships from La Vergne, TN. Paperback.



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