

THE PALEO APPROACH QUICK-START GUIDE

A practical guide to implementing the Paleo autoimmune protocol

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**What is The
Paleo
Approach?**

Foods to Avoid

Foods to Eat

Food Quality



**Stocking the
Pantry**

**Reintroducing
Foods**

Lifestyle

Support





WHAT IS THE PALEO APPROACH?

Autoimmune disease is caused by the immune system losing the ability to differentiate proteins belonging to your own body with proteins belonging to a foreign invader. What causes symptoms is the build up of damage to cells, tissues and/or organs in the body caused by your own immune system attacking those cells. Which cells are attacked is what separates one disease from another.

HOW DOES THE PALEO APPROACH ADDRESS AUTOIMMUNE DISEASE?

Genetic predisposition to autoimmunity makes up about 1/3 of your risk of developing an autoimmune disease. The other 2/3 comes from environmental factors like diet, lifestyle, infections, exposure to toxins, hormones, weight, etc. While you cannot control your genetics, you do have an immense amount of control over your diet and lifestyle. By removing the foods that contribute to a leaky gut, gut dysbiosis, hormone imbalance, inflammation, and stimulate the immune system, you can create the opportunity for your body to heal. Even if your disease has been aggressive and caused permanent damage, you can stop your immune system from attacking your body and heal substantially.

This diet is appropriate for everyone with diagnosed autoimmune disorders or with suspected autoimmune diseases. You will not be missing out on any nutrients and this diet is absolutely appropriate to follow for the rest of your life. If you have a specific problem that causes extra food sensitivities, those should be taken into account.

Gut dysbiosis and a leaky gut are believed to be involved in all autoimmune diseases and their presence is directly related to diet and lifestyle. The Paleo Approach is designed to help heal the gut, restore normal gut microorganisms, reduce inflammation, and regulate the immune system through healing the gut, balancing hormones, and addressing micronutrient deficiencies.

The first dietary recommendation for those with autoimmune disease is to adhere to a strict paleo diet with no cheating. To be clear, this means: no grains, no legumes, no dairy, no refined sugars, no modern vegetable oils, and no processed food chemicals. While other people may be able to enjoy the occasional bowl of rice or corn chips or even ice cream, if you suffer from an autoimmune condition, you are most likely not one of these people. Gluten-containing grains should be banned for life. Other grains and legumes can be very problematic for those with autoimmune conditions. Dairy of any kind (even grass-fed ghee which can still have trace lactose and dairy proteins!) should be avoided initially. This may be true for the rest of your life but some people may be able to reintroduce many foods after their diseases are in remission.

If you have an autoimmune condition, other foods can be triggers, including: eggs, nuts, seeds, nightshades, gluten cross-reactive foods, fructose in excess of 20g per day, alcohol, NSAIDS, non-nutritive sweeteners, and food additives. These foods are also omitted from the Paleo Approach

because they cause gut irritation, cause gut dysbiosis (overgrowths are most common), act as carrier molecules across the gut barrier, stimulate the immune system, increase gut permeability, and/or cause inflammation. In addition, it's important to ensure that your blood sugar levels are well managed. This does not mean low carb. It just means not high carb.

Perhaps even more important than removing foods that negatively impact gut health or stimulate the immune system is eating a nutrient-dense diet. Micronutrient deficiencies are the strongest diet-related factors contributing to increased risk of autoimmune disease. If you have autoimmune disease, it is highly likely that you are deficient in a number of nutrients. So, just as some foods should be eliminated, there is also a focus on eating more highly nutrient-dense foods like organ meat, fish and shellfish, green and colorful vegetables, fruit, cruciferous vegetables, sea vegetables, quality meats and fats, probiotic foods, and bone broth.

Fruits and vegetables may be consumed raw or cooked. To get sufficient variety, make sure to "eat the rainbow" and include something green with every meal in addition to at least one other color vegetable. The only fruits or vegetables that are restricted on The Paleo Approach are nightshades and legumes. Dried fruit are high sugar and should be reserved for occasional treats due to their potential impact on blood sugar. All other fruits and vegetables are low or moderate glycemic load and the vast majority of people will be able to sufficiently regulate blood sugar levels without limiting or counting fruits or vegetables at all. In fact, eating a large amount of vegetables is really important and I think that there are so many fears about which vegetables might be bad that people under-eat fruits and vegetables to the detriment of their healing. Unless you have diagnosed sensitivity to these foods, eat them. Don't like vegetables? Eat them anyway. Also, eat liver, fish and oysters.

I know from experience that this is a very challenging task. I also know from experience that often 90% is not good enough. I know from experience that this increases your food budget (although perhaps this can be negated by decreasing your medical expenses). I try to focus on the delicious foods that I do get to eat. I try to focus on the fact that I have a strategy for improving my health that is far more powerful than any prescription medication. And, compliance gets much easier once you start to see improvement.

It's only effort until it's routine.

Want more? Check out [The Paleo Approach](#), available online and in bookstores everywhere.

THE PALEO MOM

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FOODS TO AVOID

Grains, legumes, and several other foods can contribute to intestinal permeability, hormone imbalances, and other chronic health problems (including autoimmune disease), but avoiding them can be difficult because they are present in so many foods. Here are the ingredients you should look out for.



GRAINS & PSEUDOGRAINS

amaranth, barley, bran, buckwheat, chia, corn, durum, fonio, Job's tears, kamut, millet, oats, quinoa, rice, rye, sorghum, spelt, teff, triticale, wheat (all varieties, including einkorn and emolina), wild rice, and all foods derived from them

ADDED SUGARS

Acesulfame potassium, agave, agave nectar, aspartame, barley malt, barley malt sugar, beet sugar, brown rice syrup, brown sugar, cane crystals, cane juice, cane sugar, caramel, coconut sugar, corn sweetener, corn syrup, corn syrup solids, crystalline fructose, date sugar, dehydrated cane juice, demerara sugar, dextrin, dextrose, diastatic malt, erythritol, evaporated cane juice, fructose, fruit juice, fruit juice concentrate, galactose, glucose, glucose solids, golden syrup, high-fructose corn syrup, honey, invert sugar, inulin, jaggery, lactose, malt syrup, maltodextrin, maltose, mannitol, maple syrup, molasses, monk fruit (luo han guo), muscovado sugar, neotame, palm sugar, panela, panocha, rapadura, raw cane sugar, raw sugar, refined sugar, rice bran syrup, rice syrup, saccharine, saccharose, sorbitol, sorghum syrup, stevia, sucanat, sucralose, sucrose, sugar, syrup, treacle, turbinado sugar, xylitol, and yacon syrup

DAIRY

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

COFFEE & ALCOHOL

LEGUMES

adzuki beans, bean curd, bean sprouts, black beans, black-eyed peas, butter beans, calico beans, cannellini beans, chickpeas (garbanzo beans), fava beans (broad beans), Great Northern beans, Italian beans, kidney beans, lentils, lima beans, mung beans, navy beans, pinto beans, peanuts, split peas, soybeans (including edamame, hydrolyzed soy protein, miso, tamari, tofu, tempeh, soy lecithin, and soy sauce), and all foods derived from them

PROCESSED OILS

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

NIGHTSHADES

ashwagandha, bell peppers, cayenne, cape gooseberries (ground cherries), eggplant, garden huckleberries, goji berries (wolfberries), hot peppers, naranjillas, paprika, pepinos, pimentos, potatoes, tamarillos, tomatillos, tomatoes, and spices or spice mixes derived from them

NUTS & SEEDS

almonds, anise, annatto, black caraway (black cumin), Brazil nuts, cashews, celery seed, chestnuts, chia, coriander, cumin, dill, fennel, fenugreek, flax, hazelnuts, hemp seeds, macadamia nuts, mustard, nutmeg, pecans, pine nuts, pistachios, poppy, pumpkin, sesame, sunflower, walnuts, and any flours, butters, oils, and other products derived from them

EGGS

ADDITIVES

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, and other ingredients with chemical names you don't recognize

HIDDEN GLUTEN & SOY

Asian rice paper, atta flour, bacon (check ingredients), barley, barley grass, barley malt, bean curd, bean sprouts, beer, bleached or unbleached flour, bran, bread flour, breadings, brewer's yeast, bulgur, coating mixes, chocolate, communion wafers, condiments, couscous, croutons, dinkel (spelt), durum, edamame, einkorn, emmer (durham wheat), farina, farro, food starch, french fries, fu, gliadin, glue, gluten, gluten peptides, glutenin, graham, gravies, hydrolyzed soy protein, hydrolyzed wheat gluten, hydrolyzed wheat protein, ice cream, imitation fish, kamut, kinako, lunch meats, maida, malt, malt vinegar, marinades, matzah (matzo), mir, miso, mono- and diglycerides, MSG, natto, nimame, nutritional and herbal supplements, oats, okara, panko, pilafs, prepared foods, processed cereals, rye, salad dressings, sauces, seitan, self-basting poultry, semolina, shoyu, some medications, soup bases and bouillon, soy or rice drinks, soy products, soya, spelt, spice mixtures, starch, stuffings, syrups, tamari, tempeh, teriyaki sauce, textured vegetable protein, thickeners, tofu (dofu, kori-dofu), triticale, wheat, wheat bran, wheat germ, wheat grass, wheat starch, and yuba

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FOODS TO EAT

Even more important than avoiding harmful foods is eating a wide variety of quality, nutrient-dense foods. Some of the most nutrient-dense foods include organs and seafood. Variety is important not only because it tends to keep us happy but also because we get different amino acids, fatty acids, vitamins, minerals and antioxidants from different cuts of meat, seafood, nuts, seeds, vegetables, and fruits.

MEAT, OFFAL, & INSECTS

agave worm, ant, antelope, bamboo worm, bear, beaver, bee larvae, beef, blood, brain, buffalo, boar, bone broth, camel, caribou, centipede, cheek, chicken, cicada, cockroach, cricket, crocodile, deer (venison), dove, dragonfly, duck, dung beetle, earthworm, elk, emu, fats, fly pupae, fries, frog, goat, goose, grasshopper, grouse, guinea hen, hare, heart, hornworm, horse, insects, intestines, jowl, june bugs, kangaroo, kidney, lips, liver, locusts, marrow, meal worms, moose, ostrich, partridge, pig, pigeon, pheasant, quail, rabbit, sago worms, seal, sea lion, sheep (lamb, mutton), silk worms, skin, snake, spleen, sweetbreads, tail, tongue, tripe, turkey, turtle, veal, and whale

SEAFOOD

abalone, anchovy, anemone, Arctic char, Atlantic croaker, barcheek goby, bass, bonito, bream, brill, brisling, carp, catfish, caviar (roe), clams, cockles, cod, conch, conger, common dab, crab, crappie, crawfish, croaker, cuttlefish, drum, eel, fera, filefish, gar, haddock, hake, halibut, herring, jellyfish, John Dory, king mackerel, lamprey, limpets, ling, loach, lobster, marlin, mackerel, mahi-mahi, milkfish, minnow, monkfish, mullet, mussels, octopus, oysters, pandora, perch, periwinkles, plaice, pollock, sailfish, salmon, sardine, scallops, sea cucumber, sea urchin, sea squirts, shad, shark, sheepshead, shrimp, silverside, smelt, snails, snakehead, snapper, sole, squid, starfish, swordfish, tarpin, tilapia, tilefish, trout, tub gurnard, tuna, turbot, walleye, whelks, and whiting

VEGETABLES & MUSHROOMS

abusgata, amaranth greens, aonori, arame, arracacha, arrowroot, artichoke, arugula, asparagus, avocado, bamboo, beech mushroom, beet greens, beet, bok choy, boletus, borage greens, broadleaf arrowhead, broccoli, broccoli rabe, Brussels sprouts, burdock, button mushrooms, cabbage, canola leaves, camas, canna, capers, cardoon, carola, carrot, carrot tops, cassava, cat's ear, cauliflower, celeriac, celery, celtuce, chanterelle, chickweed, chicory, Chinese artichoke, Chinese mal-low, chives, chrysanthemum leaves, collard greens, cress, cucumber, dabberlocks, daikon, dandelion, dulse, earthnut pea, endive, ensete, fat hen, fiddleheads, field blewit, fennel, fluted pumpkin leaves, garlic, ginger, Good King Henry, gypsy mushroom, Hamburg parsley, hijiki, horseradish, ivy gourd, Jerusalem artichoke, jicama, kai-lan, kale, kefir, king trumpet mushroom, kohlrabi, kohlrabi greens, komatsuna, kombu, kombucha, kurrat, lagos bologi, lamb's lettuce, land cress, laver, leek, lettuce, lion's mane mushroom, lizard's tail, loofa, lotus, maitake, mashua, matsutake, melokhia, mizuna, morel, mozuku, mustard greens, napa cabbage, New Zealand spinach, nopal, nori, ogonori, okra, olives, onion, orache, oyster mushroom, parsnip, pea leaves, pearl onion, pepinos, pignut, pimentos, poke, potato onion, prairie turnip, Prussian asparagus, pumpkin, radicchio, radish, rutabaga, saffron milk cap, samphire, salsify, scorzonera, sculpit, sea beet, sea grape, sea kale, sea lettuce, shallot, shiitake, skirret, snow fungus, sorrel, sparassis crispa, spinach, spring onion, squash, squash blossoms, straw mushroom, summer purslane, swede, sweet potato, sweet potato greens, sweet tooth fungus, Swiss chard, taro, tatsoi, tigernut, tinda, tree ear fungus, tree onion, truffle, turnip greens, ulluco, wakame, wasabi, water caltrop, water chestnut, watercress, water spinach, West Indian gherkin, wild leek, winter mushroom, winter purslane, yacon, yam, yeast, and zucchini

FRUIT

abiu, acai, acerola, ackee, African moringa, amanatsu, ambarella, apple, apricot, babaco, banana, bearberry, bilberry, biribi, bitter melon, blackberry, blood orange, blueberry, Buddha's hand, cam sanh, camucamu, canary melon, canistel, cantaloupe, casaba, ceriman, charantais, chayote, cherimoya, cherry, chokeberry, chokecherry, Christmas melon, citron, clementine, cloudberry, coco plum, coconut, crabapple, cranberry, crenshaw, crowberry, currant, custard apple, date, dragonfruit, durian, derishi, elderberry, falberry, fernandina, fig, galia, gambooge, goji berries, gooseberry, grapefruit, grapes, granadilla, greengage, guava, guavaberry, guanabana, hackberry, hawthorn, honeydew, horned melon, huckleberry, ilama, jackfruit, jujube, karonda, kinnow, kiwi, kiyomi, korlan, kumquat, lemon, lime, limetta, lingonberry, loganberry, longan, loquat, lychee, mamey sapote, mandarin, mango, mangosteen, maypop, medlar, melonpear, muscadines, mulberry, muskmelon, nance, nannyberry, nectarine, net melon, ogen melon, orange, orangelo, Oregon grape, oroblanco, papaya, passionfruit, pawpaw, peach, peanut butter fruit, pear, Persian melon, persimmon, pineapple, plantain, pluasan, plum, pomegranate, pomelo, pompia, ponkan, quince, rambutan, rangpur, raspberry, riberry, rose apple, rose hip, rowan, Russian melon, safou, salak, salmonberry, santol, sea buckthorn, serviceberry, service tree, sharlyn, shipova, shonan gold, soursop, star apple, star fruit, strawberry, strawberry tree, sudachi, sugar apple, sweet melon, tamarind, tangelo, tangerine, tangor, thimbleberry, ugli fruit, ugni, vanilla, wampee, watermelon, wax melon, wineberry, winter melon, xigua, and yuzu



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FOOD QUALITY

In a perfect world, our diets would consist of pasture-raised, free-range, or wild meat and fish and organic, local, seasonal produce. This is prohibitively expensive for many families, including mine. Can you still follow this diet and see improvement in your health if you can't always afford the highest-quality food? Of course you can! This guide will help you make the best decisions within your budget.

MEAT QUALITY

If you can't afford to have all of your meat come from grass-fed, pastured, and wild sources, I have ranked meats from best to worst in quality.

BEST

- [Organ Meat](#) from Grass-fed and Pasture-raised Animals: Organ meat is more densely packed with just about every vitamin and mineral and the fat content is also extremely healthy.
- [Wild-Caught Fish and Shellfish](#): Wild-caught fatty fish can be found fresh, canned, or frozen. Look for sales in the late summer and early fall.
- [Grass-fed Beef, Bison, Lamb, Venison or Goat](#): Ground meat is always the cheapest. Some local farmers will sell bulk meat at a very discounted rate.
- Wild Game: You can buy wild game if you do not hunt.

BETTER

- Organ Meat from Organic and Conventional Animals: The fat profile is less favorable, but the organs still contain denser nutrition than muscle meat.
- Farmed Fish and Shellfish: Even farmed fish has contains extremely beneficial fats and is rich in amino acids, vitamins, and minerals that aren't as easy to get from meat and poultry.
- Pasture-Raised Pork and Free-Range Poultry: Look for ones that are not fed soy or corn if you can.

GOOD

- Organic Meat and Conventional Lamb and Veal: These animals do spend some time in pasture and do eat at least some grass.
- Lean Cuts of Beef: Marbled steaks typically contain 10-15 times more omega-6 than omega-3.
- Lean Pork: Usually, the lighter colored the meat, the lower the fat content.

MODERATE OR AVOID

- Fatty Cuts of Conventional Beef and Pork: Ideally, this would only be an occasional treat.

- Conventional Chicken and Turkey: Battery-raised chicken can have some of the highest omega-6 levels of any meat.

PRODUCE QUALITY

Conventional produce has fewer vitamins, minerals and antioxidants than local, organic produce because of poor soil quality, the specific cultivars used, and the amount of time between harvest and consumption. To get the most out of your produce, nuts, and seeds:

- Eat produce as soon as you buy it whenever possible.
- Buy frozen veggies. These are typically picked ripe (as opposed to ripening during storage) and flash frozen, which preserves many of the nutrients.
- Kale, dandelion greens, and red cabbage are nutrient-dense choices.
- Mix up eating vegetables raw and cooked.
- Ferment your own fruits and vegetables.
- Grow some of your own vegetables or gather wild edibles that grow around you.

EATING SEASONALLY*

An easy way to eat seasonally and eat the best-quality produce is to do the bulk of your shopping at local farms and farmers' markets. Fruits and vegetables also tend to be cheaper when they are in season because supply is high, which is great for anyone on a tight budget.

YEAR-ROUND

avocados, bananas, beet greens, broccolini, cabbage, carrots, celery, celery root, leeks, lemons, lettuce, mushrooms, onions, papayas, parsnips, shallots, turnips

SPRING

apricots, artichokes, arugula, asparagus, beets, broccoli, cauliflower, chives, collard greens, fennel, fiddleheads, garlic, grapefruit, honeydew melon, jicama, kale, kohlrabi, limes, mangoes, mustard greens, oranges, pineapple, radicchio, ramps, rhubarb, sorrel, spinach, spring greens, spring onions, strawberries, Swiss chard, turnips, Vidalia onions, watercress

FALL

apples, arugula, Asian pears, bok choy, broccoli, Brussels sprouts, cauliflower, cherimoya, coconuts, cranberries, daikon radish, garlic, ginger, grapes, guava, huckleberries, Jerusalem artichokes, jicama, kale, kohlrabi, kumquats, passionfruit, pears, pomegranate, pumpkin, quince, radicchio, rutabagas, sweet potatoes, Swiss chard, winter squash

SUMMER

apricots, arugula, Asian pears, beets, black currants, blackberries, blueberries, boysenberries, broccoli, cherries, cucumber, figs, garlic, grapes, kiwi, limes, loganberries, melons, nectarines, okra, passionfruit, peaches, pineapples, plums, radishes, raspberries, strawberries, summer squash, Swiss chard, zucchini

WINTER

apples, bok choy, Brussels sprouts, cauliflower, cherimoya, clementines, coconuts, collard greens, dates, grapefruits, jicama, kale, kiwi, kohlrabi, limes, oranges, passionfruit, pears, persimmons, pineapple, pomegranate, potatoes, red currants, rutabagas, sweet potatoes, tangerines, winter squash, yams

***Based on North American harvests. Varies regionally.**

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STOCKING THE PANTRY

Sifting through Paleo recipes trying to find one you have the ingredients for? Wondering where to buy all these different items? Here is a list of the most common ingredients for Paleo cooking. You don't need to buy everything at once, and most of these ingredients are cheapest in bulk online. I've tried to find the best prices for the quality and lowest shipping costs for you, but it's always good to shop around!

COMMON PANTRY INGREDIENTS

- [Arrowroot starch](#) and [tapioca starch](#) can be used to thicken sauces and provide a lighter texture to paleo baking. They behave slightly differently and have different flavors, so both are typically required in your pantry.
- [Coconut aminos](#) is a frequently-used soy sauce substitute. Add it to stir-fries, dressings, or dips.
- [Coconut flour](#) has very different baking properties from other flours, so baking recipes often use it with a combination of other flour substitutes.
- [Coconut milk](#) has a strong coconut flavor which works very well in a lot of baking applications as well as curries and soups. Look for one without guar gum as an ingredient. Most paleo recipes call for full-fat coconut milk.
- Coconut oil is a versatile staple for any paleo household. [Extra virgin coconut oil](#) has a strong coconut aroma and flavor. [Refined coconut oil](#) has almost no flavor and is great when the flavor of coconut just doesn't work.
- [Creamed coconut](#) is very finely pureed fresh coconut. It can be mixed with a little water to the consistency of crème fraîche or with more water to make coconut milk. It's a useful ingredient for curries and soups.
- Dried coconut has many uses. [Unsweetened coconut flakes](#) are a great snack and a fabulous ingredient for many baking applications, giving both coconut flavor and texture. It's even good in stir-fries and curries! [Unsweetened shredded coconut](#) finds its way into many baking recipes and is definitely a pantry staple for bakers.
- Dried fruit is a great way to sweeten baking without adding sugars. [Dried apricots](#), [cranberries](#), [dates](#), [raisins](#), and [banana chips](#) are nice to have on hand.
- [Fish sauce](#) is often used in Asian dishes. Be sure to check the label to make sure there aren't any non-Paleo additives.

- Herbs (dried or fresh) add depth to many dishes. Consider [balm](#), [basil](#), [bay leaves](#), [chamomile](#), [chervil](#), [chives](#), [cilantro](#), [dill weed](#), [lavender](#), [marjoram](#), [onion powder](#), [oregano](#), [parsley](#), [peppermint](#), [rosemary](#), [saffron](#), [sage](#), [savory](#), [spearmint](#), [tarragon](#), and [thyme](#).
- Leavening and spices are easy ingredients to find in your local stores. I use [baking soda](#) and [cream of tartar](#) for leavening. Commonly-used seasonings include [anchovy paste](#), [cinnamon](#), [cloves](#), [ginger](#), [turmeric](#), [mace](#), [salt](#), [truffle salt](#), [vanilla extract](#), [vanilla bean](#), and [lemon juice](#).
- Oils like [extra virgin olive oil](#) and [avocado oil](#) are essential for homemade salad dressings. These and other oils that are liquid at room temperature should not be heated.
- [Palm shortening](#) is a great substitute for butter in baking and is also my favorite fat for greasing muffin tins and other baking pans. It doesn't have much flavor and can be used interchangeably with coconut oil in some recipes.
- [Red palm oil](#) is a great plant-based cooking oil if you are allergic to coconut.
- Packaged foods like [sardines](#), [salm-on](#), [oysters](#), [kelp noodles](#), and [sweet potato noodles](#) can make for quicker, easier meal prep. Be sure to read the ingredient labels to make sure they don't contain non-TPA additives.
- Vinegars like [balsamic](#), [coconut water](#), and [apple cider](#) can add flavor to any number of dishes, especially salads.

SUBSTITUTIONS

- boxed broth/bouillon cubes: homemade [broth](#)
- chips: [sweet potato](#), [kale](#), [plantain](#), or [banana chips](#)
- cocoa powder: [carob powder](#)
- coffee: tea or [bone broth](#)
- cold cuts: [uncured deli meat](#)
- cookies: homemade [cookies](#)

- crackers: homemade [crackers](#)
- flour for baking: [coconut](#), [plantain](#), or [sweet potato](#) flour, [arrowroot powder](#), and [tapioca starch](#)
- flour to thicken sauces: [tapioca](#) or [arrowroot starch](#)
- french fries: homemade vegetable fries
- fruit cups: homemade fruit salad
- fruit snacks: [dried apricots](#), [cranberries](#), [dates](#), [raisins](#), [coconut flakes](#), or other dried fruit
- ice cream: homemade [coconut-milk ice cream](#)
- jelly: homemade jam or compote
- margarine: [coconut oil](#), [palm shortening](#), or [pasture-raised lard](#)
- milk: [coconut milk](#)
- pancakes: homemade [pancakes](#)
- pasta: [spaghetti squash](#), spiralized vegetables, [kelp noodles](#), or [sweet potato noodles](#)
- potatoes: sweet potatoes, taro, rutabaga, or other root vegetables
- protein bars: [Epic bars](#), [jerky](#), or [pemmican](#)
- protein powder: beef isolate or [beef plasma protein](#)
- regular bacon: [sugar-free bacon](#)
- regular hotdogs: [grass-fed uncured hotdog](#)
- regular sausage: [sausages](#) or homemade [sausage patties](#)
- rice: [cauliflower rice](#)
- salad dressings: homemade salad dressings
- sauteeing in olive or vegetable oil: sauteeing in fats that are solid at room temperature, like [lard](#) and [coconut oil](#)
- soda: [kombucha](#)
- soy sauce: [coconut aminos](#)
- tortillas: wraps made with lettuce or other leafy greens like chard and collards, [pure wraps](#), or nori
- yogurt: homemade [coconut milk kefir](#)

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REINTRODUCING FOODS

Ideally, you should avoid food reintroductions until your disease is in full remission. Your decision should come from feeling good and seeing improvement, not cravings. If you think your immune system is still attacking your organs, then it is too early for reintroduction.



HOW TO REINTRODUCE FOODS

1. Select a food to challenge. Start with the Stage 1 foods, then proceed onto the other stages. Be prepared to eat it two or three times in one day (but not again for a few days).
2. The first time you eat the food, eat half a teaspoon or even less (if you are testing spices, use just a pinch). Wait fifteen minutes. If you have any symptoms, don't eat any more. Next, eat one teaspoon of the food (a tiny bite).
3. Wait fifteen minutes. If you have any symptoms, don't eat any more. Next, eat one-and-a-half teaspoons of the food (a slightly bigger bite). That's it for now.
4. Wait 2-3 hours and monitor yourself for symptoms.
5. Now eat a normal-size portion of the food—either by itself or as part of a meal.
6. Do not eat that food again for 3-7 days (and don't reintroduce any other foods in that time, either). Monitor yourself for symptoms.
7. Feel free to eat the food again on the challenge day if you want to. If you have no symptoms in the next 3-7 days, you may reincorporate this food into your diet and begin testing another food.

STAGE 1 FOODS

egg yolks, legumes with edible pods like green beans, scarlet runner beans, sugar snap peas, snow peas, and peas, fruit- and berry-based spices, seed-based spices, seed and nut oils, ghee from grass-fed dairy, and any The Paleo Approach-approved foods you may have eliminated (like FODMAPs)

STAGE 3 FOODS

cashews and pistachios, eggplant, sweet peppers, paprika, coffee, grass-fed raw cream, and fermented grass-fed dairy like yogurt and kefir

STAGE 2 FOODS

seeds, nuts (except cashews and pistachios), cocoa or chocolate, egg whites, grass-fed butter, and alcohol in small quantities

STAGE 4 FOODS

other dairy products, chili peppers, tomatoes, potatoes, other nightshades and nightshade spices, alcohol in larger quantities, white rice, traditionally prepared legumes and gluten-free grains, and foods you are allergic or have a history of strong reactions to

SYMPTOMS TO LOOK OUT FOR

Even having just one of these symptoms may indicate that you are sensitive to a food. Remember that symptoms can occur even a couple of days after you eat the food. If your symptoms are delayed, it can be a little tricky to determine whether or not there is a link to the food you are challenging. If you aren't sure, go on to the next food (without incorporating the other one back into your diet) and then revisit that particular food in a couple of weeks.

- symptoms of your disease returning or worsening
- gastrointestinal symptoms: tummyache, changes in bowel habits, heartburn, nausea, constipation, diarrhea, increased or decreased frequency, gas, bloating, undigested or partly digested food particles in stool
- reduced energy or fatigue
- food cravings for sugar, fat, or caffeine
- craving nonfood items like clay, chalk, dirt, or sand
- trouble sleeping or just not feeling rested in the morning
- headaches (mild to migraine)
- dizziness or lightheadedness
- increased mucus production
- coughing or increased need to clear your throat
- itchy eyes or mouth
- sneezing
- aches and pains: muscle, joint, tendon, or ligament
- changes in skin: rashes, acne, dry skin, little pink bumps or spots, dry hair or nails
- mood issues: mood swings, feeling low or depressed, being less able to handle stress, increased anxiety

TIPS

Don't reintroduce a new food if you have an infection, had an unusually strenuous workout, got less sleep than normal, are feeling unusually stressed, or are under any other circumstances that may make interpreting a reaction difficult. If you have a hard time determining which food caused what reaction, wait longer between reintroductions. Even if a reintroduction is successful, you may wish to keep your consumption of the food to a minimum (like reserving coffee as a treat for Sunday brunch) for the best long-term results. The foods you tolerate may change over time, so a failed reintroduction does not mean you can never eat that food again.

Want more? Check out [The Paleo Approach](#), available online and in bookstores everywhere.



LIFESTYLE

Eating a nutrient-rich diet is important, but it's not everything. In fact, if you ignore lifestyle factors, you might completely undermine all of the efforts you are making with your diet. Specifically, you need to prioritize getting enough quality sleep, managing stress, and getting a decent amount of low-to-moderate intensity exercise. The tips on this page will help you do just that.

WHY LIFESTYLE?

Your lifestyle plays an important role in regulating your hormone systems, which in turn help regulate your immune system. Hormone balance is critical for immune health, which is why diet change can only go so far if you aren't addressing lifestyle factors that may be holding you back. Making small changes to the way you exercise, sleep, eat, socialize, and handle stress can reap enormous health benefits. It's okay if your lifestyle becomes a constant work in progress. Getting your ducks in a row (and keeping them there) takes time, dedication, and is a constant learning process.

ACTIVITY

- Add low-intensity exercise like walking, swimming, yoga, tai chi, gardening, and playing with your kids or dog.
- If you are already somewhat active, try moderately-intense exercise like hiking, jogging, dancing, bicycling, weight lifting, fitness classes, and various sports.
- If you have limited mobility, try swimming, water-exercise, water-therapy, chair exercise, and chair aerobics.
- Investigate the option of an active desk at work.
- Take up a hobby that is not sedentary.
- Avoid strenuous activity.

MANAGING MEALS

- Prioritize family meals.
- Make cooking fun, social, and relaxing.
- Sit down to eat and focus on your food.
- Chew thoroughly and don't rush through a meal.
- Don't eat when under duress.
- Eat 2-3 large meals a day.

IMPROVING SLEEP

- Spend time outside every day. Use a light-therapy box on days you don't go outside or when the weather is gloomy.
- Keep lights dim in the evening and use blue-blocking glasses for the last 2-3 hours before bed.
- Sleep in a dark environment that is cool, quiet, and a place you associate with peace and rest.
- Keep mealtimes "on schedule".
- Figure out your ideal bedtime for getting enough sleep.

MANAGING STRESS

- Decrease the number and severity of stressors in your life
- Decrease the effect that stressors have on you
 - It's OK if you can't do it all.
 - It's OK to ask for help.
 - Take a few moments for deep breathing or stretching during the day.
- Maintain good posture.
- Find excuses to get up and move.
- Leave your work at work.
- Engage in stress-relieving activities before and after work.
- Have fun with hobbies, humor, and enjoying nature.
- Use your brain.
- Turn your brain off with active (yoga, tai chi, martial arts) or mindful meditation.
- Nurture yourself with small changes like music, candlelight, aromatherapy, getting a massage, using a light alarm, or a gratitude journal.
- Increase your resilience with humor, faith in your abilities, planning, positive thinking, and a secure social network.

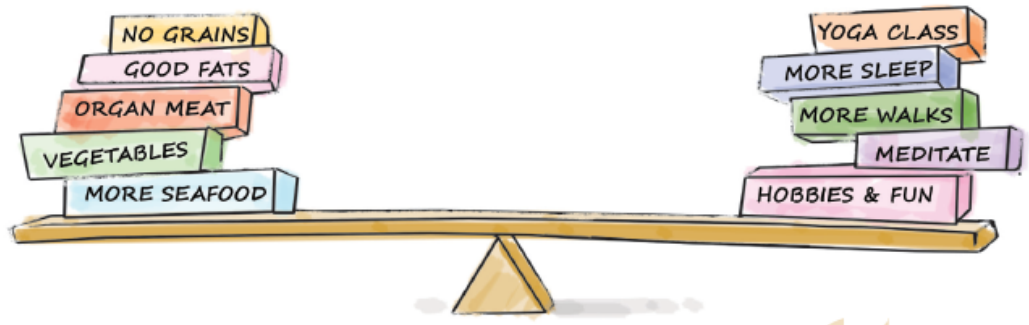
TROUBLESHOOTING

There are circumstances in which additional dietary changes, supplements, or medications may be necessary. If you aren't seeing results with diet and lifestyle alone, here are a few other factors you might consider looking at. See [The Paleo Approach](#) for a complete list.

- digestive support
- organ support (liver, thyroid, gallbladder)
- additional food sensitivities
- infection (like SIBO)
- [probiotics](#)

NEED HELP?

If you need guidance troubleshooting your health, I recommend finding an integrative or functional medicine practitioner. [PaleoPhysicians-Network](#) and [PrimalDocs](#) are excellent resources for finding one. You might also consider one of my consultants at [ThePaleoMom Consulting](#).



THE PALEO MOM

Sarah Ballantyne, PhD
www.ThePaleoMom.com



SUPPORT

Looking for more information or recipes to explain The Paleo Approach or help you get started? Although this is by no means a complete list of the wonderful resources available in print and online, it's more than enough to begin. Pay special attention to "meal ideas" if you need help with breakfast or snacks. You can also find more information in [The Paleo Approach](#) and at www.ThePaleoMom.com.

MEAL IDEAS

Breakfast. Think of breakfast as including a protein, like meat, and some veggies and/or fruit. Your protein could come from bacon, sausage, or even steak or a pork chop! Leftover meat from last night's dinner makes for a very quick breakfast. Your sides could include any fresh fruit. Vegetables can be raw (like mixed greens, or carrots and celery sticks), sauteed (a great pairing for bacon) or steamed, fermented (homemade or raw sauerkraut makes a great accompaniment to sausage) or leftovers of any kind. Many root vegetables make for delicious breakfast hash.

Soup also makes for a very satisfying breakfast. Smoothies can be made with veggies, fruit, coconut milk, and paleo-friendly protein powder like beef isolate or beef plasma protein. If you're really missing breakfast staples, try making Plantain Pancakes.

Lunch. Just like breakfast, think of lunch as including some animal foods and some plant foods. Lunch can look very much like supper with some kind of protein and some kind of vegetable side dish or dishes. Or lunch could be a salad that includes some leftover chicken or steak or pre-cooked shrimp. Soups and stews make for a quick lunch as do reheated leftovers. If you're really used to sandwiches, you could make them with lettuce or nori wraps instead. Looking for something really easy to eat on the go? Try jerky with some raw veggies and guacamole and some fruit or sweet potato chips.

Dinner. Dinner may be the easiest meal for people to adapt to a Paleo diet, simply because the old standby of meat-and-potatoes is already halfway there. Instead of potatoes, you can include any starchy vegetable. Any number of vegetables and even fruit can easily find its way on the side of meat, poultry or fish. Many soups and stews can be easily adapted with some simple ingredient substitutions.

Snacks. Apples or celery with almond butter, homemade [crackers](#) with [uncured deli meats](#), fruit, and [jerky](#) make quick, delicious snacks.

Handy Pre-packaged On The Go Foods. [Jerky](#), [Epic bars](#) or [pemmican](#), [Sea Snax](#), [plantain crackers](#), [sweet potato chips](#), and fruit and vegetable leathers are all great Paleo-friendly convenience foods.

READY-MADE MEALS

[Paleo on the Go](#) offers pre-made Paleo meals delivered right to your door. I partnered with them to create a meal plan that is 100% autoimmune-friendly

RESOURCE BOOKS

[Eating on the Wild Side](#) by Jo Robinson
[The Paleo Approach](#) by Sarah Ballantyne
[The Wahls Protocol](#) by Terry Wahls

RESOURCE BLOGS

www.ChrisKresser.com
www.MarksDailyApple.com
www.RobbWolf.com
www.TerryWahls.com
www.ThePaleoDiet.com
www.ThePaleoMom.com

FOOD BLOGS

www.ACleanPlate.com
www.Alt-ternativeAutoimmune.com
www.Autoimmune-Paleo.com
www.BalancedBites.com
www.Nutrisclerosis.com
www.PaleoParents.com
www.PhoenixHelix.com
www.TheClothesMakeTheGirl.com
www.TheDomesticMan.com
www.ThePaleoMom.com
www.Whole9Life.com



FOOD BOOKS

[Fermented](#) by Jill Ciciarelli
[It Starts with Food](#) by Dallas and Melissa Hartwig
[Practical Paleo](#), [The 21-Day Sugar Detox](#), and [The 21-Day Sugar Detox Cookbook](#) by Diane Sanfilippo
[The Ancestral Table](#) by Russ Crandall
[The Autoimmune Paleo Breakthrough](#) by Anne Angelone
[The Autoimmune Paleo Cookbook](#) by Mickey Trescott
[The FODMAP Free Paleo Breakthrough](#) by Anne Angelone
[The Paleo Approach Cookbook](#) by Sarah Ballantyne
[Well-Fed](#) and [Well-Fed 2](#) by Melissa Joulwan

FIND LOCAL FOOD

[Eat Well Guide](#)
[Eat Wild](#)
[Local Harvest](#)

ORDER ONLINE

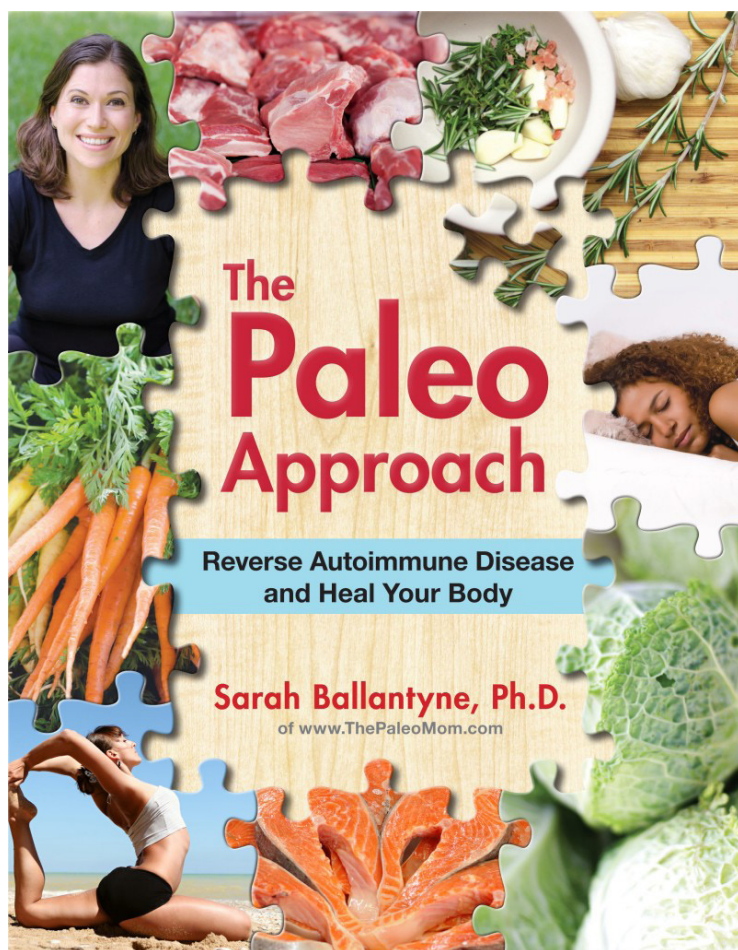
[Grass-Fed Traditions](#)
[Paleo on the Go](#)
[Tendergrass Farms](#)
[Tropical Traditions](#)
[U.S. Wellness Meats](#)

CONSULTING

Looking for expert, personalized 1-on-1 support? [The Paleo Mom Consultants](#) can help you improve your health and offer guidance when you are off course.

Want more? Check out [The Paleo Approach](#), available online and in bookstores everywhere.

WANT MORE? CHECK OUT MY BOOKS!



THE PALEO APPROACH

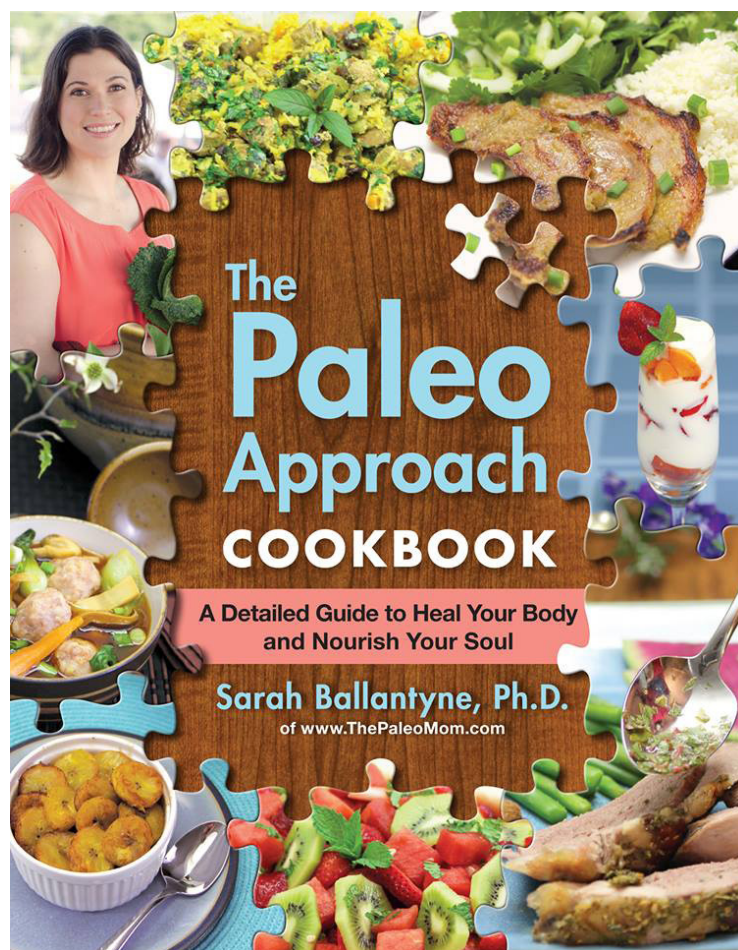
An estimated 50 million Americans suffer from some form of autoimmune disease. If you're among them, you may know all too well how little modern medicine can do to alleviate your condition. But that's no reason to give up hope. In this groundbreaking book, Sarah Ballantyne, PhD, draws upon current medical research and her own battle with an autoimmune disorder to show you how you can become completely symptom-free—the natural way.

The Paleo Approach is the first book ever to explain how to adapt the Paleo diet and lifestyle to bring about a full recovery. Discover what you can eat to calm your immune system, reduce inflammation, and help your body heal itself. Find out which simple lifestyle changes will make the biggest difference for your health.

Dr. Ballantyne provides expert tips on how to make the switch easily and economically. Complete food lists and strategies for staying within your food budget, shopping for what you need, making the most out of your time in the kitchen, and opening a dialogue with your physician take all the guesswork out of going Paleo.

Features such as these make The Paleo Approach the ultimate resource for anyone suffering from an autoimmune disease. Why suffer a moment longer? Reclaim your health with The Paleo Approach!

Available **online** and in bookstores everywhere.



THE PALEO APPROACH COOKBOOK

This companion cookbook to the groundbreaking The Paleo Approach makes changing your diet easy and economical with more than 180 recipes, shopping guides, meal plans, and more. Sarah Ballantyne, PhD, shows you just how easy and delicious regaining your health can be.

There's no need to worry that "going Paleo" will break the bank or require too much time in the kitchen preparing special foods. In The Paleo Approach Cookbook, Dr. Ballantyne explains how to stay within your food budget, how to make the best use of your time in the kitchen, and where to shop for what you need. Complete food lists, shopping guides, and meal plans take the guesswork out of eating to maximize healing.

Don't know how to cook? Dr. Ballantyne walks you through essential kitchen techniques, from chopping vegetables to using a pressure cooker safely. Armed with more than 150 delicious recipes, from breakfast staples to decadent desserts, you can reverse your disease and love every bite!

Coming August 26th. Available for pre-order **online**.