We are avoiding all grains other than rice and quinoa for now. There is lots of information on grains being inflammatory on your gut and your whole body ultimately effecting your cognitive function, brain health and the nervous system.

The main driver being lectins. Lectins are defined as proteins that bind to carbohydrates. The same features that lectins use to defend plants in nature may cause problems during human digestion. Grains are high in lectins, FODMAPs and anti-nutrients! A power combo! Grains greatly effect our hormones as well, spiking our insulin when digested. This is why we are going to especially eliminate wheat from the diet.

LEARN FOR YOURSELF

Autoimmune/gut health and the effects of grains on us⤵️

https://youtu.be/mjQZCCiV6iA

EAT ME✅

RICE - Allowed once a day. Rice is one of the only grains that is not irritating to digest other than being high in starch. Being higher in starch may cause some upset in your gut.

QUINOA - Allowed once a day. If you want to lose body fat more quickly, you can skip this.

TIP:

1. To get carbs in your diet, getting it by the way of fruit is a better way to get your carbs plus the antioxidants and vitamins such as C.

2. If you want to lose body fat more quickly, you can skip this or portion to once a day. Once you reach your goal, you may add back into your diet more regularly.

LIMIT/ EAT WITH CAUTION ‼️

OATS - If eating any oats, make sure to get gluten free oats.

MILLET

CASSAVA - SOMETIMES INFLAMMATORY

ANY NUT FLOUR - HIGH FODMAP COCONUT FLOUR INCLUDED

DO NOT EAT🚫

WHEAT - FODMAP

RYE - FODMAP

BARLEY - FODMAP

POLENTA

ALL OTHER GRAINS THAT ARE NOT ON “PLAN”