



AUTOIMMUNE SOLUTION

7 DAY GOOD FOOD MEAL PLAN TO
PREVENT AND CURE AUTOIMMUNE
DISEASE-HEAL THE GUT AND GET
RID OF CHRONIC SYMPTOMS AND
DISEASES IN JUST ONE WEEK

Autoimmune Solution

*7 Day Good Food Meal Plan To
Prevent And Cure Autoimmune
Disease*

**Heal The Gut And Get Rid Of Chronic
Symptoms And Diseases In Just One
Week**

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Introduction

Statistics show that 9.3% of the total U.S. population or roughly 29.1 million Americans suffer from some form of autoimmune disorder and the most concerning thing about it is the number keeps on increasing through time. Ironically, most of the patients including a large number of health professionals caring for them are unaware of or are clueless as to what is causing the debilitating condition. Everyone seems to be so preoccupied with seeking immediate relief from the suffering brought by the symptoms of the disease that they neglect to find a cure, much less determine the real cause of what ails them.

Almost every patient afflicted with a chronic degenerative autoimmune disorder along with their doctors are oblivious of the fact that these afflictions are actually man-made and mostly self-inflicted. As early as the Neolithic era when man started to produce food in bulk and process them for longer storage periods, he also began to adopt an eating lifestyle to which the human genome was never biologically adapted to. Alas, it was also during this time that man's autoimmune system started to go haywire.

This book explains how the fundamental changes we've incorporated into our diet, our eating habits and our lifestyle - starting from the Neolithic Era to the dawn of the Industrial Revolution which was highlighted by the rapid changes in food processing - have contributed much to the prevalence and spread of the autoimmune disease and the multiplication of the various autoimmune disorders it spawned.

In this book, you will find out that we have been poisoning ourselves with food which we thought or which we were made to believe would be providing us with the much-needed nutrients and nourishment our body needs – but which instead brought us blight and suffering from a wide spectrum of what we now know as '*the autoimmune disorders*' – diabetes being on top of the list.

Most important of all, the book reveals that there is light at the end of the tunnel. The book offers a practical solution to alleviate the suffering and possibly prevent the onset of this debilitating autoimmune disease. You will learn that by simply eating the right kind of food, many if not all of the symptoms of the autoimmune disease will disappear. This is because by eating the right food, you will be eliminating one of the biggest road blocks that is preventing the body from healing itself and functioning properly to attain balance and harmony in the system once again.

Thanks again for downloading this book, I hope you enjoy it!

Chapter 1

It All Begins in the Gut

The gut is where food passes, gets processed and where eventually the nutrients from digested food are absorbed while wastes are eliminated. It is a hollow tube that passes from the mouth to the anus. Anything that goes into the mouth that is not digested passes right out to the other end and out of the anus.

The gut happens to be the body's first line of defense. 75% of our immune system is located in the gut whose main function is to make sure the body absorbs only the right kind of nutrients it needs - as well as to make sure that any disease causing toxic substances from the food we ingest are prevented from getting into the blood stream where it can do much damage. If for some reason, the gut fails to function properly, the body will not only be starved of much needed nutrients but it will allow bacteria, viruses and other antigens to get past the gut barrier into the bloodstream and invade various organs of the body.

This is the kind of scenario you can expect to happen sooner or later if you are always eating the wrong kind of food. You see, there are foods that irritate the walls of the stomach causing inflammation of the gastric walls thus loosening the tight grip between the cells making them highly permeable in the process. As a result, large protein molecules particularly the unwanted toxic substances like bacteria, microbes and toxins are able to get through the gastric walls (*gut barrier*) and reach the blood stream. They ultimately end up in different organs of the body where they start to accumulate and ultimately wreak havoc by poisoning the whole system.

The ability of your gut to efficiently absorb the right nutrients needed by the body and selectively filter out the microbes, allergens and toxins at the same time depends a lot on its own state of health – which in the end also determines the over-all health of an individual. A healthy gut will mean optimum digestion of food and the efficient absorption and assimilation of the nutrients from it. However, to maintain its own health, the gut has to

maintain a perfect balance between the good and the bad bacteria and the 100 trillion other microorganisms that reside in the gut flora. They depend on each other for survival in the highly diverse ecosystem of the gut flora striking a fragile balance that keeps everything in place.

To keep the body healthy, the gut is always at work constantly preoccupied with helping in breaking down food, producing vitamins, helping regulate hormones, filtering toxins and producing healing compounds to maintain a healthy and balanced gut flora. Should it falter and allow bad bacteria, parasites, or yeasts to overgrow, there will be less beneficial bacteria in the gut – and an imbalance will ensue which will drastically alter composition of the gut flora. As the bad bacteria dominates the gut flora, infection starts to set in causing the inflammation of the gastric wall barriers which in turn increases its permeability. The large protein molecules are now able to get through the gut barrier with ease.

Simply put, chronic autoimmune diseases get their head start when large protein molecules known as antigens are able to penetrate the gut barrier after inflammation loosened the tight grip holding its cells together. The antigens end up in the blood stream where they are promptly attacked by the autoimmune system - and a disease producing cycle begins!

Believe it or not but this same phenomena was noticed by Hippocrates, the ancient Greek physician and acknowledged father of modern medicine, more than 2,500 years ago. He keenly observed that most if not all of his patients suffering from various illnesses initially had problems with their leaky guts. Based on his observations, he developed the premise that “*all diseases begin in the gut*” – an observation that holds more water today than it did during Hippocrates’ time.

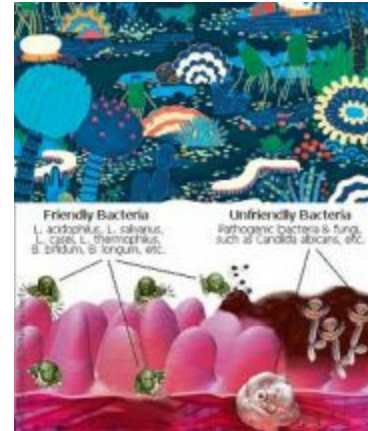
And rightly so because it is the gut which absorbs all the nutrients the body needs to function properly. It is also the gut which filters and expels all the toxins and other harmful substances from the food we eat. It follows therefore that if the gut fails to function properly, the whole immune system starts to go haywire – the body is starved of much needed nutrients while antigens start invading different parts of the body having managed to get past the troubled gut barrier.

Throughout the 9,000 year Neolithic era, man learned to develop farming methods for the first time and started to plant and cultivate crops in bulk as well as domesticate animals for food. With that came an abundance of farmed crops and domesticated livestock to satisfy the food needs of a fast growing population. It was during this agricultural revolution era that man gradually gravitated away from natural food sources he subsisted on for millions of years. He began to abandon the dangerous practice of hunting and gathering food from the wild. And, the natural food sources to which his body's metabolic activities have been virtually programmed to respond favorably have now been replaced by food he now produced from his own farm.

Unfortunately, the changeover to the newfound food sources was not without consequences. During this era and the period immediately following it, there was a gradual and consistent surge in the number of new diseases which started to haunt man. This same medical phenomena spread unnoticed by most men but did escape Hippocrates' sharp eyes and keen mind leading him formulate the premise that all diseases begin in the gut.

To make the story short, most of what ails man today can be traced to the modern, highly processed food we eat today - we are simply not biologically adapted to them. Remember, for millions of years before pre historic man learned the rudiments of farming, he had been subsisting on the same low carb, high protein diet he managed to gather or hunt from the wild – so much so that the metabolic activities that has been programed into the human genome is based on this diet. This has not changed much through the years because our body still has the same ancient human genome. The length of time (*barely 15,000 years*) since man's food preference shifted to his newfound farm produced and processed food is simply not long-enough to expect there would be immediate DNA changes in our ancient human genome. The wave of autoimmune disorders that plagues us today like an epidemic is proof of this.

It would be wishful thinking to expect that the human body will easily adapt to a strange new diet and shift to new food sources overnight without triggering adverse reactions from the immune system. It is not surprising that most of the processed food products we consume today are either rejected by the body completely– or, cause unwelcome side reactions from the immune system at the very least. It is because these new food sources contain substances that are foreign to the human body – or, they simply don't match the dietary requirement to which the ancient human genome has already been programmed to respond favorably.



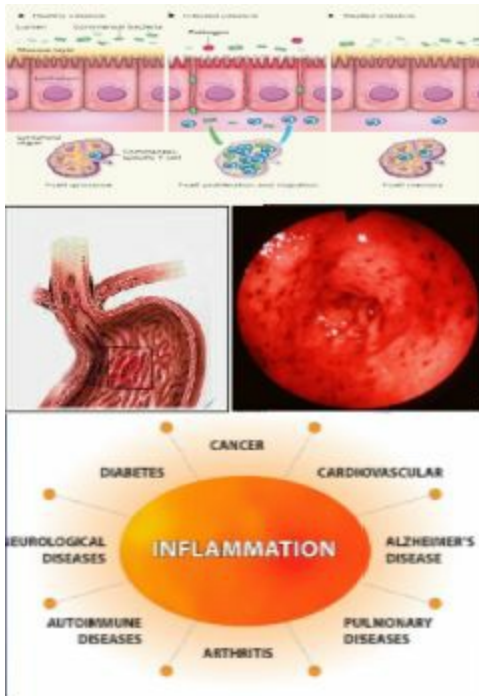
There are tons upon tons of documentary evidence that point to one thing - when man's dietary preference shifted to sugar laden, highly processed food stuffs, it created more trouble for the already distressed human gut and pushed the discordance between man's new-found food sources and the ancient human genome beyond what the human body can possibly handle.

A Closer Look at the Gut Flora

The human gut is like a garden that needs healthy soil - it has to remain fertile to retain its diversity and health. An unhealthy gut flora won't be able to perform normal gastric functions. On the other hand, a healthy gut flora will be able to provide protection from infection, promote normal gastrointestinal function, and regulate metabolism.

An unhealthy gut flora is not merely an aggravating factor but actually real underlying cause of a wide array of debilitating diseases including all of the over-100 known autoimmune disorders. It follows therefore that one has to be wary of and avoid the many things that harm the human gut such as the use of antibiotics, birth control pills, and NSAIDs; consumption of processed foods and diets that are high in refined sugar and carbohydrates; low fiber diets; Chronic stress; dietary toxins such as wheat and seed oils; and chronic infections. (NOTE: *There are several studies that prove the use of antibiotics results in the rapid and profound loss of diversity and a drastic change*

composition of the gut flora landscape).



Aside from the gut flora, there is also the matter of the gut barrier we need to take into account. The gut barrier serves as the gatekeeper - it decides what gets in and what stays out of the human body. One of the major functions of the gut is to prevent toxic substances from entering the body and the gut barrier plays a vital role in making this happen.

Unfortunately, eating the wrong food can irritate the gastric walls (or the gut barrier) and when irritation turns into inflammation, the gut barrier becomes highly permeable and large protein molecules will then be able to penetrate and pass through all the

way into the bloodstream.

As soon as they get there, they will be promptly dealt with as an invader just like any foreign body that gets into the bloodstream - and attacked with an appropriate auto immune response. If they are not attacked and left to accumulate in the blood stream it can lead to a condition called toxemia where the blood becomes toxic and poisonous. The auto immune responses or symptoms that follow tell us that a battle being waged by the immune system to bring balance back into the system. The symptoms of degenerative autoimmune diseases such as those of diabetes are but manifestations of an ongoing battle being waged by the immune system against toxemia.

The question is – how long can the gut barrier hold its fort if we repeatedly and ceaselessly bombard it with food that contains antigens and other dietary toxins through eating the wrong food every single day. With such constant stress, it would just be a matter of time before age finally catches up with the body's ability to replace dying and damaged human cells with new ones – slowing down the process of regeneration tremendously. By then, more cells will be dying than the body can replace - which will not only limit the ability

of our organs to function properly but will also put more stress on the body's ability to filter out exogenous dietary toxins as well as other endogenous substances that wreak havoc on the human body.

Chapter 2

The Underlying Cause Is in the Food We Eat

As we have cited earlier, the metabolic reactions that has been programmed into the human genome are such that they respond favorably only to the same low carb, high protein, gluten free diet which our hunter-gatherer ancestors subsisted on for millions of years prior to the advent of agriculture and the dawn of industrial age.

It was simply erroneous - even disastrous - for man to assume that the human body can and will easily adapt to any new diet without a hitch. Food producers and consumers alike never expected there would be any adverse reactions to contemporary food products all of which have been certified as safe and fit for human consumption by health authorities. They are quite slow to realize (*albeit too late*) that replacing the natural, low carb, high protein diet that man subsisted on for millions of years with a modern diet that is high in carbohydrates and protein plus loading it with refined sugar (*a food item which was totally alien to the body of pre-Neolithic man*) actually triggers some adverse reactions some of which can be even fatal. It is only now that man is able to link the rise in the number of autoimmune disorders to contemporary diet and only after mounting documentary evidence started pointing to it as the culprit behind the many illnesses afflicting modern man today.

When man began to prepare and process various food so they can be stored for a longer time to be used conveniently if and when the need arises, he never really realized that it will open the flood gates to many debilitating diseases too. Documentary evidence shows that the change Over to a grain dominated, sugar loaded, processed food that characterize contemporary diet today is the culprit behind the rising tide of autoimmune disorders.

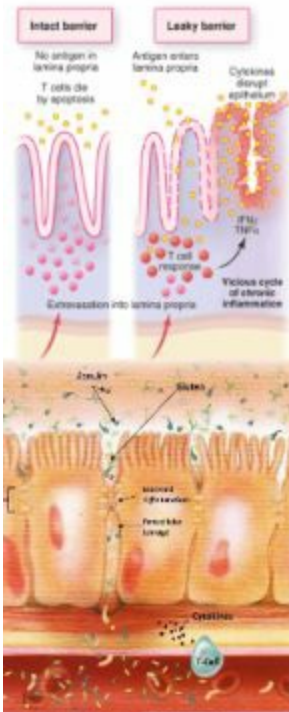
Right Food – Wrong Food

The discordance created by the mismatch between what has already been programmed into our ancient human genome and today's contemporary diet



and lifestyle is the underlying cause behind all autoimmune disorders afflicting man today. This is bolstered by the fact that these diseases never existed before agriculture changed the diet and lifestyle of primitive man. Notably, these diseases are also virtually absent or extremely rare among hunter-gatherer societies and non-westernized populations still existing today. It goes to show that man's problems with his health stem from the food he eats.

But how and why would eating the wrong food bring about serious pathophysiological consequences? What really happens inside the gut when we eat the wrong food? In the first place, what should we consider as the wrong foods to eat?



Logically, the right kind of food to eat is one that provides us with all the nutrients the body needs. But, much more than their nutritional value, the right kind of food must not contain (1) substances that can disrupt or alter gut flora and (2) antigens that can trigger the immune system to produce antibodies against them resulting in low-grade chronic inflammation.

Antigens are toxic substances that immediately trigger a defensive auto immune response. They can come from the food we eat and from body wastes (dead cells) - or they can be produced by endogenous bacteria in the gut.

Topping the list of wrong foods to eat is cereal grain which has practically become a staple in the standard American diet. Confronted by the need to feed a growing, hungry population, man turned to cereal grains because they are not only dense in calories they can also be farmed and planted in vast tracts of land with hardly any difficulty - not to mention the fact that they can also be stored for extended periods without the grains spoiling. Naturally, cereal

grains dominated food production soon enough.

Unknown to many though, cereal grains particularly wheat contains a substance called lectin which damages the gut lining particularly the villi which is responsible for the proper absorption of nutrients from food. Lectin irritates the cells of gut barrier resulting in inflammation of the villi and eventually making it more permeable. Thus, large molecules antigens are able to pass through into the peripheral circulation.

Cereal grains also contain phytates which is an anti-nutrient and essentially mineral blockers. Phytates are known to bind to calcium, zinc, magnesium, copper and iron molecules making it impossible for these minerals to be absorbed into the blood stream. The end result – the cells are starved of these much needed minerals.

These grains also contain gluten a water soluble protein which believe it or not can mimic other proteins just to past the gut barrier and into the peripheral circulation where they begin to wreak havoc by inducing the auto immune system to attack the villi effectively destroying the only means through which vitamins and minerals are absorbed by the body.

Grains also contain gliadin another form of protein similar to gluten that causes damage to the gut. Gliadin induces the production of more zonulin an enzyme that controls the protein binders of the tight junction holding the cells of the gut barrier together. This protein zonulin controls the permeability of the gut barrier and if it is over produced, the gut barrier becomes extremely permeable allowing large toxic protein molecules to pass through and get into the blood stream - creating a highly toxic environment (*toxemia*) within the peripheral circulation.

The funny thing is despite the mounting evidence directly pointing to the consumption of cereal grain as the cause of several chronic degenerative diseases like diabetes the USDA has not revised its 1992 Food Pyramid. The Food Pyramid is a tool designed by the USDA to help people make healthy food choices. In this food pyramid, the cereal grain forms the base with a recommended 6 to 11 servings of bread or cereals a day. The USDA has not revised the food pyramid much less reviewed its recommendation for healthy

food choices despite mounting evidence linking cereal grains to a number of auto immune disorders .

We may be unaware of or have simply refused to accept the naked reality that we have been poisoning ourselves to death all these years by eating the wrong kind of food. We have practically chosen to embrace a culture of death and suffering by continuing to adhere to the standard food pyramid recommendation being promoted by the USDA.

Take note of this - today's contemporary diets provide no more than 15% protein while the human body has been used to a diet that is made up of 19% to 35% protein –that was before the advent of agriculture and the dawn of the industrial age drastically overhauled this. Grain and refined sugar which are known to have high glycemic loads are the main source of carbohydrates of modern diets whereas the carbohydrate sources to which the human genome has adapted to came from non-starchy fruits and vegetables which are not only low in carbohydrates but also rich in fiber.

Another thing is today's diets particularly processed foods and fast foods are usually prepared with the use of hydrogenated vegetable oils which comes loaded with trans-fats. Trans-fats are the unwelcome component of vegetable oils resulting from their hydrogenation. It is a normal process in modern food production to hydrogenate vegetable oils to produce cheaper saturated fats which are more ideal for large scale food processing - since they are cheaper. Unfortunately the hydrogenation process also produces trans-fats which not only increases the level of bad cholesterol (LDL) in the blood but also lowers the level of good cholesterol (HDL). In short, Trans-fats put us at constant risk of cardio vascular diseases and heart attack.

Today, everywhere we turn, there are processed foods. They practically dominate every aspect of our modern lifestyle and our diet. We can't prepare a meal without using processed food. They have been processed to last longer in the shelves so much so that they end up having up to ten times more sodium in them than normal. Processed foods are high in sodium but low in potassium which can cause stroke, cardio-vascular diseases, and high blood pressure.

Processed food continue to dominate the Western diet despite being identified as the underlying cause of autoimmune disease. It has in created a situation where:

- 2 out of 3 American adults aged 20 and above are at least overweight; nearly 1/3 of Americans aged 20 are clinically obese;
- About 600,000 Americans die of cardio vascular disease each year. That makes it one out of every 4 deaths;
- Another 77.9 million Americans suffer from hypertension while 26 million Americans have been diagnosed with type 2 diabetes;

Don't forget that diabetes became pandemic only in the 1940's when processed food loaded with refined sugar, flour, and preservatives started appearing on our dining tables. It started to afflict more people when we abandoned natural ways of eating and embraced a standard diet that is dominated by cereals and grain, junk food, animal fat, and trans-fats – all of which cause adverse reactions inside our body. The other thing is we've not only shifted to a way of life where we are slowly poisoning ourselves to death but we have also moved over to a precarious way of life where we are constantly exposed to a whole range of stress and environmental toxins – radiation included.

Chapter 3

What Makes Our Autoimmune System Go Haywire

The body's self-healing ability is an automatic process. It clicks right into action without conscious thought. In fact you can't stop it from happening even if you wanted to. When you get cut, the body automatically directs blood to your wound, cells start replicating to replace permanently damaged cells, and even determine when to stop cell replication – all done even without your awareness. Interestingly, most of this occurs while you sleep. While your conscious mind is still wandering about in your dreams, the healing process gets going - working the biochemistry and energetic transformations necessary to repair your damaged tissues.

You may wonder – if self-healing is automatic why don't we always heal? Why aren't we always in perfect health?

The answer is simple. It is because we always erect barriers to our own healing. Worst we refuse to read the symptoms of disease as the body's cries for help. We fail to realize that many "symptoms of disease" are really manifestations of our body's attempt to heal itself. We not only ignore this simple fact but we even suppress the symptoms with drugs - which ultimately makes the condition worse.

Take for example patients suffering from a serious case of Candida overgrowth in their stomach. They normally experience frequent bouts of acid reflux with heartburn as the primary symptom. A doctor, unaware of the Candida overgrowth, will immediately prescribe medication for heartburn to give the patient temporary relief from the pain. Meanwhile, the Candida overgrowth remains undetected and uncured to a point that it is able to do more damage as they begin to penetrate the intestinal walls and get into the bloodstream.

Western medicine misdiagnosed practically all physical symptoms of illnesses. If we wish to be healthy, we must learn to learn how to activate our

body's innate healing potential. And, in order for us to activate our body's innate healing potential we must learn to listen to what your body is really telling us by way of the symptoms. We must be able to recognize the underlying conditions that produced these cries for help instead of immediately intervening with medications and/or surgeries. For example, difficulty in breathing may simply indicate dehydration. High blood pressure may be a sign of poor diet (lack of Omega 3 fats) and dehydration resulting in thick, viscous blood.

Another disturbing truth is the tendency of Western medicine to classify many illnesses as genetic disorders. This erroneously leads us to believe that we are born with a certain disease and that there is nothing we can do to remedy the situation but merely seek relief for the symptoms.

The truth however is that even if we are born with certain genetic weaknesses, we have the capacity to control our own health and well-being. Our body has a built-in ability to heal itself. It is a remarkable system for self-repair that works 24/7 - day in and day out. The best part is improving our ability for self-healing is within our control.

Unfortunately, not too many people are able to grasp the body's incredible power to heal itself from any illness. We have become too dependent on traditional Western medicine far too long that we believe good health comes from outside the body. It surely will surprise you to know that if just left alone, 50 percent of all illnesses will eventually heal - all by themselves.

So what really makes the immune system go haywire?

Autoimmune disease is caused by the immune system's failure to identify which proteins naturally belong to your own body with harmful proteins that were able to get into the blood stream (like a bacteria, virus or parasites). As a result, our immune system starts attacking our own cells. What is manifested as symptoms is actually the build-up of damage to cells, tissues and/or organs in the body. What differentiates an autoimmune disorder from another depends on which proteins/cells are attacked by the immune system. For example, in Hashimoto's Thyroiditis, it is the cells of the thyroid gland is attacked. In psoriasis, it is the proteins within the layers of cells that make up your skin that are attacked. In Rheumatoid Arthritis, it is the tissues of your joints that are attacked. In all these cases, the underlying cause is the same.

Genetic predisposition is one major factor that can put you at risk of developing an autoimmune disease. About one third of patients suffering from an autoimmune disorder has at least one relative who suffers from the same affliction. Other underlying causes that can put you at risk are diet, lifestyle, infections (both prior and persistent), exposure to toxins, hormones, weight, etc.

You may not have control over your genetic predisposition but surely you can control the environmental factors that puts you at risk of developing an auto immune disease. You can control your diet and change your lifestyle to minimize the risks. You can avoid the foods that contribute to a leaky gut, hormone imbalance, and those that stimulate inflammation and over-induce the immune system. In other words, you simply have to eliminate the roadblocks and provide your body with an opportunity to heal itself.

By making appropriate changes in your lifestyle and focusing on eating nutrient-dense foods that promote optimal gut health, you will not only be restoring important nutrient levels but you are also setting the building blocks that your body needs to properly regulate the immune system and combat inflammation. In other words, you will be creating an environment in your body that is conducive to healing.

Chapter 4

Simple Ways to Cure Auto Immune Disease

Once the body experiences an autoimmune reaction, it will be in a state of heightened immune response. In such a case, the best response to remove a wide variety of potentially inflammatory foods from your diet for the mean time. Removing these foods can help the body gain back its balance and reduce the adverse effects of the autoimmune reaction. You can then reintroduce them one by one to test the response and find out which one triggered the auto immune response.

Technically, there is no cure for the autoimmune disease. You can however put the condition into remission with careful diet and lifestyle changes. Our first dietary recommendation for those with autoimmune disease is to adhere to a diet with 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 not one of these people. Gluten should be banned for life. Grains and legumes should never be consumed. 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.

In addition, if you have an autoimmune condition, you should completely avoid:

Grains and beans contain enzyme inhibitors which disrupt the breakdown of food and are the main cause of some serious digestive problems. They have also been linked to cancer. Among these enzyme inhibitors are:

- *Lectins* – They interfere with the body's metabolic functions, hinders the absorption of nutrients, and disrupt insulin function. Studies have linked Lectins to obesity, diabetes, and cardiovascular disease.
- *Phytates* - They bind minerals preventing these minerals from being absorbed by the body. They have been linked to iron and calcium deficiencies as well as to certain bone disease.

- *Gluten* – This is a protein composite that is usually found in foods processed from wheat, rye, barley and other grain species. People have developed intolerance and sensitivity to gluten which is often manifested by a feeling of discomfort in the digestive system. Recent studies revealed that one third of the American population is gluten sensitive or gluten intolerant.

Dairy - is another modern food concoction that is relatively new on the human timeline. It contains lactose and casein - two substances that cause allergies or severe immune reaction in man. 3 out of 4 people (or 75%) are intolerant to dairy products. Most adults are unable to break down casein and lactose which results in allergies and sensitivities.

Potatoes – (except sweet potatoes) - They are starchy foods that breakdown easily into sugar and cause spikes in blood sugar levels. They may also contain the glycol-alkaloid toxin called *Solanine* which irritates the gastrointestinal tract and cause gastro-enteritis.

In the history of our evolution, 10,000 years is simply not enough time for humans to adapt to such a dramatic diet change. Unfortunately, these anti-nutrients are only the beginning of the problem. Processed foods, artificial ingredients, and genetically altered foods dominate the typical grocery store. It's no wonder why health problems are constantly compounding! The "food" today reflects a chemical concoction rather than actual food, and it has become increasingly difficult to find real food.

Sugar – Refined sugar has no nutritional value at all except for its high glycemic load which can cause immediate spikes in the blood sugar levels as they are easily absorbed into the bloodstreams. Unfortunately a large portion of contemporary diets is made up of refined sugar. One third of the calories that are derived from carbohydrates in the contemporary Western diet come from sugar. On the average, Americans consume about 156 pounds of sugar a year or roughly equivalent to 31 bags of five pounders. Needless to say, the rise in chronic diseases that afflicts modern man has been attributed to his sugar-loaded modern diet.

Good Food to Include In your Shopping List

Just as important as removing foods that negatively impact gut health or over stimulate the immune system, is eating a nutrient-dense diet. If you have autoimmune disease, it is highly likely that you are deficient in one or more

of : fat soluble vitamins (A,D,E,K), several minerals (zinc, iron, copper, magnesium, selenium, iodine, etc.), B-vitamins, vitamin C, antioxidants and other non-vitamin nutrients (like CoQ10), omega-3 fatty acid (in relation to omega-6 fatty acid intake), certain amino acids (like glycine), and fiber.

So, just as some foods should be eliminated, there is also a focus on eating the right kind of food. Here is a partial list of good foods you can include in your shopping list:

Main Food Groups	Grains and Starches
<ul style="list-style-type: none">• Fresh meats, poultry, and fish (not breaded, marinated, or batter-coated)• Unprocessed beans, nuts, and seeds in their natural form• Fruits• Fresh vegetables• dairy products (with the exception of some)• Fresh eggs	<ul style="list-style-type: none">• Gluten-free flours (rice, soy, corn, potato, bean)• Rice• Corn and cornmeal• Quinoa• Sorghum• Buckwheat• flours made from rice, corn, potato, soy, bean• Amaranth• Flax• Arrowroot• Millet Flour• Tapioca• Teff

Chapter 5

Your 7-Day Autoimmune Meal Plan



Your typical meal plan to achieve optimal gut health and prevent autoimmune disease must look like this:

- Must have 4 to 8 ounces of lean meat for protein (like lean beef, pork loin, turkey, chicken, or seafood). 30%
- Multiple servings of differently colored vegetables for carbohydrates (raw, lightly cooked, or steamed). 40%
- Complete it with healthy fats from any of these – olive oil, avocado, almonds, macadamia, pecans, or

walnuts. 30%

The recommended calorie intake ratio of every balanced meal should be 40% Carbohydrate, 30% Fat, and 30% Protein. An easy way to make sure you get the right fill is to get a plate and fill it with $\frac{1}{2}$ to $\frac{2}{3}$ full of fruits and vegetables and the rest of the plate with your choice protein source and favorite healthy fats.

Of course this is something you need to follow to the letter. This is merely a guideline which you can change to suit your personal preference or specific needs. There is also no need to count calories as long as you stick to a low carb, high protein regimen which is what we have prepared for you.

A well prepared meal plan will bring back the body's hormonal balance and create an atmosphere conducive to self-healing.

Below is our recommended 7 Day Balanced Diet Plan to cure autoimmune disease and put it into remission. Details of each recipe are outlined in the succeeding pages.

Breakfast	Lunch	Dinner	Snacks
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First Day	<u>Apple and Chicken Sausage</u>	<u>Chili Pulled Pork</u>	<u>Gluten Free Meat Loaf</u>	Beef Jerky
Second Day	<u>Gluten Free Breakfast Casserole</u>	<u>Quick Ground Pork Lunch</u>	<u>Bacon and Tomato Quiche</u>	Pumpkin Seeds
Third Day	<u>Green Monster Smoothie</u>	<u>Chili Maple Pork Chops</u>	<u>Mango Avocado Spiced Chicken Salad</u>	Gluten Free Granola Bar
Fourth Day	<u>Bacon Fritata w/ Kale and Mushrooms</u>	<u>Chicken Dippers</u>	<u>Beef Stew w/ Squash Butternut and Kale</u>	Apples and Almond Butter
Fifth Day	<u>Spicy Stew w/ Poached Egg</u>	<u>Coconut Honey Chicken</u>	<u>Bacon and Tomato Quiche</u>	Bacon and Guacamole Sandwiches
Sixth Day	<u>Egg Muffins</u>	<u>Stir Fry Beef Teriyaki</u>	<u>Hunter Stew</u>	Baked Cinnamon Apple Chips
Seventh Day	<u>Smoked Salmon, Dill, and Red Pepper Scramble</u>	<u>Beef Broccoli with Cashew Nuts</u>	<u>Grilled Tri Trip</u>	Cauliflower Popcorn

Chapter 6: Your Autoimmune Breakfast Recipes

Day 1 Chicken Apple Sausage

Ingredients:

- 1 pound ground chicken
- 1 peeled finely diced apple
- 1 tbsp fresh finely chopped thyme leaves
- 3 tbsp finely chopped parsley, fresh
- 1 tbsp finely chopped oregano, fresh
- 2 tsp garlic powder
- Salt
- Pepper
- Coconut oil

Instructions:

- Preheat oven to 425°F.
- Place a skillet on a medium to high heat and pour three tablespoons of coconut oil.
- Add in the finely diced apples, finely chopped thyme, finely chopped parsley, and finely chopped oregano and cook for 7 to 8 minutes or until the apples are softened.
- Remove from the heat and place in one corner to cool for five minutes.
- Stir in the ground chicken together with the pepper, salt and garlic powder.
- Form 12 half inch thick patties from this meat mixture and arrange well in a baking tray that has been lined with tin foil.
- Place inside the oven and bake for twenty minutes.
- Cool and store in a refrigerator or freezer.
- Microwave for a few minutes or pan fry in coconut oil until browned.
- Serve hot.

Day 2 Gluten Free Breakfast Casserole

Ingredients:

- 1 lb. breakfast sausage, removed from their casings
- 1 sweet potato, large , diced
- 2 to 3 cups of chopped baby spinach
- 1 green onion, diced
- 10 to 12 eggs, large
- Sea salt
- Ground pepper

Instructions:

- Preheat oven to 375⁰
- Grease a glass baking dish (9"×13") with coconut oil.
- Heat a skillet over medium to high heat.
- Stir in the sausage and cook until browned and totally cooked through.
- Remove the cooked sausage from skillet but retain the sausage grease.
- Add the diced sweet potatoes to skillet and stir cook for ten to fifteen minutes or until the sweet potatoes are tender.
- Remove the sweet potatoes from the skillet and place in a bowl.
- Add in the sausage, spinach, green onion, sausage, pepper and salt. Mix until all the ingredients are well combined.
- Place the mixture in the greased baking dish making sure they are spread out evenly.
- Place the eggs in a separate bowl and whisk. Pour evenly the whisked egg over the sausage and veggie mixture in the baking dish.
- Place inside the oven and bake for twenty five to thirty minutes or until the mixture has set. Cool slightly and cut into squares before serving.

Day 3 Green Monster Smoothie Breakfast

Ingredients:

- 1 cup coconut milk
- 1 cup of spinach leaves
- 1 cup of kale
- 1/2 cup of cubed fresh pineapple
- 1 banana, frozen
- 1/2 cup of water
- 1/2 cup of ice cubes
- Optional:
- 1 tbsp coconut butter
- 1/4 tsp ground cinnamon
- 1 tsp honey

Instructions:

- Place the coconut milk in first in a food blender place and add the rest of the ingredients.
- Pulse the mixture until smooth.

Day 4 Bacon Frittata w/ Kale and Mushrooms

Ingredients:

For the pesto:

- 1.5 cups basil leaves, packed
- 1.5 tablespoons garlic, minced
- ½ teaspoon rock salt, finely ground
- ¼ teaspoon pepper
- ¼ cup of olive oil
- 3 tablespoons pine nuts

For the frittata:

- 5 pieces bacon
- 1.5 cups of kale, chopped
- 2 small zucchinis, cut into spirals
- 1 cup of button mushrooms, sliced
- ½ teaspoon garlic powder
- 6 pieces eggs, beaten
- Black pepper, cracked

Instructions:

- Preheat oven to 375°.
- Place a large skillet on medium heat and fry the bacon until slightly crispy. Place on a plate lined with paper towel and set aside.
- Scoop out most of the fat from the bacon leaving just one tablespoon of it in the skillet.
- Add the sliced mushrooms and cook for two minutes. Stir in the kale, garlic powder, and zucchini noodles. Cook until most of the kale has softened or wilted.
- Pour in the eggs evenly over the noodles. Season with enough pepper and cook for two minutes until the eggs have set on the bottom.
- Place inside the oven for twenty to twenty five minutes. Stick a knife through the middle of the frittata and if it comes out dry and clean then it is done.
- While the frittata is still in the oven, start to prepare your pesto sauce.

- Put all of the Pesto ingredients inside a food processor and pulse until the mixture is creamy. Adjust the taste to your liking by adding seasonings.
- Serve the frittata hot from the oven together with the basil pesto on the side.

Day 5 Spicy Stew w/ Poached Egg

Ingredients:

- 2 finely chopped chicken sausages
- 4 pieces chopped crispy bacon,
- 1½ teaspoon olive oil, extra-virgin
- 1 sliced onion
- A handful of spinach
- 1 can tomatoes, organic, diced
- 2 tablespoon tomato paste
- ½ cup chicken stock
- 1 teaspoon chili powder
- ½ teaspoon smoked paprika
- 1 clove garlic
- A dash of sea salt
- A dash of pepper, freshly ground
- ½ teaspoon red pepper flakes
- 3 pieces organic eggs
- 2 teaspoons vinegar

Instructions:

To make the Stew:

- Heat oil in a medium-sized pot and sauté garlic.
- Add in the sliced onions and sauté for five more minutes or until the onions are translucent.
- Stir in the finely chopped chicken sausage and stir-cook until the sausage is cooked thoroughly
- Microwave or fry the bacon until they are crisp. Pat off the excess fat and set aside.
- Stir in the chicken stock, diced tomatoes, spices, and tomato paste into the pot and combine well.
- Add the spinach and reduce the heat into a simmer

To make the Poached Egg:

- Boil three cups water and add in one dash of vinegar
- Crack one egg into the ramekin.
- Just before the water starts boiling, swirl the water with spoon.
- Drop the egg slowly into the boiling water.

- Spoon out the poached egg and place over stew. Serve with the crispy bacon on the side.

Day 6 Egg Muffins

Ingredients:

- 1 tablespoon of olive oil
- 1 finely chopped sweet onion, large
- 1 finely chopped green pepper
- 1 finely chopped red pepper
- 1 finely chopped jalapeno pepper
- 12 pcs large eggs
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt

Instructions:

- Preheat oven to 350° F
- Grease a frying pan with olive oil and place over medium to high heat.
- Sauté onions for 2 to 3 minutes over medium-high heat in then add all the finely chopped peppers. Stir cook for another 2 to 3 minutes.
- Remove the sautéed peppers from the heat and cool.
- Whisk the 12 pieces of eggs in a large mixing bowl. Stir in the cooled sautéed peppers and mix well.
- Add more pepper and salt & pepper if necessary.
- Grease a large muffin tray with coconut oil. Fill each muffin cup with 1/4 cup of the egg mixture.
- Place inside the pre-heated oven and bake for ten to fifteen minutes or until the tops are fluffy and golden brown.
- Remove from the heat and pop out each muffin with a sharp knife.
- At your option, you may garnish each muffin with guacamole, chipotle, or some salsa before serving.

Day 7 Smoked Salmon, Dill, & Red Pepper Scramble

Ingredients:

- 2 whole eggs
- 1 egg yolk
- 2 pcs smoked salmon
- 1 tbsp finely chopped fresh dill
- 1/8 tsp garlic powder
- 1/8 tsp red pepper flakes
- Pepper
- Salt
- 1 to 2 tbsp coconut oil

Instructions:

- In a large bowl, whisk the two eggs then add the torn salmon and the finely chopped dill together with the red pepper flakes, garlic powder.
- Sprinkle with some salt and pepper to suit your taste and mix well.
- Place a small saucepan on low heat and add coconut oil.
- Add the egg mixture to the hot sauce pan and stir cook with a wooden spoon until the eggs are completely cooked.
- Top with roasted vegetables and sweet potato wedges before serving.

Chapter 7: Your Autoimmune Lunch Recipes

Day 1 Chili Pulled Pork

Ingredients:

- 2 lb pork roast (trimmed of fat)
- 3 cloves garlic
- ½ cup of hot sauce
- 3 tbsp paprika, smoked
- 2 tbsp chili powder
- 2 tbsp garlic powder
- 1 tbsp cumin
- 2 tsp cayenne pepper
- 1 tbsp red pepper flakes
- 2 yellow onions, diced
- 1 yellow bell pepper, diced
- Salt
- 1 red bell pepper, diced
- 2 cans of tomatoes, fire roasted
- 1 can tomato sauce, (14 ounce)
- Avocado slices for garnishing
- Diced green onions for garnishing

Instructions:

- Poke 3 holes into the pork roast with a knife in 3 different spots. Insert 1 clove of garlic into each hole.
- Place the pork roast inside a crock pot.
- Pour all the hot sauce over pork roast making sure it is well covered all over.
- Sprinkle the top of the pork roast with chili powder, paprika, cumin, garlic powder, red pepper flakes, cayenne pepper, and salt.
- Place the tomatoes, the bell peppers, diced onions, on top of the pork roast and pour the tomatoes sauce all over the roast.
- Close the crock pot, set it on low and cook for eight to ten hours.
- Garnish with chopped green onions and avocado slices.

Day 2 Quick Lunch Ground Pork

Ingredients:

- 1 sweet potato
- 2 pcs bacon
- 10 pcs asparagus, chopped, ends removed
- $\frac{3}{4}$ lb Italian sausage
- $\frac{1}{2}$ avocado, sliced thin
- Salt

Instructions:

- Preheat oven to 425°.
- Poke the sweet potato all over with a fork. Wrap with a tin foil and place inside the oven and bake until soft (45 minutes to 1 hour).
- Keep the baked potato wrapped in tin foil so it will stay warm.
- Cook the bacon in a large pan on medium heat until crispy. Set the cooked bacon pieces on top of paper towel to drain any excess fat.
- Sauté the asparagus for five minutes using the rendered bacon fat remaining in the pan.
- Add the Italian sausage and break it up using a wooden spoon. Continue to sauté until the meat is well cooked.
- Cut the baked potato in half and place in 2 separate bowls.
- Top each half of the baked potato with meat, bacon, avocado and asparagus.

Day 3 Chili Pork |Chops w/ Maple Syrup

Ingredients:

- 1 tsp red pepper, ground
- ½ tsp chili powder
- 1 tsp garlic powder
- ½ tsp cayenne pepper
- ⅛ tsp black pepper
- ¼ tsp salt
- 2 tbsp coconut oil
- 2 half pound pork chops sliced thin, with the bone in
- 3 tbsp maple syrup
- ¼ cup of orange juice
- 1 tsp apple cider vinegar
- Green onions for garnishing

Instructions:

- Place the ground red pepper, the chili powder, the garlic powder, the cayenne pepper, salt, and the black pepper and mix well in a small container.
- Pat dry the half pounder pork chops with a cloth or paper towel.
- Sprinkle each side of the pork chops with the mixed seasoning making sure the seasonings are pressed into each side of the pork chops.
- Place a large pan over high heat and add the coconut oil.
- Add the pork chops to the now hot pan. Sear each side of the pork chop for 2 to 3 minutes each.
- When done, turn down the heat to low.
- Whisk together the apple cider vinegar, the maple syrup, and the orange juice then pour into the pan all over the pork chops.
- The mixture will thicken and start to bubble. Leave the pork chops to cook for another 6 to 8 minutes, flipping once to make sure each side is well coated with the thick sauce.
- Remove the pork chops from the heat and place in a serving plate together with the remaining sauce. Arrange the chopped green onions on top before serving.

Day 4 Chicken Dippers

Ingredients:

- 1 lb skinless, de-boned chicken breast
- 1 egg
- ½ cup of almond flour
- 1 cup shredded coconut
- Salt
- Coconut oil
- Maple Mustard Sauce (for use as dipping)

Instructions:

- Preheat oven to 350°.
- Cut the chicken into strips.
- Whisk the egg in a shallow bowl. In a separate bowl, combine and mix the coconut, almond flour, and salt.
- Dip the chicken strips one by one - first in the whisked egg bowl then in the coconut mixture. Make sure all sides are well coated. Place the coated chicken strips on a plate.
- Place one to two tablespoons of coconut oil in a large pan on medium heat and wait until it is hot enough.
- Add the chicken strips into the pan making sure they are not crowding each other.
- Cook the chicken strips in batches for about one minute on each side.
- Arrange the cooked chicken strips on a cooling rack and place the rack atop a baking sheet.
- Place the baking sheet inside the pre-heated oven for 10 to 12 minutes until the chicken strips are cooked through.
- Cool the baked chicken strips on the rack. Once cooled, dip each strip into the maple mustard sauce and serve.

Day 5 Coconut Honey Chicken

Ingredients:

To make the rice:

- 1 small cauliflower crown, cut into florets
- 1/3 cup of chicken broth
- 1/4 tsp salt
- 1 tsp garlic powder

To make the honey chicken:

- 1.5 lbs chicken thighs, cut into 1" cubes
- 1 to 2 tbsp coconut oil
- Salt

To make the sauce:

- 2 tbsp coconut oil
- 2 cloves garlic, minced
- 1 can of coconut milk (14 ounce)
- 1/2 yellow onion, small, minced
- 1/4 cup of honey
- 1/2 cup of coconut aminos
- 1/2 tsp red pepper flakes
- 2 to 3 tbsp sriracha
- Salt
- 1/4 cup of tapioca flour
- Green onions chopped for garnishing

Instructions:

- Shred the cauliflower florets with a food processor until it resembles rice.
- Place a saucepan or a Dutch oven over medium heat until hot.
- Add the cauliflower rice, garlic powder, salt, and chicken broth. Cover and let steam for ten minutes while stirring once in a while to prevent the mixture from sticking to the bottom of the pan.
- Place a separate saucepan over medium heat.
- Pour in some coconut oil and wait until it is very hot.
- Add the chicken cubes to the pan, sprinkle with salt and sear. Make sure to flip over the chicken cubes when they begin to turn white so as

to cook the other side.

- With a slotted spoon, after chicken has cooked through, remove with a slotted spoon and set aside.
- Add two more tablespoons of coconut oil to the pan (if necessary) then sauté the onion and garlic until the onion turns translucent.
- Stir in the sriracha, coconut milk, coconut aminos, honey, salt, and red pepper flakes. Stir cook together until it comes to a low boil then reduce the heat to low.
- Stir in the tapioca flour one half at a time while whisking to make sure it is fully incorporated into the mixture. Don't stop whisking or the tapioca flour will start to clump.
- Add the cooked chicken cubes once the mixture has thickened.
- Cook for at least one minute to make sure the chicken cubes are reheated.
- Pour the chicken together with its sauce on top of the cauliflower rice. Arrange the chopped green onions on top before serving.

Day 6 Stir Fry Beef Teriyaki

Ingredients:

- 2 tbsp coconut oil
- 2 cloves garlic, minced
- ½ cup of coconut aminos
- 1 tsp grated ginger, fresh
- 3 tbsp honey
- 1 tbsp Sriracha
- ½ tsp fish sauce
- 1 tsp sesame oil
- 2 tbsp arrowroot powder
- 1 red bell pepper, sliced thinly
- 1 bell pepper, sliced thinly
- ½ yellow onion, sliced thinly
- 1 cup button mushrooms, sliced
- 1lb thinly sliced flank steak
- Salt
- Pepper
- Green onions, chopped for garnishing

Instructions:

- Place a large pan over medium heat.
- Add coconut oil sauté the minced garlic together with the grated ginger.
- Once the garlic aroma comes out, turn the heat to low.
- Stir in the coconut aminos after the pan has cooled down a bit. This will prevent the aminos from splattering.
- Slowly increase the heat to medium then add the fish sauce, sesame oil, sriracha, and honey.
- Bring the mixture into a slow boil, then add half of the arrowroot powder in small batches at a time while whisking to make sure they incorporate well into the sauce.
- Once the sauce has thickened, add the mushrooms, the onions, and peppers. Simmer for six to eight minutes until the onion turns translucent.
- Remove the cooked vegetable and place in a bowl.

- Increase the heat to medium-high then add the flank steak slices. Cook the meat slices for 2 to 3 minutes on each side until the pinkish color of the meat is gone.
- Toss in the cooked vegetables and stir until well combined with the meat.
- Add the remaining one tablespoon of arrowroot again a little at a time at a time while whisking to make sure the powder is fully incorporated with the mixture.
- Place the chopped green onions on top before serving.

Day 7 Beef Broccoli w/ Cashew Nuts

Ingredients:

- 1 cup of coconut aminos
- 3 tbsp honey
- ½ cup orange juice
- 1 tsp fish sauce
- 1 tsp grated fresh ginger
- 2 cloves garlic, minced
- ½ tsp red pepper flakes
- 3 tbsp arrowroot powder
- 1 lb thinly sliced flank steak
- 3 broccoli crowns cut into florets
- Salt
- Pepper
- 2 tbsp of coconut oil
- ½ cup cashews, toasted

Instructions:

- In a large bowl, combine the coconut aminos, arrowroot powder, honey, orange juice, ginger, fish sauce, red pepper flakes, and garlic. Season with pepper and salt and whisk together.
- Place the flank steak slices in a shallow dish and pour the whisked mixture to cover the meat slices.
- Marinate for thirty minutes inside the refrigerator.
- Place a Dutch oven on medium heat and add one tablespoon of coconut oil.
- Add the cauliflower florets when the Dutch oven is hot enough.
- Season with some salt and stir fry until soft and crisp.
- Remove from heat once the broccoli is cooked to your preference.
- Place the Dutch oven back over high heat.
- Add more coconut oil then place the meat slices together with the marinade and cook until the meat slices are no longer pinkish in color.
- Add back the cooked broccoli florets together with the toasted cashews.
- Simmer for one more minute then serve hot.

Chapter 8: Your Autoimmune Dinner Recipes

Day 1 Gluten Free Meat Loaf

Ingredients:

- 1 1/2 lbs ground beef
- 1 tbsp Worcestershire sauce
- 1 can tomato sauce, (4 ounce)
- 1/3 cup fried pork skins, crushed
- 2 eggs
- 2 1/2 tbsp chili powder
- 1 tbsp garlic salt
- 1 tbsp garlic pepper seasoning

Instructions:

- Preheat the oven to 375 degrees F.
- Combine the ground beef, tomato sauce, crushed pork skin, Worcestershire sauce, and eggs in a large mixing bowl.
- Season with garlic pepper, then with chili powder, and then with garlic salt.
- Mix until the mixture is well blended. Form the mixture into a loaf and place in a previously greased loaf pan.
- Place inside the oven and bake for thirty five to forty minutes.
- Leave it out to rest and cool for at least five minutes.
- Slice the roast into serving pieces when cool enough.

Day 2 Bacon & Tomato Quiche

Ingredients:

For the Zucchini Hash Crust:

- 2 small zucchini, organic, grated
- 1 1/2 tablespoon coconut flour
- 1 egg, beaten
- 1 tablespoon coconut oil
- 1 teaspoon flax meal
- 1/8 teaspoon sea salt

For the Quiche:

- 5 eggs, beaten
- 1/2 cup egg whites, organic
- 3 tablespoon plain almond milk, unsweetened
- 5 slices cooked organic bacon, chopped
- 2/3 cup cauliflower, ground into rice
- 1/2 cup chopped spinach, fresh
- 1/4 teaspoon mustard, ground
- 1/4 teaspoon sea salt
- 1/4 teaspoon black pepper
- For the topping:
- 2 small sized tomatoes, sliced
- 1/2 cup cheese of your choice, grated

Instructions:

- Preheat oven to 400 F
- Wrap the grated zucchini in cheese cloth and squeeze over the sink to drain the liquid out of the zucchini. Place the drained zucchini in large mixing bowl.
- Add all the rest of the crust ingredients to the zucchini and mix well.
- Place the zucchini mixture into previously greased pie dish. Use the back of a spoon to spread the zucchini mixture evenly around the pie dish until the dish is fully covered with the zucchini crust mixture.
- Place inside the oven and bake for nine minutes to form the crust.
- Take out the pie crust from oven and place in one corner for a while.
- Combine the eggs, almond milk, egg whites, ground mustard, black pepper and sea salt in a large bowl.
- Add the chopped bacon, cauliflower rice, and chopped spinach to the

egg mixture and mix well.

- Pour the egg mixture into zucchini crust to form the quiche.
- Arrange the tomato slices on top of the quiche and return inside the still hot oven.
- Bake for twenty minutes checking at the twenty minute mark to make sure the edges of the pie crust is not browning too much.
- Place a sheet of parchment paper loosely to cover the top of the pie dish before returning it to the oven.
- Put the pie back into the oven once more and bake for the remaining eight minutes, or until the top is browned and center of the pie is firm and set.
- Add the cheese on top and return inside the oven back into the oven to bake for two minutes more.
- Remove and allow to cool. Slice and serve.

Day 3 Spiced Chicken Salad w/ Mango & Avocado

Ingredients:

- 1 small head of lettuce, chopped
- 1 to 2 cups of shredded chicken
- 1 medium size mango, peeled and diced
- 1 avocado, diced
- 1.2 teaspoon of chili powder
- 1/2 teaspoon of cumin powder
- Salt
- Pepper

Instructions:

- Place the chopped lettuce in a large mixing bowl.
- In a separate, medium size bowl, place the shredded chicken and moisten with a little bit of water.
- Microwave for twelve to fifteen seconds.
- Add the cumin and chili powder.
- Arrange the shredded chicken over the lettuce and top with avocado and diced mango.

Day 4 Beef Stew w/ Kale and Butternut Squash

Ingredients:

- 2 tablespoons bacon fat or coconut oil
- 1 roughly chopped onion
- 2 pounds of stew beef cut into one inch cubes
- 1 1/2 tablespoon of minced fresh sage
- 4 cloves of garlic, minced
- 4 cups of cubed butternut squash
- 1/2 teaspoon paprika, smoked
- 16 ounces of frozen kale, chopped (you may use 1 bunch of fresh kale)
- 4 cups of beef stock
- Salt
- Pepper

Instructions:

- Heat 1 tablespoon of bacon fat or coconut oil in a large Dutch oven over medium high heat.
- Fry the meat in batches until browned but be careful to cook it only half through or slightly browned. Set aside the browned meat for a while.
- Adjust the heat to medium and pour in the remaining coconut oil or bacon fat.
- Once it's hot enough add the smoked paprika, garlic, sage, and onions to the pot.
- Sprinkle with salt and a dash of fresh pepper. Stir fry until the onions turn translucent and are softened. (Around 8 minutes).
- Stir in the beef cubes, kale, and butternut squash to the pot. Combine well with continuous stirring then then pour in the chicken stock. Add two more cups of hot water.
- Allow it to boil first before you put on the cover.
- Reduce the heat and simmer for one hour.
- Serve hot. Store the leftovers in the refrigerator where you can keep it for up to a week.

Day 5 Hunter Stew

Ingredients:

- Butter
- 2 pounds beef, cut into cubes
- 2 handfuls of fresh blueberries
- 2 cups of young carrots, cut lengthwise in half
- Coconut oil
- Pepper
- Garlic powder
- Salt
- Oregano
- 1 large Onion cut thinly in circles

Instructions:

- Stir fry the beef cubes in coconut oil over medium heat until browned. Add in the onions and allow simmer until the onions soften.
- Stir in the young carrots together with the seasoning.
- Add a few drops of Worcestershire sauce plus enough water to cover the meat.
- Bring to a boil and stew on medium heat for thirty minutes until the carrots are fork tender.
- Add the fresh blueberries in the last 10 minutes together with a teaspoon of butter.

Day 6 Grilled Tri Trip

Ingredients:

- 1 beef tri-tip roast (2 1/2 pounds)
- 1 tbsp salt
- 1 1/2 tsp garlic salt
- 1/2 tsp celery salt
- 1/4 tsp black pepper, ground
- 1/4 tsp onion powder
- 1/4 tsp paprika
- 1/4 tsp dried dill
- 1/4 tsp dried sage
- 1/4 tsp dried rosemary, crushed

Instructions:

- Combine the garlic salt, paprika, salt, onion powder, celery salt, dill, black pepper, sage, and rosemary in a mixing bowl. Place inside an airtight container and set aside at room temperature.
- Moisten the roast with a damp cloth then pat with the rub we prepared above. Refrigerate and chill the whole night.
- Set an outdoor grill over high heat and lightly brush the grates with oil.
- Place the roast on the grill and sear until brown on all sides then remove.
- Adjust the grill temperature to medium-low indirect heat and return the roast.
- Grill for one and a half hours, turning the roast occasionally until the desired doneness is reached.
- Remove from the heat and wrap in aluminum foil. Let it rest for ten minutes then carve into thin slices across the grain.
- Serve.

Day 7 Jerusalem Artichoke and Hamachi Carpaccio

Ingredients:

- 2 to 3 pieces of peeled young Jerusalem Artichokes (sunchokes)
- ¼ pounds hamachi, sashimi grade
- Olive oil, extra virgin
- Yuzu juice
- Tobiko and Shiso for garnishing
- Smoked sea salt

Instructions:

- Arrange the thin slices of Jerusalem Artichokes together with the slices of hamachi sashimi in layers.
- Drizzle the top with olive oil and Yuzu juice, then sprinkle with sea salt.

Conclusion

Thank you again for downloading this book!

I hope this book was able to help you to gain a deeper insight on how best to manage your weight and lose those excess pounds in 7 days by embracing a low carb, high protein Gluten Free Diet.

The next step is to put the meal plan into action and adopt the Gluten Free Diet as your lifestyle for the long haul for a healthier, leaner you.

Finally, if you enjoyed this book, please take the time to share your thoughts and post a review on Amazon. It'd be greatly appreciated!

Thank you and good luck!