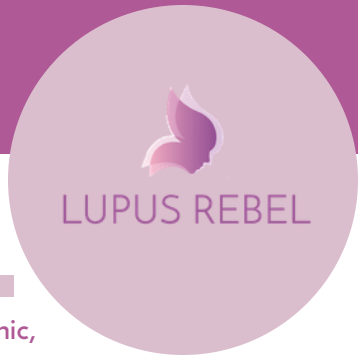


Lupus Elimination Diet Food Plan



PROTEINS Proteins

Servings/day _____ ■ ■ ■ ■ ■ ■ ■ ■

Lean, free-range, grass-fed, organically grown meats; non-GMO plant proteins; and wildcaught fish preferred

Animal Proteins:

- Fish: Halibut, herring, mackerel, salmon, sardines, tuna, etc.-1 oz
- Meat: All wild game, buffalo, elk, lamb, venison-1 oz
- Poultry: Chicken (skinless), Cornish hen, turkey-1 oz

Plant Protein:

- Burger alternatives: Bean, mushroom, veggie (no soy or wheat)-1 oz

Protein Powder:

- Check label for # grams/scoop- 1 protein serving = 7 g
- Hemp, pea, rice protein

1 oz serving = 35-75 calories, 7g protein

Eliminate

Beef/veal, canned meats, cold cuts, eggs, frankfurters, pork, shellfish, whey, soy (miso, natto, tempeh, tofu, textured vegetable protein).

LEGUMES Proteins/Carbs

Servings/day _____ ■ ■ ■ ■ ■ ■ ■ ■

- Bean soups- 3/4 c
- Dried beans, peas, or lentils (cooked)- 1/2 c
- Flour, legume- 1/4 c
- Green peas (cooked)- 1/2 c
- Hummus or other bean dip- 1/3 c
- Refried beans, vegetarian- 1/2 c

1 serving = 110 calories, 15g carbs, 7g protein

Eliminate

Soybean products (edamame, miso, soy sauce, tamari, tempeh, tofu, soy milk, soy yogurt, textured vegetable protein)

DAIRY ALTERNATIVES Proteins/Carbs

Servings/day _____ ■ ■ ■ ■ ■ ■ ■ ■

Unsweetened

- Coconut yogurt (cultured coconut milk) and kefir- 1/3 c
- Milk: Almond, coconut, flaxseed, hazelnut, hemp, rice- 8 oz

1 serving = 50-100 calories, 12g carbs, 7g protein

Eliminate

Butter, cheese, cottage cheese, cream, frozen yogurt, ice cream, milk, non-dairy creamers, soy milk, yogurt (dairy and soy), whey

NUTS & SEEDS Proteins/Fats

Servings/day _____ ■ ■ ■ ■ ■ ■ ■ ■

- Almonds-6
- Brazil nuts-2
- Cashews-6
- Chia seeds-1 T
- Coconut, flakes (unsweetened)-3 T
- Flaxseed, ground-2 T
- Hazelnuts-5
- Hemp seeds-1 T
- Nut and seed butters- 1/2 T
- Pecan Halves-4
- Pine nuts-1 T
- Pistachios-16
- Pumpkin seeds-1 T
- Sesame seeds-1 T
- Sunflower seed kernels-1 T
- Walnut halves-4

1 serving = 45 calories, 4 g fat

Eliminate

Mixed nuts (with peanuts), peanuts, peanut butter

FATS & OILS

Servings/day _____ ■ ■ ■ ■ ■ ■ ■ ■

Minimally refined, cold-pressed, organic, non-GMO preferred

- Avocado-2 T
- Coconut milk, regular (canned)-1 1/2 T
- Coconut milk, light (canned)-3 T
- Olives, black or green-8
- Prepared salad dressing with acceptable oils-2 T
- Oils, cooking: Coconut, grapeseed, olive (extra virgin), rice bran, sesame-1 t
- Oils, salad: Almond, avocado, flaxseed, grapeseed, hempseed, higholeic safflower and sunflower, pumpkin, sesame, walnut-1 t

1 serving = 45 calories, 5g fat

Eliminate

Butter, corn oil, cottonseed oil, margarine/spreads, mayonnaise, peanut oil, shortening, soybean oil



Elimination Diet Food Plan



LUPUS REBEL

VEGETABLES Non-starchy Carbs

Servings/day _____ ■ ■ ■ ■ ■ ■ ■ ■

- Artichoke
- Arugula
- Asparagus
- Bamboo shoots
- Bok choy
- Broccoflower
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celeriac root
- Celery
- Chard/Swiss chard
- Chervil
- Chives
- Cilantro
- Cucumbers
- Daikon radishes
- Eggplant
- Endive
- Escarole
- Fennel
- Garlic
- Green beans
- Greens (beet, collard, dandelion, kale, mustard, turnip)
- Horseradish
- Jicama
- Kohlrabi
- Leeks
- Lettuce, all
- Microgreens
- Mushrooms
- Okra
- Onions
- Parsley
- Peppers, all
- Radicchio
- Radishes
- Salsa
- Sea vegetables
- Scallions
- Shallots
- Snap peas/snow peas
- Spinach
- Sprouts, all
- Squash (delicata, pumpkin, spaghetti, yellow, zucchini)
- Tomato
- Tomato juice- $\frac{3}{4}$ c
- Turnips
- Vegetable juice- $\frac{3}{4}$ c
- Vegetables, fermented
- Water chestnuts
- Watercress

1 serving = $\frac{1}{2}$ c cooked, 1 c raw, 25 calories, 5 g carbs

VEGETABLES Starchy Carbs

Servings/day _____ ■ ■ ■ ■ ■ ■ ■ ■

- Acorn squash, cubed-1 c
- Beets, cubed-1 c
- Butternut squash, cubed-1 c
- Plantain ($\frac{1}{2}$ whole)- $\frac{1}{3}$ c
- Potato: Purple, red, sweet, white, yellow- $\frac{1}{2}$ med
- Potatoes, mashed (made with nondairy milk)- $\frac{1}{2}$ c
- Root vegetables: Parsnip, rutabaga- $\frac{1}{2}$ c
- Yam- $\frac{1}{2}$ med

1 serving = 80 calories, 15 g carbs

Eliminate

Corn, Potato (if avoiding nightshades)

FRUITS Carbs

Servings/day _____ ■ ■ ■ ■ ■ ■ ■ ■

Unsweetened, no sugar added

- Apple-1 sm
- Applesauce- $\frac{1}{2}$ c
- Apricots, fresh-4
- Banana- $\frac{1}{2}$ med
- Blackberries- $\frac{3}{4}$ c
- Blueberries- $\frac{3}{4}$ c
- Dried fruit (no sulfites)-2 T
- Figs, fresh-3
- Grapes-15
- Grapefruit- $\frac{1}{2}$ med
- Juices, diluted- $\frac{1}{2}$ c
- Kiwi-1
- Kumquats-4
- Lemon-1
- Lime-1
- Melon, all-1 c
- Mango- $\frac{1}{2}$ sm
- Nectarine-1 sm
- Orange-1 med
- Papaya-1 c
- Peach-1 sm
- Pear-1 sm
- Persimmon- $\frac{1}{2}$
- Pineapple- $\frac{3}{4}$ c
- Plums-2 sm
- Pomegranate seeds- $\frac{1}{2}$ c

- Prunes-3 med
- Raisins-2 T
- Raspberries-1 c
- Tangerines-2 sm

1 serving = 60 calories, 15 g carbs

Eliminate citrus fruits if directed by your healthcare provider

GLUTEN-FREE GRAINS Carbs

Servings/day _____ ■ ■ ■ ■ ■ ■ ■ ■

- Amaranth (cooked)- $\frac{3}{4}$ c
- Brown rice cakes-2
- Buckwheat/Kasha (cooked)- $\frac{1}{2}$ c
- Crackers (nut, seed, rice)-3-4
- Flours for baking: arrowroot, sorghum, tapioca-3 T
- Millet (cooked)- $\frac{1}{2}$ c
- Oats (cooked), rolled or steel-cut- $\frac{1}{2}$ c
- Quinoa (cooked)- $\frac{1}{2}$ c
- Rice (cooked)- $\frac{1}{3}$ c
- Teff (cooked)- $\frac{3}{4}$ c

1 serving = 80 calories, 15 g carbs

Eliminate

Barley, corn, emmer, farro, kamut, rye, spelt, triticale, wheat

BEVERAGES

- Filtered water (with lemon or lime juice)
- Sparkling/mineral water
- Green tea
- Fresh juiced fruits/vegetables
- Unsweetened nut/seed milks
- Unsweetened coconut water