

# Find Your Triggers

*An anti-inflammatory exclusion diet for anyone struggling with the chronic diseases of modernity.*



What foods are in?

## MACRONUTRIENTS



### Proteins

- All fresh meats and poultry, including mincemeat.
- Very fresh fish only.
- No fermented, smoked, or preserved animal products.



### Carbohydrates

- Butternut squash\*\*.
- Wild rice (100%, soaked 2h+ cooked in plenty of water)\*\*.
- Bok Choy (Pak Choy).
- Red and white cabbage.\*
- Cauliflower.\*
- Broccoli.\*
- Carrots
- Cucumbers
- Watercress
- Iceberg, romaine, lamb's, Chinese lettuce
- Fennel (not seeds).
- Courgette.
- Sprouts.\*
- Chives.
- Root ginger.
- Nori & other seaweeds

\* May not be suitable for IBD/IBS

\*\* Not every day.



### Fats

- High-quality animal fats (ideally regenerative, organic, free-range).
- Coconut oil.
- Olive oil.
- Avocado oil.
- Flaxseed oil (high quality, cold-pressed)—never heat.

## DRINKS AND OTHER

- Sparkling mineral water.
- Filtered tap water.
- Green tea (not after 1PM)
- Peppermint tea.
- Camomile tea.
- Sea salt.



If it is not in the list, it is not in the diet.

Centre meals around animal proteins with the veg on the side. It's more satisfying, nutritious and makes the diet easier to follow.