

The Best Endometriosis Diet for YOU

STAGE 1
PALEO
6 WEEKS
START DATE:

STAGE 2
PALEO +AIP
(OR RE-INTRODUCE)
6 WEEKS
START DATE:

EAT

organic vegetables, nuts & seeds, wild caught fish, organic eggs, poultry & meat, including bone broths & organ meat (if you can), all plant & animal fats, esp. Omega 3s (salmon, walnuts)

all of the above, minus eggs, nuts & seeds, and the rest of the "avoid" list

LIMIT

organic fruit, unrefined sugars (maple syrup, honey), clear alcohol or dry wine

organic fruit, unrefined sugars (maple syrup, honey)

AVOID

gluten and all grains, legumes including soy, dairy, processed foods, refined carbs, refined sugars, manmade fats

all of the above, plus, nightshades (eggplant, peppers, tomato, potatoes), nuts & seeds, eggs, alcohol, coffee, NSAIDs

RE-INTRODUCE?

if you're feeling better after 6 weeks and don't think you need to restrict your diet further, you can re-introduce foods **one at a time** (below). Try the suggested, or write in your own:

OR

rice?
dairy?
garbanzo beans?



The Best Endometriosis Diet for YOU



EAT

organic *cooked* vegetables & fruit, wild caught fish, organic eggs, poultry & meat, including bone broths & organ meat (if you can), all plant & animal fats, esp. Omega 3s

everything under paleo, except certain fruits and vegetables for low FODMAPs and low Nickel and certain fish for low-Nickel

LIMIT

nuts & seeds, unrefined sugars (maple syrup, honey), clear alcohol or dry wine

see the complete list of low FODMAPs (if that's what your choosing) for fruits & veggies to eat in small quantities

AVOID

everything under paleo "avoid" + starchy vegetables (potatoes, yams, plantains), tapioca, arrowroot, maple syrup, molasses, canola oil, chocolate, canned foods

everything under paleo "avoid" + either the complete list of low FODMAPs, or the complete list of low Nickel

RE-INTRODUCE?

if you felt better on AIP, you could experiment with **(one at a time)**:
eggs?
nuts & seeds?
nightshades?
_____?
_____?

OR write in your experimental foods:

STAGE 3
PALEO + SCD
6 WEEKS
START DATE: _____

STAGE 4
PALEO + LOW FODMAPS OR LOW NICKEL
(OR REINTRODUCE)
START DATE: _____