

Love what
you eat *while*
you heal
autoimmunity.



Autoimmune Food Freedom Starter Guide

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WELCOME, FRIEND!

*It's time to stop over-restricting yourself to boring,
repetitive diet food to heal autoimmunity.*

This guide is your first step into the Flare Free lifestyle. A sustainable, realistic way to eat to lessen inflammation, decrease the symptoms of your autoimmune condition, and finally get your life back - *without* sacrificing your favorite foods or having to make separate meals for the rest of the family.

If you've ever said...

"I can't eat another boring salad!"

"I just want to eat normal food again."

"I don't want to flare every time I eat something that I actually like the taste of."

...then you're in the right place.

This guide will help you:

- Make the foods you love in a way that loves your *body* back with satisfying, chef-approved ingredient swaps that *actually* heal
- Identify your personal threshold for indulging in your trigger foods on occasion without flaring
- Embrace the mindset shifts needed to stop the "all or nothing" food shame spiral

Ready?!

Let's get cooking!



HERE'S WHAT YOU'LL GET IN THIS GUIDE:



- 10 delicious, anti-inflammatory ingredient swaps that prove you can keep your favorite dishes and heal autoimmunity too
- A Flare Free Math Cheat Sheet that will help you eat out on occasion without flaring
- Mindset shifts to help you stop the “all or nothing” food shame spiral

This is your first step to what I call "Autoimmune Food Freedom"

(where eating to heal just becomes how you *live*...not something you have to *force* yourself to do).

When you feel excited to eat healthy every day.

When you can peacefully indulge in your trigger foods on occasion without shame and regret.

When you can eat *WHATEVER* you want, *WHENEVER* you want (without obsessing) because you don't self sabotage all the time anymore.

HERE'S THE TRUTH ABOUT HEALING WITH FOOD:



Most people don't give up on using food as medicine after a couple weeks because they're “weak”.

They give up because no one gave them a plan that was *realistic*.

They give up because they were told to cut out all of their favorite foods cold turkey and switch to eating basic meals like salmon with brown rice and broccoli on repeat. Even if it bores them to death.

They give up because they don't want to have to eat boring healthy food all alone while the rest of the family gets to eat whatever they want.

This guide helps change all that.

Stop the all-or-nothing food spiral in 3 steps:

-01-

STEP ONE

Flip the script on what you think healing autoimmunity through food looks like (It doesn't have to be all salmon, brown rice, and broccoli. You can eat pasta, pizza, burgers, tacos, casseroles, etc. too!)

-02-

STEP 2

Start swapping out the inflammatory ingredients in your pantry and fridge for some anti-inflammatory substitutions that taste, look, and feel the same so you can heal autoimmunity and love your food at the same time. (And get the rest of the family on board with eating healthy with you!)

-03-

STEP 3

Uncover your personal threshold for indulging in your trigger foods in moderation from time-to-time so you can actually enjoy your life!

1.



STEP 1

"FLARE FREE" DOESN'T MEAN FLAVOR FREE

Before we get to the good stuff, let's bust one big myth:

"If I want to eat to heal autoimmunity, I have to eat boring diet food like salmon and broccoli over and over again."

Truth: *Anything* can be made Flare Free. You just need to know which ingredients to use so your meals actually taste good and support your body.

STEP 2

2.



SWAP THESE INGREDIENTS TO MAKE YOUR FAVE MEALS FLARE FREE

This is your permission slip to stop over-restricting and start making the foods you already love...in a way that loves your body back.

On the next page, I'm giving you 10 of my favorite anti-inflammatory swaps that *actually* taste good.

3.



STEP 3

TRY FLARE FREE MATH

Tired of saying "no" to outings with family and friends because you don't trust yourself around certain foods? Try "Flare Free Math"!

It helps you figure out how many of your trigger foods your body can actually handle...without sending you into a flare. Because yes - you can enjoy some of those foods. You just need to know your limit.

FLARE FREE SWAPS

01

INSTEAD OF HEAVY CREAM IN YOUR SAUCES/SOUPS

Try unsweetened Nut Pods creamer or unsweetened full fat canned coconut milk if you're allergic to almonds. (When mixed with the right amount of savory aromatics, you won't even taste the coconut!)

02

INSTEAD OF SUGAR IN YOUR SAUCES/SWEETS

Try a granulated monk fruit sweetener. It tastes just like sugar but it won't spike your blood sugar and cause inflammation.

03

INSTEAD OF CHEDDAR IN YOUR CASSEROLES

Try soy-free vegan shredded cheddar (Simple Truth is my fave brand). It melts great when mixed with a liquid or sprayed with avocado oil!

04

INSTEAD OF WHEAT PASTA ON ITALIAN NIGHT

Try Jovial organic brown rice pasta. It cooks al dente just like the real deal and even freezes well! (Substitute organic lentil or chickpea pasta for added protein!)

05

INSTEAD OF BUTTER IN YOUR MEALS/DESSERTS

Try organic grass-fed ghee. It's high in Vitamins A + D, plus anti-inflammatory omega 3s. It's virtually lactose and casein free making it safe for most people with dairy sensitivities and/or allergies!



FLARE FREE SWAPS

06

INSTEAD OF FRYING IN VEGETABLE OIL

Try frying in good quality expeller pressed avocado oil (like Chosen Foods brand) instead. It's great for high heat cooking and neutral in flavor unlike olive oil.

07

INSTEAD OF WHEAT BREADCRUMBS

Try Cauli Crunch gluten/grain-free "breadcrumbs" or no sugar/seed oils added gluten-free breadcrumbs (like 4C brand).

08

INSTEAD OF SOY SAUCE IN YOUR STIR FRY

Try coconut aminos (or gluten-free soy sauce if you have metabolic issues or a coconut allergy/sensitivity).

09

INSTEAD OF GREEK YOGURT

Try unsweetened soy-free vegan yogurt like Cocojune coconut yogurt or Kite Hill almond yogurt. Great for tzatziki sauce, ranch dip, salad dressings, breakfast, snack, dessert, etc.

10

INSTEAD OF FLOUR IN YOUR STEWS + BATTERS

Try Bob's Red Mill's brown rice flour instead. It works 1:1 the same way regular all-purpose wheat flour works in cooking. Coating, dredging, frying, thickening, etc. The world is your oyster with this sturdy gluten-free flour that won't cause inflammation like white rice flour. (Not recommended for baking.)



FLARE FREE MATH

Your Cheat Sheet for Indulging in Your Trigger Foods on Occasion (Without Flaring)

You *can* enjoy some of your trigger foods on occasion!

The secret is in learning *your personal threshold* for indulging so you don't overdo it and end up in a flare.

I call this "Flare Free Math", and it's a blend of:

Awareness - understanding how your body reacts

Trial + error - testing in a controlled way

Strategy - knowing when to swap and when to indulge



HERE'S HOW TO START:

1. Pick a food you love but suspect might trigger a flare (ex: gluten, dairy, sugar, etc.).
2. Choose a chill day (when you're not already stressed, flared, or running on empty).
3. Eat 1 small serving of that food. Don't go overboard. *Just enough to enjoy.*
4. Track how you feel for 24-48 hours. Energy, joints, gut, mood, sleep...notice any shifts.
5. Write it down in a food journal or on the notes in your phone. This is your first data point.
6. Repeat 3-7 days later, but with a slightly larger portion.
7. Compare results. You're starting to uncover your body's unique threshold.

Remember: This is *not* about perfection. This is about learning to listen to *your* body and love food again *without* fear. Flares aren't failure. They're information!

You're not someone who "*can't eat anything.*"

You're someone learning how to eat in a way that actually works for *your* body.



You're not here to follow someone else's rigid food rules. You're here to create a way of eating that actually works for *YOUR* body, *YOUR* lifestyle, and *YOUR* tastebuds.

This guide is just the beginning.

WHAT'S NEXT?!



86 AUTOIMMUNITY

*Kick autoimmunity to the curb with delicious healing food
your whole family will love (without cooking all day)!*

Welcome to my newsletter "86 Autoimmunity" that will help you kick autoimmunity to the curb with delicious healing food your whole family will love (*without* cooking all day)!

You'll get 9 small actionable steps in the first 3 weeks, then one step a week thereafter.

(Delivered on Tuesdays at 1 PM.)

You're on the inside now!

Expect simple recipes, time-saving cooking tips, and "beyond food" steps that help you support your body *without* overcomplicating your life.



HI THERE!

I'm Laura Rodriguez - holistic chef and autoimmune wellness coach with Rheumatoid Arthritis. I've hit rock bottom in my health *twice*. And each time, it was the kitchen that brought me back.

Now I teach folks with autoimmunity eat to heal without sacrificing their favorite foods so they do it consistently enough to feel better, mange or reverse their condition, and get back to *LIVING* again!