

*How to Keep Your
Comfort Food (And
Your Sanity) While
You Heal
Autoimmunity*



Autoimmune Foodie's Survival Guide

*By Chef Laura Rodriguez
cheflaurarodriguez.com*

WELCOME, FOODIE FRIEND!

You don't need another restrictive diet. You need to learn to make the foods you love, in a way that loves you back.

This guide is your first step into the Flare Free lifestyle. A sustainable, realistic way to eat for healing *without* giving up everything you love or becoming a short-order cook for the picky eaters at home.

If you've ever said...

"I can't keep eating this boring 'healthy' food."

"I miss flavor. I miss comfort. I miss normal food."

"I don't want to flare every time I eat something I actually enjoy..."

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

This guide will help you:

- Start eating the foods you love, in a way that *doesn't make you flare*
- Make smart, satisfying ingredient swaps that actually heal
- Stop the "all or nothing" food spiral and eat like someone who actually enjoys food again

Ready? Let's get cooking!





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

- 10 delicious, anti-inflammatory food swaps that prove you can keep your favorite dishes - just in Flare Free form
- Your Flare Free Math Cheat Sheet so you can figure out how much of your trigger foods you can enjoy without spiraling into a flare
- Tips to help you stop the "all or nothing" food spiral and eat like someone who actually enjoys food again

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

- ✓ Freedom from fear around food
- ✓ Freedom from over-restriction
- ✓ Freedom to actually live and eat again (without the guilt)



HERE'S THE TRUTH ABOUT HEALING WITH FOOD:

Here's the deal: most people don't fall off the healing wagon because they're weak.

They fall off because no one gave them a plan that was realistic.
A plan that felt normal.
A plan that tasted good.

This guide is your first taste of how healing can actually feel *doable* and delicious.

Let's dig in.

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

-02-

STEP 2

Start cooking with anti-inflammatory ingredients so you
can make your family's favorite meals Flare Free and
indulge without the flares

-03-

STEP 3

Uncover your threshold for indulging in your trigger foods
so you can actually enjoy your life as a foodie without
making your autoimmune condition worse

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, simple food like Grilled Chicken with Sweet Potatoes and Asparagus over and over again."

Truth: Anything can be made Flare Free. You just to know which great-tasting ingredients to use so you enjoy your favorite meals while healing autoimmunity. And once you do, you can switch up what you eat just as you often as you do now!

STEP 2

2.



🔄 SWAP THESE INGREDIENTS TO MAKE YOUR FAVE MEALS FLARE FREE

This is your permission slip to stop over-restricting and start re-creating your favorite dishes in a way that helps you heal.

👉 I'm giving you 10 of my top favorite, best-tasting, anti-inflammatory ingredient swaps on the next page!

3.



STEP 3

🧠 TRY FLARE FREE MATH

Tired of having to say "no" to family parties and friends' outings because you can't resist the urge to eat foods that make you flare? It's time to take back control and stop over-restricting to prevent flares.

Try "Flare Free Math" - the mental math + physical feedback method I teach inside my course + coaching program, The Autoimmune Edible Rx. It helps you figure out how much of your trigger foods you can handle in one sitting (without flaring).

FLARE FREE SWAPS

01

INSTEAD OF HEAVY CREAM IN YOUR SAUCES/SOUPS

Try unsweetened soy-free plant milk or unsweetened full fat canned coconut milk. When mixed with the right amount of 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. It melts great when mixed with a liquid or sprayed with avocado oil!

04

INSTEAD OF WHEAT PASTA ON ITALIAN NIGHT

Try organic brown rice pasta. It cooks al dente just like the real deal and even freezes well!

05

INSTEAD OF BUTTER IN YOUR MEALS/DESSERTS

Try organic cultured soy-free vegan butter! It smells, tastes, melts and even browns just like regular butter! Great for savory cooking and/or baking!!



FLARE FREE SWAPS

06

INSTEAD OF FRYING IN VEGETABLE OIL

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

07

INSTEAD OF WHEAT BREADCRUMBS

Try cauliflower "breadcrumbs" or no sugar/seed oils added gluten-free breadcrumbs.

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 coconut yogurt, almond yogurt, cashew yogurt, etc. Great for tzatziki sauce, ranch dip, salad dressings, breakfast, snack, dessert, etc.

10

INSTEAD OF FLOUR IN YOUR STEWS + BATTERS

Try organic 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.



FLARE FREE MATH

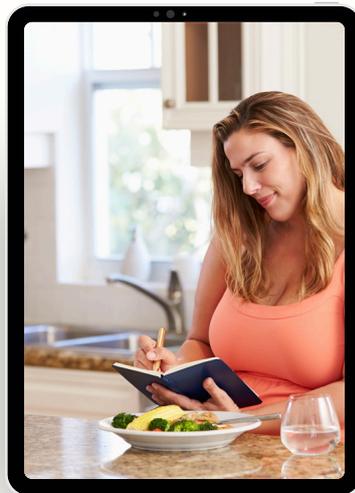
Your Cheat Sheet for Eating What You Love (Without Regret)

You *can* enjoy some of your trigger foods...

The secret is in learning *your personal threshold*.

I call this “Flare Free Math”, and it’s a blend of:

- 🧠 **Mental Math:** Knowing how your body reacts to different foods
- 📝 **Physical Trial + Error:** Testing small amounts in safe environments
- 🔄 **Strategic Substitutions + Upgrades:** Knowing when to go Flare Free, and when you can indulge *just enough* without consequences



FLARE FREE MATH PROMPT:

1. Pick a food you love but suspect might trigger a flare (ex: dairy, dessert, alcohol, 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. You're not failing. You're gathering evidence.
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.**

YOU'RE NOT JUST A FOODIE. YOU'RE A HEALER NOW



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?



DM me "WAITLIST" on Instagram to get on the waitlist for my 3-day Holiday Meal Prep Challenge happening November 6-8th!

By the end of it, you'll have 12 meals stocked in your freezer ready to pull out and reheat on your busiest days during the busiest time of the year!

Annnnd... you'll learn my Flare Free EPIC Method in detail so you can successfully start your journey to living free of autoimmune flare-ups (*without* living in the kitchen or giving up your family's favorite foods)!

It's fun, it's transformative, and it's made for foodies who are done playing small.

P.S. Everyone on the waitlist will have discounted access to the Holiday Meal Prep Challenge!

DM ME "WAITLIST" HERE ON INSTAGRAM!



ABOUT ME

I'm Laura Rodriguez - holistic chef and Rheumatoid Arthritis warrior. I've hit rock bottom with my health *twice*. And each time, it was the kitchen that brought me back. Now, I teach foodies with autoimmunity, like you, how to use food as medicine without over-restriction, overwhelm, or burnout.

My superpower?

Helping you turn your kitchen into a tool for healing. With craveable meals your whole family will love. (Yes, even the picky ones!)

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