

luxford**nutrition**

AUTOIMMUNE-BUSTING RECIPES



EMILY LUXFORD
MS, RD, IFNCP, CLT



Hello!

I am thrilled you downloaded my new Autoimmune-Busting Recipe e-book! I have worked with hundreds of clients and they all express the same initial concern. Where do I start? I created this quick start recipe guide to help you implement change without being overwhelmed. Choose one recipe to enjoy each day of the week. You may be surprised to witness the profound impact a single daily dietary change can have on your overall health. The key to success is consistency and time. This collection includes 8 recipes that can be integrated morning, noon or night on any day of the week. Are you excited to get started?

What's my story?

As a registered dietitian, I believe in the power of food as a healing modality. However, my interest in food started long before I earned the necessary credentials to educate and care for others with a food-as-medicine approach. After years of enduring pain and unexplainable physical symptoms, I was diagnosed with celiac disease. I remember this day fondly because I finally had an answer to my physical pain and suffering. I was given a tool to help reverse my symptoms: a gluten free diet. At that time, gluten free options were limited, and I was forced to develop a diet that was naturally gluten free. I chose a diet that was rich in fruits, vegetables, proteins and a handful of cereals and grains. This was my first personal experience with food as medicine. Several years later, I experienced a different set of symptoms related to Hashimoto's thyroiditis. I found that the western approach was not resolving my symptoms and I turned again to food as a treatment modality. This time, I focused on foods that would increase my trace mineral consumption and lessen the inflammatory response. Again, I found success and improved my symptoms. These personal experiences led to my passion for nutrition. As a patient, I understand that sometimes we need a jump start or helping hand to get started. Let this e-book be your jump start to a turning point in your life.

~Emily

Avocado, Cucumber & Nori Snack Box

5 ingredients · 5 minutes · 1 serving



Directions

1. Assemble all the ingredients into a storage container. Add sesame seeds to the cucumber and avocado. Refrigerate until ready to eat. Enjoy!

Notes

Storage

The avocado is best enjoyed immediately. To keep it from browning, squeeze some lemon juice on top and refrigerate in an airtight container for up to one day.

Nut-Free

Use pumpkin seeds instead of cashews.

More Flavor

Season the avocado with chili flakes, cayenne or everything bagel seasoning.

Ingredients

1/2 Avocado (sliced)

1/4 Cucumber (sliced)

1/4 cup Cashews

4 Nori Sheets

1/2 tsp Sesame Seeds (optional)

Nutrition

Amount per serving

Calories	398	Vitamin D	0IU
Fat	32g	Vitamin E	2mg
Carbs	27g	Thiamine	0.2mg
Fiber	12g	Riboflavin	0.2mg
Sugar	4g	Niacin	2mg
Protein	12g	Vitamin B6	0.4mg
Cholesterol	0mg	Folate	112µg
Sodium	26mg	Vitamin B12	0µg
Potassium	799mg	Phosphorous	248mg
Vitamin A	1826IU	Magnesium	134mg
Vitamin C	24mg	Zinc	3mg
Calcium	94mg	Selenium	5µg
Iron	4mg		

Sauteed Watercress

5 ingredients · 5 minutes · 2 servings



Directions

1. Heat the sesame oil in skillet or wok over medium heat. Add ginger and cook for 1 to 2 minutes, or until fragrant.
2. Add watercress, water and salt, then stir for a few seconds. Cover with lid and cook for another minute or until wilted. Divide onto plates and enjoy!

Notes

No Ginger

Omit, or use minced garlic or shallots instead.

Leftovers

Refrigerate in an airtight container up to 3 to 5 days.

Ingredients

- 1 **tbps** Sesame Oil
- 1 **tsp** Ginger (peeled and grated)
- 4 **cups** Watercress (chopped in half)
- 1 **tbps** Water
- 1/4 **tsp** Sea Salt

Nutrition

Amount per serving

Calories	68	Vitamin D	0IU
Fat	7g	Vitamin E	1mg
Carbs	1g	Thiamine	0.1mg
Fiber	0g	Riboflavin	0.1mg
Sugar	0g	Niacin	0mg
Protein	2g	Vitamin B6	0.1mg
Cholesterol	0mg	Folate	6µg
Sodium	323mg	Vitamin B12	0µg
Potassium	229mg	Phosphorous	41mg
Vitamin A	2170IU	Magnesium	15mg
Vitamin C	29mg	Zinc	0mg
Calcium	83mg	Selenium	1µg
Iron	0mg		

Potato Patties

7 ingredients · 40 minutes · 4 servings



Directions

1. Bring the water to a boil in a small saucepan. Add the potatoes and cook for 10 to 12 minutes or until soft. Once the potatoes are cooked, drain the water and add the almond milk, half of the avocado oil, sea salt and pepper. Mash together with a potato masher until smooth.
2. In a skillet over medium heat, add the rest of the avocado oil. Scoop roughly 1/2 cup of mashed potatoes and press down with a spatula until it forms a pancake shape. Cook on each side for 8 to 10 minutes or until golden brown. Repeat until all of the mash is cooked up.
3. Remove from the skillet and top with parsley. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to one month. For best results, reheat on the stove in a skillet.

Serving Size

One serving is equal to two potato patties.

More Flavor

Add additional spices such as onion powder or chilli powder.

Ingredients

- 2 cups Water
- 2 Russet Potato (peeled, chopped)
- 1/4 cup Unsweetened Almond Milk
- 2 tbsps Avocado Oil (divided)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 tbsp Parsley (chopped)

Nutrition

Amount per serving

Calories	147	Vitamin D	6IU
Fat	7g	Vitamin E	0mg
Carbs	19g	Thiamine	0.1mg
Fiber	2g	Riboflavin	0mg
Sugar	1g	Niacin	1mg
Protein	2g	Vitamin B6	0.3mg
Cholesterol	0mg	Folate	24µg
Sodium	173mg	Vitamin B12	0µg
Potassium	486mg	Phosphorous	62mg
Vitamin A	121IU	Magnesium	30mg
Vitamin C	8mg	Zinc	0mg
Calcium	58mg	Selenium	0µg
Iron	1mg		

Turmeric Beef Stuffed Squash

11 ingredients · 45 minutes · 4 servings



Directions

1. Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
2. Rub the oil on the cut sides of the squash. Place the squash cut sides down on the prepared baking sheet and bake for about 30 to 35 minutes or until just tender.
3. Meanwhile, heat a large pan over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
4. To the browned beef add the onion, garlic and ginger and cook for 3 to 5 minutes until the onion begins to soften. Add in the turmeric, salt and cinnamon and stir to combine. Add the kale to the beef mixture and stir until the kale begins to wilt. Stir in the coconut milk. Season with additional salt if needed.
5. Turn the squash cut side up and fill the beef mixture. Return to the oven and continue to bake for an additional 10 minutes.
6. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to half of a filled acorn squash.

More Flavor

Add lemon or lime juice, red pepper flakes, chili powder or coriander to the beef mixture.

Additional Toppings

Top with cilantro or parsley.

No Acorn Squash

Use a different variety of squash or a sweet potato.

Ingredients

- 1 **tsp** Extra Virgin Olive Oil
- 2 Acorn Squash (halved, seeds removed)
- 1 **lb** Extra Lean Ground Beef
- 1 Yellow Onion (finely chopped)
- 2 Garlic (cloves, minced)
- 1 **tbsp** Ginger (fresh, minced or grated)
- 1 **tbsp** Turmeric
- 1 **tsp** Sea Salt
- 1/4 **tsp** Cinnamon
- 2 **cups** Kale Leaves (finely chopped)
- 1/2 **cup** Organic Coconut Milk (full fat, from the can)

Nutrition

Amount per serving

Calories	375	Vitamin D	3IU
Fat	18g	Vitamin E	1mg
Carbs	29g	Thiamine	0.4mg
Fiber	5g	Riboflavin	0.2mg
Sugar	3g	Niacin	7mg
Protein	26g	Vitamin B6	0.8mg
Cholesterol	74mg	Folate	51µg
Sodium	687mg	Vitamin B12	2.5µg
Potassium	1294mg	Phosphorous	302mg

Vitamin A	1313IU	Magnesium	101mg
Vitamin C	34mg	Zinc	6mg
Calcium	131mg	Selenium	20µg
Iron	7mg		

Walnut Crusted Salmon

8 ingredients · 20 minutes · 2 servings



Directions

1. Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
2. Combine the walnuts, green onion, salt and Italian seasoning. Stir in the lemon juice and half of the oil.
3. Rub the remaining oil over all sides of the salmon fillets and place the salmon on the prepared baking sheet, skin side down. Spoon the walnut mixture on the top side of the fillets and gently press it down with the back of the spoon so the walnut mixture stays in place.
4. Bake for 12 to 15 minutes or until the salmon is cooked through and flakes easily. Divide between plates and serve with lemon wedges, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Season the salmon with salt, pepper and garlic powder to taste before spooning the walnut mixture on top.

No Green Onion

Use yellow or red onion instead.

Salmon

Wild salmon was used to create this recipe. For thicker fillets of salmon adjust cooking time to ensure salmon is cooked through and flakes easily.

Ingredients

- 1/4 cup** Walnuts (very finely chopped)
- 1 stalk** Green Onion (very finely chopped)
- 1/4 tsp** Sea Salt
- 1/2 tsp** Italian Seasoning
- 1/2 tsp** Lemon Juice
- 1 tsp** Extra Virgin Olive Oil (divided)
- 8 ozs** Salmon Fillet
- 1/4** Lemon (optional for serving, cut into wedges)

Nutrition

Amount per serving

Calories	281	Vitamin D	0IU
Fat	19g	Vitamin E	0mg
Carbs	2g	Thiamine	0.3mg
Fiber	1g	Riboflavin	0.4mg
Sugar	1g	Niacin	9mg
Protein	25g	Vitamin B6	1.0mg
Cholesterol	62mg	Folate	45µg
Sodium	346mg	Vitamin B12	3.6µg
Potassium	632mg	Phosphorous	280mg
Vitamin A	285IU	Magnesium	58mg
Vitamin C	1mg	Zinc	1mg
Calcium	32mg	Selenium	42µg
Iron	1mg		

Lemony Kale & Cauliflower Salad

8 ingredients · 15 minutes · 4 servings



Directions

1. In a mixing bowl combine the lemon juice, garlic powder and salt. Add in the kale to the mixing bowl and use your hands to massage the lemon juice into the kale leaves. Mix in the parsley and olives. Set aside.
2. Add the cauliflower florets to a food processor and pulse until the cauliflower has a rice-like consistency. Do this in batches, if needed.
3. Add the cauliflower and oil to the kale mixture and stir to mix well. Season with additional salt, if needed. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately 1 cup of salad.

More Flavor

Add chopped tomatoes, peppers or black olives. Serve with lemon wedges.

Meal Prep

Make the cauliflower rice head of time or use store-bought cauliflower rice instead.

Ingredients

- 1/2 cup** Lemon Juice
- 1/2 tsp** Garlic Powder
- 1/4 tsp** Sea Salt
- 3 cups** Kale Leaves (finely chopped)
- 1/2 cup** Parsley (chopped)
- 1/2 cup** Green Olives (pitted, chopped)
- 1/2 head** Cauliflower (small, chopped into florets)
- 2 tbsps** Extra Virgin Olive Oil

Nutrition

Amount per serving

Calories	114	Vitamin D	0IU
Fat	9g	Vitamin E	2mg
Carbs	8g	Thiamine	0.1mg
Fiber	3g	Riboflavin	0.1mg
Sugar	2g	Niacin	1mg
Protein	2g	Vitamin B6	0.2mg
Cholesterol	0mg	Folate	70µg
Sodium	306mg	Vitamin B12	0µg
Potassium	354mg	Phosphorous	50mg
Vitamin A	1455IU	Magnesium	23mg
Vitamin C	72mg	Zinc	0mg
Calcium	84mg	Selenium	1µg
Iron	2mg		

Ginger Lemon Juice

3 ingredients · 5 minutes · 2 servings



Directions

1. Combine all ingredients in a high-speed blender. Blend until very smooth.
2. Pour into a glass and enjoy immediately as is, or strain through a fine-mesh sieve or cheesecloth to remove the pulp. Enjoy!

Notes

Leftovers

Refrigerate in a glass jar for up to one day. Freeze leftovers in an ice cube tray for longer.

Serving Size

One serving is approximately 1/3 cup.

More Flavor

Add turmeric root or powder.

Make it Thinner

Add water as needed to thin the juice or to make more.

Ingredients

1 1/2 tbsps Ginger (peeled, chopped)

1 Lemon (peeled, seeds removed)

1 Navel Orange (peeled, seeds removed)

Nutrition

Amount per serving

Calories	43	Vitamin D	0IU
Fat	0g	Vitamin E	0mg
Carbs	11g	Thiamine	0.1mg
Fiber	2g	Riboflavin	0mg
Sugar	7g	Niacin	0mg
Protein	1g	Vitamin B6	0.1mg
Cholesterol	0mg	Folate	29µg
Sodium	2mg	Vitamin B12	0µg
Potassium	160mg	Phosphorous	20mg
Vitamin A	174IU	Magnesium	11mg
Vitamin C	51mg	Zinc	0mg
Calcium	32mg	Selenium	0µg
Iron	0mg		

Cinnamon Sweet Potato Smoothie Bowl

7 ingredients · 3 hours 25 minutes · 1 serving



Directions

1. Steam the sweet potato for 10 to 12 minutes until very tender. Transfer to a plate or small baking sheet lined with parchment and freeze for at least 3 hours or overnight until solid.
2. Add the frozen sweet potato and the remaining ingredients to a blender. Blend until very smooth.
3. Transfer the smoothie to a bowl. Top with the additional banana, if using. Enjoy!

Notes

Sweet Potato

The sweet potato can be steamed ahead of time and frozen for up to one month.

More Fat

Add almond butter.

More Protein

Add collagen powder or protein powder of choice.

More Flavor

Add vanilla, nutmeg or clove.

Additional Toppings

Sliced banana, shredded coconut, chopped almonds, chia seeds or ground flax seeds.

No Bowl

Serve as a smoothie in a glass instead of a bowl.

Ingredients

1 Sweet Potato (small, cut into cubes)

1 cup Water (cold)

1/4 cup Organic Coconut Milk (from the can)

1/2 Banana (frozen, plus additional fresh banana for optional topping)

1/2 cup Frozen Cauliflower

1 tsp Maple Syrup

1 tsp Cinnamon

Nutrition

Amount per serving

Calories	311	Vitamin D	0IU
Fat	11g	Vitamin E	1mg
Carbs	51g	Thiamine	0.2mg
Fiber	9g	Riboflavin	0.3mg
Sugar	18g	Niacin	1mg
Protein	5g	Vitamin B6	0.6mg
Cholesterol	0mg	Folate	63µg
Sodium	109mg	Vitamin B12	0µg
Potassium	891mg	Phosphorous	97mg
Vitamin A	18498IU	Magnesium	64mg
Vitamin C	37mg	Zinc	1mg
Calcium	116mg	Selenium	2µg
Iron	2mg		

Copyright © 2020 Luxford Nutrition

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form, or by any means, electronic, mechanical, photocopying, recorded, scanning, or otherwise, except as permitted under Section 107 or 108 of the 1976 United States Copyright Act, without the prior written permission of the Publisher or author. Requests to the author should be addressed to Emily@LuxfordNutrition.com

Limited Liability/Disclaimer of Warranty

The e-book contains information about nutrition and recipes. The aforementioned information is not advice and should not be treated as advice. You must not rely on this e-book as an alternative to medical advice from an appropriately qualified professional. If you have any specific questions about your health, consult an appropriately qualified professional. If you think you may be suffering from any medical condition, seek immediate medical attention. You should never delay seeking medical advice, disregard medical advice, or discontinue medical treatment because of information in this e-book.