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## **Three Principle Diet / The Anti Inflammatory Diet**

**Every meal should include:**

**1. Protein: 20-40 grams per meal**

**Must be organic, grass fed, beef sparingly. Bison, elk, poultry, wild fish etc.**

**Vegetable sources of protein can include nuts (almonds, walnuts, pecans) no peanuts, lentils, adzuki beans, edamame sparingly.**

**2. Vegetables, Vegetables, Vegetables**

**Steamed veggies or stir-fry with coconut or sesame oils. Olive oil denatures at high temperatures, but may be added to steamed veggies after cooking and to salads.**

**Limit salads (2 per week, especially in the winter).**

**Veggies should be the largest portion of a meal. Not peas, corn, carrots because of high sugar content.**

**Limit nightshades (tomato, potato, eggplant, bell pepper, red pepper, chili pepper).**

**Examples of good veggies include: broccoli, cauliflower, green beans, Brussels sprouts, asparagus, chard, kale, beets and beet greens etc.**

**3. Organic Whole Grain (optional part of meal)**

**From the field to your table. Limit any processed grains to 1-2 per week. Long grain rice, quinoa, millet, amaranth, buckwheat etc. NO GLUTEN as it will cause inflammatory progression of immune disorders, insulin resistance, diabetes, heart disease, neurodegenerative disorders (Parkinson's, MS, Alzheimer's etc.)**

**Remove allergens as they will stimulate autoantibodies, inflammation as well as cortisol.**

**Remove inflammatory foods:**

**Sugar and all refined carbohydrates**

**Flour (not just gluten)**

**Alcohol**

**Coffee and tea (not just the caffeine; there are phenols and acids)**

**Dairy**

**Fried foods**

**Chemicals in our food are everywhere and known to be carcinogenic, inflammatory and endocrine disrupting.**