

CRAVINGS WORKSHOP

by Michelle Casey

Cravings Nutrition Guide

If you crave: **You probably need:** **Which you can get from these foods*:**

Chocolate	Magnesium	spinach, chard, avocado, pumpkin, banana, halibut, salmon, molasses, artichoke, broccoli, leafy greens
Sweets	Chromium	watermelon, broccoli, grapes, beef, romaine lettuce, liver, chicken, seafood
	Carbon	fresh fruits
	Phosphorous	seafood, organ meats, pork, beef, chicken, turkey, duck, squash
	Sulfur	molasses, muscle meat, all cruciferous veggies including bok choy, broccoli, cabbage, cauliflower, kale, mustard leaves, radish, turnip; cranberries, horseradish, garlic, onions
	Tryptophan	lamb, cod, pork chop, turkey, chicken, beef, salmon, atlantic perch, tamarind, banana, organ meats, raisins, sweet potato
Breads, pastas, other carbs	Nitrogen	high protein foods: meat, fatty fish
Oily or greasy foods	Calcium	green leafy vegetables especially mustard and turnip greens, broccoli, kale, oysters
	Essential fats	fatty fish, grass fed beef, avocado, extra virgin olive oil
Salty foods	Chloride	high quality sea salt, fatty fish, sea vegetables, lettuce, celery, digestive bitters, olives
	Sodium	sea salt, apple cider vinegar, brined vegetables like pickles, olives, capers, sauerkraut

*all foods listed are compliant with the elimination phase of the Autoimmune Paleo Protocol

CRAVINGS WORKSHOP

by Michelle Casey

Cravings Nutrition Guide

If you crave: **You probably need:** **Which you can get from these foods*:**

Coffee or tea	Phosphorous	seafood, organ meats, pork, beef, chicken, turkey, duck, squash
	Sulfur	molasses, muscle meat, all cruciferous veggies including bok choy, broccoli, cabbage, cauliflower, kale, mustard leaves, radish, turnip; cranberries, horseradish, garlic, onions
	Sodium	sea salt, apple cider vinegar, brined vegetables like pickles, olives, capers, sauerkraut
	Iron	muscle meat, liver, seafood, poultry, dark leafy greens, black cherries, molasses; also include Vitamin C - rich foods like cauliflower, broccoli, leafy greens and citrus fruits to help with iron absorption
Alcohol or recreational drugs	Protein	meat, organ meats, seafood, poultry
	Calcium	green leafy vegetables especially mustard and turnip greens, broccoli, kale, oysters
	Glutamine	supplemental L-glutamine powder for withdrawal, raw cabbage and raw cabbage juice
	Potassium	coconut water, sardines, turkey, beef, cod, beet greens, swiss chard, sweet potatoes with skin on, winter squash, parsnips, carrots and carrot juice, cabbage, other leafy greens, seaweed, bananas, plantains, canteloupe, apricots
Chewing ice	Iron	muscle meat, liver, seafood, poultry, dark leafy greens, black cherries, molasses; also include Vitamin C - rich foods like cauliflower, broccoli, leafy greens and citrus fruits to help with iron absorption
Burned or charred foods	Carbon	fresh fruits
Carbonated beverages	Calcium	green leafy vegetables especially mustard and turnip greens, broccoli, kale, oysters

*all foods listed are compliant with the elimination phase of the Autoimmune Paleo Protocol

CRAVINGS WORKSHOP

by Michelle Casey

Cravings Nutrition Guide

If you crave: **You probably need:** **Which you can get from these foods*:**

Liquids but not solids	Water	water with sea salt and fresh lemon or lime
Cool drinks	Manganese	mussels and other shellfish, sweet potatoes, pineapple, blueberries, acai, leafy greens
Tobacco	Silicon	horsetail or nettles tea, ginger, mangos, green beans, bananas, spinach, seaweed, beets, asparagus, jerusalem artichoke, parsley
	Tyrosine	beef, pork, poultry, seafood, avocados, bananas, orange, green and red fruits and vegetables
PMS Cravings	Zinc	red meat, organ meats, seafood, leafy green vegetables and root vegetables like carrots, parsnips, rutabagas
General overeating	Silicon	horsetail or nettles tea, ginger, mangos, green beans, bananas, spinach, seaweed, beets, asparagus, jerusalem artichoke, parsley
	Tryptophan	cod, pork chop, turkey, chicken, beef, salmon, lamb chop, atlantic perch, tamarind, banana, organ meats
	Tyrosine	beef, pork, poultry, seafood, avocados, bananas, orange, green and red fruits and vegetables
Lack of appetite / undereating	Thiamine (Vitamin B1)	pork, trout, mussels, acorn squash, liver and other organ meats
	Niacin (Vitamin B3)	tuna, halibut and other fish, beef, chicken and other poultry, pork
	Manganese	mussels and other shellfish, sweet potatoes, pineapple, blueberries, acai, leafy greens
	Chloride	high quality sea salt, fatty fish, sea vegetables, lettuce, celery, digestive bitters, olives

*all foods listed are compliant with the elimination phase of the Autoimmune Paleo Protocol