

5 Autoimmune Food Bloggers You Should Follow

Have you been searching for tips on learning to reset your eating habits with an autoimmune diet? Nutrition plays a vital role in your body and can truly make a dramatic difference in how your body manages autoimmune symptoms.

If you are like me, eating right has always been a struggle for me, even prior to my lupus diagnosis. Over the last year, I have experimented with many recipes online from some amazing bloggers who focus on the AIP diet in their blogs.

These autoimmune bloggers are heroes in my eyes! Through hard work, research, and passion, these bloggers have provided those with autoimmune diseases an easy way to start implementing nutrition changes.

If you have been considering following an autoimmune diet and have been searching for the best ways to get started, check out our list of the **5 Best Autoimmune Bloggers You Should Follow!**



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**AUTOIMMUNE
FOOD BLOGGERS
YOU SHOULD
FOLLOW**

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1. Angie and Mickey at [“Autoimmune Wellness”](#)

One of my favorite sites to learn all about the Autoimmune Protocol is on [Autoimmune Wellness](#). This blog is run by two amazing women who together battle five autoimmune diseases.

[Mickey Trescott](#) is a Certified Nutritional Therapy Practitioner and coach. Mickey is also a best selling author with her book, [The Autoimmune Paleo Cookbook](#). Her expertise in living a life with an autoimmune disease also lead her to becoming a co-author of *The Autoimmune Wellness Handbook*.

Angie Alt is Certified Health Coach and Nutritional Therapy Consultant and co-blogger of the [Autoimmune Wellness](#). She is the author of the award-winning book: [The Alternative Autoimmune Cookbook: Eating for All Phases of the Paleo Autoimmune Protocol](#) and is also the co-author of *The Autoimmune Wellness Handbook*.

One of my personal favorite recipes on [Autoimmune Wellness is the Apple and Turmeric Jelly recipe!](#)

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Together, these two amazing women blog about living and surviving an autoimmune life style through nutrition.

If you have not checked out their amazing blog, [you can check it out here.](#)

2. Kate Jay with “[Healing Family Eats](#)”

Kate Jay is the blogger of [Healing Family Eats](#). Kate shares many great tips and recipes that follow an autoimmune lifestyle. Kate is a Nutritional Therapy Practitioner, Certified AIP Coach and trained chef with a focus on creating, delicious, nutritious, and healthy meals for those with autoimmune conditions.

As a trained chef, let me tell you, her recipes are amazing and seriously delicious. If you are looking for an easy way to ease into an autoimmune diet, I recommend by starting off with one of the Healing Family Eats smoothies or shakes. Smoothies and shakes are easy and refreshing. They offer a quick way to give yourself a nutritious start to your day without investing a lot of time.

My favorite shake on Kate's autoimmune blog, is the [Raspberry Turmeric Collagen Shake](#).

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Most of us have probably heard of the amazing capabilities of turmeric, so you know that a shake or smoothie with turmeric means autoimmune business! Once you taste this refreshing and cool Raspberry Turmeric Collagen Shake, you will definitely be

checking out "[Healing Family Eats](#)" often for new AIP recipes!

[Be sure to check out "Healing Family Eats" here!](#)

3. Maria with "[Zesty Paleo](#)"

Maria is the inspirational [blogger behind Zesty Paleo](#). Maria is a warrior who battles the autoimmune disease Hashimoto's. She uses her experience and training in both, conventional and alternative medicine to create a one of a kind autoimmune food blog.

If you take a look through the delicious pages of [Zesty Paleo](#), you can easily see why Maria's autoimmune food blog made our list. She has some of the most unique recipes in the autoimmune community in my opinion. So if you are looking to create some unique dishes that are AIP friendly, you should definitely check out her blog.

Now, let me explain why Maria is even more amazing..she created a delicious [Paleo AIP Ice Cream recipe](#)...I know, right?!?! Anyone who can create a healthy and nutritious ice cream deserves recognition!

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4. Rachael with [“Meatified”](#)

Rachael is an avid and truly amazing food blogger and cookbook author. Her blog is beautiful and loaded with many high quality photos that entice you to try a variety of her AIP recipes. She has a lot of great recipes that do not require a whole lot of prep or cook time. These are the types of recipes that I personally love. Some days, lupus just takes so much out of me. Cooking highly nutritious and delicious meals can require a lot of effort and time that I just do not have. This is one of the many reasons I love Rachael's AIP recipes.

You can create this AIP friendly glazed salmon below in 25 minutes!

Roasted Pomegranate Glazed Salmon with Maple & Ginger AIP recipe from [Meatified](#).

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5. Mikaela at [“Slightly Lost Girl”](#)

Mikaela is a Crohn's disease warrior who started the blog, Slightly Lost Girl. She documents her tips on living a healthy lifestyle while fighting an autoimmune disease and has some great AIP friendly recipes that she shares with her readers.

She also shares a variety of AIP recipes that include AIP friendly drinks, AIP friendly main dish recipes, and AIP friendly desserts.

One of my favorite recipes from Slightly Lost Girl, is her Honey Balsamic Slow-Cooker AIP Short Ribs. Yes, you heard that right. AIP friendly ribs cooked to perfection in your slow cooker!

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If you have been looking for ways to start an autoimmune diet to help you better manage your autoimmune symptoms through nutrition, these 5 autoimmune blogs would be a great way to start! Eating healthy and specifically for autoimmune diseases does not have to be challenging. Many of these recipes are created by bloggers who are fighting an autoimmune disease themselves. They understand the challenges that someone with autoimmune issues can face when it comes to preparing healthy and AIP friendly meals. We all have to start somewhere, and starting off with an easy shake or smoothie can be just enough confidence you need to really boost your lifestyle changes.