

GAPS INTRO FOODS

STAGE 1

- Homemade meat, fish, or chicken stock
- Boiled meats (gelatinous pieces extra healing)
- Boiled vegetables
- Animal fats: tallow, chicken fat, lard,
- Homemade soups of boiled veggies, and/or meats, and stock
- Fermented vegetable juices (see notes)
- Fermented whey (see notes)
- Ginger, mint, or chamomile tea, w/ small amount of honey
- Real sea salt & peppercorns

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EARLY INTRO NOTES

Early Intro Diet Notes:

Chicken stock is especially gentle for Intro. The difference between meat stock and bone broth is - meat stock is made by boiling a cut of meat in water for a short period of time (1/2 hr - 2 hr) whereas bone broth is made with all kinds of bones, for a long simmer (2 - 48 hours) Meat stock is easier and gentler in the beginning of Intro, bone broth is more therapeutic and is to be used after the first 30 days on GAPS.

The gelatinous soft tissues around the bones, and the bone marrow, provide some of the best healing for the gut lining and immune system and need to be eaten with every meal if possible. Example: collect the soft tissues (skin, fat, etc.) after boiling a whole chicken and combine them in a blender with salt and pepper. This makes a creamy pate' that can be added to soups & stews.

Probiotic Vegetable Progression:

Start with the juices of fermented vegetables or sauerkraut before the vegetables themselves.

2 - 5 Days = 1 - 2 teaspoons, in your soup or stock

2 - 5 Days = 3 - 4 teaspoons, in your soup or stock

Continue with this until you can add about a tablespoon into every cup of meat stock or soup.

Probiotic Dairy Progression:

This is the Intro Dairy Structure (*not* Full GAPS Dairy Structure).

A large percentage of GAPS people can tolerate well-fermented homemade whey and yogurt right from the beginning. However, some cannot. So, before introducing dairy, do the sensitivity test. If no reaction, try this progression:

- 3 - 5 Days = 1 teaspoon whey, dripped from homemade yogurt
- 3 - 5 Days = 2 teaspoons whey

Work up to 1/2 cup whey per day, then follow same progression with homemade yogurt.

After yogurt is well tolerated, introduce kefir.

Vegetable Note:

In extreme cases of watery diarrhea, avoid even the boiled vegetables until diarrhea has cleared up. Instead focus on probiotic veggie juices, well-cooked gelatinous meats, broth, and consider adding in raw egg yolks. Try the probiotic brand Bio-Kult, which has strains helpful for diarrhea.

Stubborn Constipation Note:

In cases of stubborn constipation, freshly pressed juices can be introduced in Stage 2. Start with a small amount of fresh pressed carrot juice, and take your cod liver oil at the same time.

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STAGE 2

- *Continue on with Stage 1 foods*
- Raw, organic egg yolks
- Stews & casseroles made with meats & vegetables
- Fresh herbs (not spices)
- Fermented fish or Swedish gravlax
- Ghee

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STAGE 3

- *Continue on with Stage 1 & 2 foods*
- Ripe, mashed avocado in soups
- Squash, nut-butter & egg pancakes
- Eggs scrambled with plenty of animal fat or ghee
- Fermented vegetables & sauerkraut

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STAGE 4

- *Continue on with Stage 1 - 3 foods*
- Roasted & grilled meats
- Cold-pressed olive oil
- Freshly pressed vegetable juices (carrot to start)
- Nut or seed flour bread (nut flour, eggs, squash, fats)

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STAGE 5

- *Continue on with Stage 1 - 4 foods*
- Cooked apple puree w/ fat added
- Raw vegetables (start w/ soft lettuce & peeled cucumber)
- Start adding fruit to fresh pressed juices (no citrus)

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STAGE 6

- *Continue on with Stage 1 - 5 foods*
- Peeled, raw apple
- GAPS allowed baked goods & treats
- Between meals, & in small amounts
- 85% of diet should be savory, soups & meat stocks @ least once daily

GAPS FULL DIET

RECOMMENDED FOODS

Almond butter or oil

Apples

Apricots, fresh or dried

Artichoke, French

Asparagus

Avocados or avocado oil

Balsamic vinegar (high quality, made without added sugar)

Bananas, ripe with brown spots on skin

Beans, dried navy, string or lima beans

Beets or beetroot

Berries, all kinds

Black, white, red, or cayenne pepper

Black radish

Bok Choy

Broccoli

Brussels Sprouts

Butter

Cabbage

Capers

Carrots

Cauliflower

Celeriac

Celery

Cellulose in supplements

Cheese – Asiago, Blue, Brick, Brie, Camembert, Cheddar, Colby, Edam, Gorgonzola, Gouda, Havarti, Limburger, Monterey Jack, Muenster, Parmesan, Port du Salut, Roquefort, Stilton, Swiss, Romano, un-creamed cottage cheese (dry curd)

Cherimoya (custard apple or sharifa)

Cherries

Cinnamon

Citric acid

Coconut, fresh or dried, no additives

Coconut milk (Homemade or no additives and BPA-Free can)

Coconut oil

Coffee, freshly made weak (not instant)

Collard greens

Coriander, fresh or dried

Cucumber

Dandy Blend coffee substitute

Dates, fresh or dried, no additives

Dill, fresh or dried

Eggplant (aubergine)

Eggs, fresh

Fish, fresh, frozen, canned (in water or oil)

Game – Quail, Pigeon or Pheasant, fresh or frozen

Gin, very occasionally

Herbs, fresh or dried, no additives

Honey, raw

Juices, fruit or vegetable (fresh pressed)

Kale

Kiwi Fruit

Kumquats

Lemons

Lentils

Lettuce, all kinds

Lima beans, fresh or dried

Limes

Mango

Meats – Beef, Lamb or Pork, fresh or frozen

Melons

Mushrooms

Mustard seeds or pure powder

Nectarines

Nutmeg

Nuts – all kinds, fresh or raw, flour or ground (not roasted, salted, or coated)

Olive oil, virgin cold-pressed

Olives, preserved without sugar

Onions

Oranges

Papayas

Parsley

Peaches

Peanut butter, no additives

Pears

Peas, fresh green or dried split

Peppers, green, yellow, red, or orange
Pickles, naturally made without sugar
Pineapple, fresh
Poultry – Chicken, Turkey, Duck or Goose, fresh or frozen
Prunes, in juice or dried, no additives
Pumpkin
Raisins
Rhubarb
Satsumas
Scotch, occasionally
Shellfish, fresh or frozen
Spices, single or pure, no additives
Spinach
Squash, summer or winter
Tangerines
Tea, freshly made weak (not instant)
Tomatoes, juice or puree, no additives
Turnips
Ugly fruit
Vinegar, cider or white
Vodka, very occasionally
Watercress
Wine, dry, red or white
Yogurt, home-made
Zucchini

GAPS FULL DIET

FOODS TO AVOID

Agar-agar

Agave sweetener

Algae

Aloe Vera

Amaranth

Apple juice

Arrowroot

Artificial Sweeteners (Equal, Splenda, Sweet N Low)

Astragalus

Baked beans

Baker's yeast

Baking powder, raising agents of all kind

Baking soda

Barley

Bean, flour or sprouts

Bee pollen

Beer

Bitter Gourd

Black beans

Bologna

Bouillon cubes or granules

Brandy

Buckwheat

Bulgur

Burdock root

Butter beans

Cannellini beans

Canned fruit or vegetables

Carob

Carrageenan

Cellulose gum

Cereals, any breakfast cereals

Cheese – processed or cheese spreads including Chevre, Cottage or Cream Cheese, Feta, Gjetost, Gruyere, Mozzarella, Neufchatel, Primost, Ricotta.

Chestnut flour

Chewing gum

Chick peas

Chicory root

Chocolate

Coconut milk, canned with additives

Cocoa powder (unless advanced healing has taken place)

Coffee, instant or coffee substitutes

Cooking oils – all liquid, including canola

Cornstarch

Corn syrup

Cottonseed

Couscous

Cream
Cream of Tartar
Dextrose
Fava beans
Fish, preserved, smoked, salted, breaded or canned with sauces
Flour, made out of grains
FOS (fructooligosaccharides)
Fruit, canned or preserved
Garbanzo beans
Grains, all kinds
Ham
Hot dogs
Ice-cream, commercial
Jams or jellies
Jerusalem artichoke
Ketchup, commercially available
Lactose
Liqueurs or cordials
Maple Syrup
Margarines or butter replacements
Meats, processed, preserved, smoked or salted
Millet
Milk, buttermilk or dried from any animal, soy, or rice
Molasses
Mung beans
Nutra-sweet (aspartame)
Nuts, any kind, salted, roasted or coated

Okra
Oats
Parsnips
Pasta, of any kind
Pectin
Potatoes, white or sweet
Quinoa
Rice
Rye
Saccharin
Sago
Sausages, commercially available
Seaweed
Semolina
Sherry
Soda or soft drinks
Sour cream, commercial
Soy
Spelt
Starch
Sugar or sucrose, of any kind
Sweet potatoes
Tapioca
Tea, instant
Triticale
Vegetables, canned or preserved (frozen is ok as long as there are no additives)
Wheat

Wheat germ

Whey, powder or liquid (homemade is ok)

Yams

Yogurt, commercial