



30 DAY GAPS PREP GUIDE

YOUR 30 DAY CHECKLIST TO
GET STARTED WITH GAPS™

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Introduction

Welcome. It is a pleasure to gift you this checklist of skills for the GAPS™ protocol.

I set about to create a checklist that could be a starting point for those who are already implementing or considering the GAPS dietary protocol for healing.

A summary of the GAPS™ Protocol:

GAPS is an acronym for the Gut and Psychology Syndrome™, a term coined by the patients of the neurologist, Dr. Natasha Campbell-McBride, and the title of her book of the same name.

GAPS makes a connection between the condition of a person's gut health and the rest of the body and brain. Ever-increasingly, modern science is validating what Hippocrates once said, that health begins in the gut.

The GAPS PROTOCOL includes three components:

1. Diet
2. Supplementation
3. Detoxification

Using these three parts, it re-balances the intestinal ecosystem to nourish the body deeply.

The diet (deep dietary nourishment), supplementation (that supports foundations and adds in helpful microbes), and detoxification (safe & gentle removal of toxic overload) all work together.

Together, they are what make the GAPS protocol so useful and capable of reversing even autoimmune conditions, cleaning up the neurological miscommunication and systems, and promoting health and growth on the cellular level.

The GAPS Protocol was designed by neurologist Dr. Natasha Campbell-McBride, who was passionate about healing her small autistic son. It has since grown into an internationally known success story for her family and the thousands of people she has helped, both directly and indirectly.

This list I have created is not exhaustive. It is meant to be a sort of "skill-up" plan if you will. These skills will help you put together the different skills needed to implement the GAPS protocol successfully.

It includes skills for the kitchen and the ability to take care of yourself and your loved ones. The prep guide is divided into four weeks + a few bonus days, with one step each day.

Don't forget to look around on the HonestBody.com website.

There is plenty of helpful information, family-oriented advice, and GAPS recipes. If anything is not answered on the website, please feel free to ask me directly. I am happy to answer your questions.

I also offer in-depth GAPS™ consulting and nutritional therapy work. I combine personalized lab testing and food to help my clients efficiently work through difficult issues. You can find more info at HonestBody.com/Services.

The GAPS protocol involves new skills to learn and challenges to overcome, but I promise you that if you follow through and keep it fun, your life will change for the better. So, "Hold on to your girdle, Gladys". It's going to be a ride.

Week One Checklist

Day 1

- Set a date to start the GAPS Protocol. If you do not have a copy of The Gut and Psychology Syndrome book, please buy or borrow...if you want to get the most out of this, then you'll want the book in order to make sense of the physiology behind the food choices. For a list of the 6 Stage Intro Diet + Full GAPS foods [download this list here](#).

Day 2

- Purchase the following basic equipment — if they are not already a part of your kitchen. Purchase the proper tools to make cooking fun, easy, & more effective.
 - Heavy stockpot, Crockpot or [InstantPot](#)
 - Chef's knife/cutting boards
 - Blender (I use [Cuisinart's immersion blender](#) & the [Vitamix blender](#))
 - Wide-Mouth Mason jars of various sizes - pint, quart, 1/2 gallon
 - Containers with lids for leftovers
 - Optional - dehydrator (like the [Excalibur](#)) and juicer (my favorite is the Omega J8006 by [Omega](#))

DAY 3

- Prepare for grain-free baking - purchase [coconut flour](#) & [almond flour](#) (if no allergy).

DAY 4

- Find three to four suppliers or farmers who sell organic pastured chicken. Write their contact info in the worksheets at the bottom of this guide. If you cannot find any locally, then [US Wellness Meats](#) & [Millers Organics](#) are two good places to start.

DAY 5

- Purchase a whole organic chicken, and put it in your freezer.

DAY 6

- Fruits & veggies - Find a store, supplier, farmer, or buyer's club for organic & high quality produce. Local farmers can be less expensive. Write their info in the worksheets below.

DAY 7

- Healing fats - Locate & purchase three to four sources for the following: organic unrefined coconut oil, ghee, extra virgin olive oil, animal fats (such as duck fat, chicken fat, & beef tallow). For options, check out [US Wellness Meats](#), [Tropical Traditions](#), [Fatworks](#), [Pure Indian Foods](#).

Week Two Checklist

DAY 8

- ☐ Take a luxurious, warm detox bath. Fill a tub for a bath, and add one of the following detox agents:
 - Baking soda (1 cup)
 - [Seaweed powder](#) (great for eczema and getting minerals, 2 - 5 tablespoons)
 - Epsom salt (1 cup)
 - Raw apple cider vinegar (1/2 to 1 cup)
 - Bentonite clay (1 cup)

DAY 9

- ☐ From the freezer, pull out the whole chicken, and thaw it in fridge.

DAY 10

- ☐ CHICKEN MEAT STOCK DAY - Prepare your whole chicken as per the [meat stock instructions in this post](#).

DAY 11

- ☐ Source organic and preferably pastured meaty cuts of beef or lamb. If you cannot find any locally, then [US Wellness Meats](#) & [Millers Organics](#) are two good places to start.

DAY 12

- ☐ Prepare a beef or lamb meat stock as per the [meat stock instructions in this post](#).

DAY 13

- ☐ Make a GAPS snack. For 100+ GAPS Snack ideas [see this post](#).

DAY 14

- ☐ Make a GAPS soup like this [Cream of Chicken soup](#). The Cream of Chicken soup & these [Pumpkin Raisin muffins](#) make a great combo! Savor your dinner & enjoy the nourishment.

Week Three Checklist

DAY 15

- Make a jar of sauerkraut and set it in a warm place to ferment. For instructions on this, read page 197 of the GAPS book, or watch this [youtube video](#). You can also make a [fermented veggie medley](#). There are many sauerkraut videos on youtube. If making your own is totally out of the question, I have a list of online options for ferments [in this post](#).

DAY 16

- Practice mindful awareness of how your body feels after each meal. Have fun with your kids talking about where the meal's food comes from and how it makes them feel in their tummies. For more GAPS digestion help, see my [Free GAPS Digestive Supplements class](#).

DAY 17

- Source the basic supplements recommended for GAPS people:
 - Probiotics (such as [BioKult](#))
 - Essential Fatty Acids (such as [Barlean's Twin Omega](#))
 - Cod liver oil (I recommend [Rosita's](#) as the best, or [NutraPro](#) as 2nd best)
 - Digestive Supports (see my [Free GAPS Digestive Supplements class](#))

DAY 18

- MENU PLAN DAY - Set a menu plan & food buying day for every week. A menu plan can take as little as 15 min. The next day I buy all my food for the week. Watch dinner "magically" appear when you have a plan. [Need a pretty planner?](#)

DAY 19

- Treat yourself to [White Bean Chili](#) or [Summer Tomato Soup](#) with a salad for dinner. Follow with some GAPS [Strawberry Ice Cream](#) or [Mango Cherry Ice Cream](#)!

DAY 20

- Order an enema kit (your shortcut to deep detoxification and constipation relief). Here are four enema sources: [EnemaSupply.com](#), [PureLifeEnema.com](#), [OptimalHealthNetwork.com](#)

DAY 21

- Pick one meal of the day to consistently do GAPS style. Start with breakfast first for best results. As a special breakfast try [sugar free bacon](#) topped with micro-greens, poached eggs, and easy [blender hollandaise](#).

Week Four Checklist

DAY 22

- With a clean fork, scoop out a teaspoon of your homemade sauerkraut to nibble on. Refrigerate your sauerkraut. If you have never eaten it before, this will take some getting used to but your taste buds will soon acclimate and if you eat it regularly (optimally at every meal) your stomach will thank you!

DAY 23

- Find the highest quality pasture based raw dairy near you. For help finding one you can use www.realmilk.com. Look for Jersey or heritage cows, not Holstein.

DAY 24

- Add in [GAPS snacks](#) to your diet.

DAY 25

- Enjoy a cup of [Ginger Tea](#) with a little bit of raw honey.

DAY 26

- Add in GAPS lunches, for ideas check out [this e-book](#).

DAY 27

- You've done good work...take another luxurious detox bath (in fact, make it a nightly practice).

DAY 28

- You now have a handle on breakfasts, snacks, & lunches, it's time to move into consistent dinners. For 14 weeks of dinner menus, check out my [GAPS Diet Dinner Club](#) OR the fully customizable & intuitive [Real Plans GAPS Menus](#).

Bonus Days Checklist

DAY 29

- If you have a juicer, boost your day & detox your hard working liver with [Pink Power](#).

DAY 30

- Take some good quality butter and [make ghee](#), or purchase the high quality ghee from [Pure Indian Foods](#).

DAY 31

- You have tried out many new healing diet skills. WELL DONE. You rock. Relax with a cup of tea and plan for the coming adventure. See worksheets below for recording resources. ↓

Gaps Prep Worksheets

Grass-fed, Organic Meat/Bone Suppliers:

Farm/Store	Phone

Organic Fruits and Vegetables:

Farm/Store	Phone

Other Supplies:

Farm/Store	Phone

Melanie Fielstra



I help smart, dedicated women who want a simple plan to do GAPS™ for themselves or their families.

I am trained as a Functional Nutritional Therapist and GAPS™ Practitioner.

I believe that healing food doesn't have to be complicated or compromise on taste. Every bite can be nourishing.

We can choose to heal our food (i.e. the plants and animals that become our food) and food can heal us.

You can find me online at [HonestBody.com](https://www.honestbody.com), and on: **facebook** **:twitter** **:pinterest** **:instagram**

WANT MORE?

DID YOU LIKE THIS GAPS CHECKLIST?

Some things you can do next:

1. Head over to my main [website](#) and, explore [recipes](#), see how I apply healing foods to daily life, and get info that can help both you and your family.
2. Sign up for my email newsletter at [Honest Body](#) and you won't miss a delicious bit. If you are on my newsletter list, you'll receive notice of any upcoming GAPS Classes and Honest Body articles and offerings.
3. If you need help knowing how to choose the right probiotic for your family, check out my [Mother's Guide to Probiotics](#) or if you are looking for personal and bio-individual care, visit my [Services](#) page.

If this e-guide made it easier to wrap your head around starting GAPS, I'd love to [hear about it!](#)
Email me at melanie@honestbody.com.

Warmly,
Melanie