

# GAPS

## Foods Allowed During Stage 1

**Stage 1** is based on three components: stock and soups made with meats, fish, and vegetables; probiotic foods; and fats. When making your stock, be sure to use pastured meats and simmer only for a few hours to start out. Start every day with a glass of mineral or filtered water with fresh lemon juice.

### In Stage 1, you can have:

- **Homemade stocks** from fish, beef, chicken, turkey, and lambs. Make sure to reserve and utilize bone marrow and soft tissues in soups
- **Soups** with well-boiled vegetables and meats
- **Meats:** beef, pork, lamb, goose, pheasant, turkey, shellfish, and chicken, boiled in stock or filtered water
- **Chopped liver:** Liver is a nutritional powerhouse that can be cooked into any soup
- **Well-cooked vegetables,** with all fibrous stems and peels removed: beets, bok choy, broccoli (no stalks), brussels sprouts, carrots, cauliflower (no stalks), collard greens, eggplant, French artichokes, garlic, green beans, kale, onions, peas, peppers, pumpkin, spinach, squash (winter and summer), tomatoes, turnips, and watercress
- **Animal fats:** tallow, lard, goose, chicken, duck
- **Coconut oil**
- **Sea Salt**

- **Peppercorns:** black, green, and white (whole, to flavor soups and stocks only)
- **Probiotic foods:** 1-2 teaspoons per day of homemade fermented vegetable juices (pickle or sauerkraut) and whey, yogurt, sour cream/cultured cream and kefir, cultured for at least twenty-four hours (see “Raw Dairy”, page 27), if there is no dairy allergy; if you are sensitive to dairy, follow the dairy introduction protocol (page 35)
- **Filtered water**
- **Teas:** Fresh gingerroot and turmeric tea, and loose herbal tea (chamomile is good)
- **Lemon juice** mixed with warm filtered water
- **Raw honey** in small amounts