

Foods Allowed During Stage 2

Continue with Stage 1 foods, especially homemade meat stocks with vegetables, meat, and chopped liver. In Stage 2 we add organic raw egg yolks. It is best to add them to every bowl of soup and every mug of stock. Start with just one per day and increase to at least one with every bowl of soup. The sky is the limit with egg yolks since they are so nutritious, and they are easily absorbed and digested. Additionally, be sure to eat plenty of animal fats; they are the key to recovery and will help keep you satiated. Fermented vegetable juices are also a key component; keep adding them to every meal.

Stews and casseroles are welcome addition. The stock no longer has to be the bulk of the soup. You can now round it out by adding more meats and vegetables. Once you hit Stage 4 you can start sauteing your vegetables and browning your meats when making your stews and casseroles. Right now, in Stage 2, everything must still be kept very simple and easy on the gut.

In Stage 2, you can add:

Fermented cod liver oil: See resources for suppliers

Fermented fish and gravlax

Raw egg yolks: organic, pastured, and soy-free

Stews and casseroles made with boiled meats and vegetables

Fresh herbs

Increased amounts of **dairy products**: homemade whey, yogurt, cultured/sour cream, and kefir (if tolerated)

Increased amounts of **fermented juices**, added to soups: Be sure the soups are not piping hot, which would kill off the beneficial bacteria from the fermented juices

Homemade ghee: Start with 1 teaspoon per day and gradually increase daily