

## **Foods Allowed During Stage 3**

Continue with previous stage foods. Avocado is a wonderful addition in Stage 3. Start slowly and add it to every meal, mashed or diced. Start to incorporate sautéed onion with lots of animal fat, since it's great for the digestion and the immune system. Continue with fermented vegetables and juices with every meal. At this stage you can go ahead and eat the fermented vegetables along with the juice. Fermented ginger carrots, salsa, and pickles were the favorites in our house.

Introduce therapeutic probiotics on an empty stomach, preferably twenty minutes before eating.

### **In Stage 3, you can add:**

- **Ripe avocado:** Add to soups, starting with 1-3 teaspoons and gradually increase daily
- **Pancakes:** made with squash, nut butter (optional), eggs, and a small amount of honey: Start with one per day to start and slowly increase from there.
- **Almond butter**
- **Eggs:** soft-boiled, gently fried, or scrambled eggs cooked in plenty of animal fat, ghee, or coconut oil.
- **Fully cooked vegetables:** cabbage, celeriac, asparagus
- Sautéed **onion** in lots of animal fat.
- GAPS-legal, therapeutic **probiotics** (see resources)
- **Fermented vegetables:** Start with a small amount and increase to 1-4 teaspoons per meal.