

GAPS

Foods Allowed During Stage 4

Continue with previous stage foods. At this point you may start to simmer your stocks for longer, add roasted and baked meats, olive oil, and nut flour breads. Be sure to add plenty of ghee to each slice of bread.

In Stage 4, you can add:

Roasted and baked meats, including fish (not barbecued or fried): Add gradually.

Cold-pressed olive oil: Start with a few drops and increase to 1-2 tablespoons per meal.

Fresh-pressed juices: Start with 1 teaspoon per day of fresh carrot juice on an empty stomach, then add celery, lettuce, and mint.

Walnut and almond flour

Breads made with nut seed flours