

GAPS

Foods Allowed During Stage 5

Continue with previous stage foods. If you're moving along nicely, and tolerating all foods, you can add raw vegetables and cooked apples. Start with the soft parts of lettuces and peeled cucumber. Once those are tolerated you can slowly add in other raw vegetables. Be sure to cook apples with lots of fat.

In Stage 5, you can add:

- **Spices**
- **Apples** cooked with lots of ghee or coconut oil
- **Raw vegetables:** Start by adding soft lettuces and peeled cucumber; once these are well tolerated, you can add other raw vegetables such as carrots, tomatoes, and onions
- **Fruit as a juice ingredient:** If you tolerate vegetable juice made from carrot, celery, lettuce, and mint, you can start to add small amounts of apple, pineapple, and mango to your juices (avoid citrus fruit at this stage)
- **Pecan flour**

Here are a few **Stage 5** juice combinations with a little zip. You can add half a small beet or a carrot to any of these recipes. I often have these on hand but I don't add these for our daughter because she is sensitive to even natural sugars.