

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

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

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.

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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

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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.

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Foods Allowed on the Full GAPS Diet

Adapted from *Gut and Psychology Syndrome, Revised and Expanded Edition* by Dr. Natasha Campbell-McBride, pages 159-63 (“Recommended Foods”)

- **Almonds, including almond butter and oil**
- **Apples**
- **Apricots, fresh or dried**
- **Artichoke, French**
- **Asiago cheese**
- **Asparagus**
- **Aubergine (eggplant)**
- **Avocados, including avocado oil**
- **Bananas (ripe only with brown spots on skin)**
- **Beans, dried white (navy), string beans, lima, split peas, haricots**
- **Beef, fresh or frozen**
- **Beets or beetroot**
- **Bell peppers (green, yellow, red, and orange)**
- **Berries, all kinds**
- **Black radish**
- **Blue cheese**
- **Bok choy**
- **Brie cheese**
- **Celery**
- **Cellulose in supplements**
- **Cheddar cheese**
- **Cherimoya (custard apple)**
- **Cherries**
- **Chicken, fresh or frozen**
- **Cinnamon**
- **Citric acid**
- **Coconut, fresh or dried without sweetener or additives**
- **Coconut milk coconut oil**
- **Coffee, weak and freshly made, not instant**
- **Colby cheese**
- **Collard greens**
- **Coriander, fresh or dried**
- **Cream, cultured, homemade from raw cream**
- **Cucumber**
- **Dates, fresh or dried, additive-free**
- **Dill, fresh or frozen**

- Broccoli
- Broth, homemade, made from bones of poultry, beef, lamb, pork, and fish
- Brussels sprouts
- Butter
- Cabbage
- Camembert cheese
- Canned fish, in olive oil or water only
- Capers
- Carrots
- Cashew nuts, fresh only
- Cauliflower
- Cayenne pepper
- Celeriac
- Duck, fresh or frozen
- Edam cheese
- Eggplant (aubergine)
- Eggs, fresh
- Filberts (hazelnuts)
- Fish, fresh, frozen, canned in its juice or oil
- Game, fresh or frozen
- Garlic
- Ghee, homemade
- Gin, occasionally
- Gingerroot, fresh
- Goose, fresh or frozen
- Gorgonzola cheese

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Foods Allowed on the Full GAPS Diet (continued)

- Gouda cheese
- Grapefruit
- Grapes
- Havarti cheese
- Herbal teas
- Herbs, fresh or dried, additive-free
- Honey, raw
- Juices freshly pressed from permitted fruit and vegetables
- Kale
- Kefir, homemade from raw milk
- Kiwi fruit
- Kumquats
- Lamb, fresh or frozen
- Lemons
- Lentils
- Lettuce, all kinds
- Lima beans, dried and fresh
- Limburger cheese
- Limes
- Mangoes
- Peaches
- Peanut butter, without additives
- Peanuts, soaked and dried, roasted
- Pears
- Peas, dried split and fresh green
- Pecans
- Pepper, all kinds
- Pheasant, fresh or frozen
- Pickles, without sugar or any other non-allowed ingredients
- Pigeon, fresh or frozen
- Pineapples, fresh
- Pork, fresh or frozen
- Port du Salut cheese
- Poultry, fresh or frozen
- Probiotic (lacto-fermented) foods using all allowed vegetables
- prunes, dried without any additives
- Pumpkin

- Meats, fresh or frozen
- Melons
- Monterey Jack cheese
- Muenster cheese
- Mushrooms
- Mustard, without any non-allowed ingredients
- Nectarines
- Nut flour or ground nuts
- Nutmeg
- Nuts, all kinds fresh, properly soaked and dried
- Olive oil, virgin cold-pressed
- Olives, without any non-allowed ingredients
- Onions
- Oranges
- Papayas
- Parmesan cheese
- parsley
- Quail, fresh or frozen
- Raisins
- Rhubarb
- Romano cheese
- Roquefort cheese
- Rutabagas
- Satsumas
- Scotch, occasionally
- Seaweed, fresh or frozen
- Shellfish, fresh or frozen
- Spices, single and pure without any additives
- Spinach
- Squash (summer and winter)
- Stilton cheese
- Stock, homemade, made from bones of poultry, beef, lamb, pork, and fish
- String beans
- Swiss cheese
- Tangerines
- Tea, weak and freshly made, not instant

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Foods Allowed on the Full GAPS Diet (continued-2)

- **Tomato juice, without additives**
- **Tomato puree, pure without any additives except salt**
- **Tomatoes**
- **Turkey, fresh or frozen**
- **Turnips**
- **Uncreamed cottage cheese (dry curd)**
- **Vinegar: apple cider, white, rice, and coconut**
- **Vodka, very occasionally**
- **Walnuts**
- **Watercress**
- **Wine, dry, red or white**
- **Yogurt, homemade from raw milk**
- **Zucchini**

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Foods Not Allowed on the Full GAPS Diet

Adapted from *Gut and Psychology Syndrome, Revised and Expanded Edition* by Dr. Natasha Campbell-McBride, pages 164-67 (“Foods to Avoid”)

- **Acesulfame**
- **Acidophilus Milk**
- **Agar-agar**
- **Agave syrup**
- **Algae**
- **Aloe vera (once digestive symptoms are gone, you can reintroduce it)**
- **Amaranth**
- **Apple juice**
- **Arrowroot**
- **Artificial sweeteners: NutraSweet, Splenda, Equal, etc.**
- **Aspartame**
- **Astragalus**
- **Baked beans**
- **Baker’s yeast**
- **Baking powder and raising agents of all kinds apart from pure bicarbonate of soda (see note at the Coconut Butter Bread recipe, page 118)**
- **Cannellini beans**
- **Carrageenan**
- **Carob**
- **Cellulose gum**
- **Cereals, including all breakfast cereals**
- **Cheese, processed, and cheese spreads**
- **Chestnut flour**
- **Chevre cheese**
- **Chewing gum**
- **Chickory root**
- **Chickpeas**
- **Chocolate**
- **Cocoa powder (see note at the “Nutella” recipe, page 262)**
- **Coffee, instant and coffee substitutes**
- **Cooking oils**
- **Cordials**
- **Corn**
- **Corn syrup**
- **Cornstarch**

- **Balsamic vinegar**
- **Barley**
- **Bean flour and sprouts**
- **Bee pollen**
- **Beer**
- **Bitter gourd**
- **Black-eyed peas**
- **Bologna**
- **Bouillon cubes or granules**
- **Brandy**
- **Buckwheat**
- **Bulgur**
- **Burdock root**
- **Butter beans**
- **Buttermilk**
- **Canned vegetables and fruit**
- **Cottage cheese**
- **Cottonseed**
- **Couscous**
- **Cream**
- **Cream cheese**
- **Cream of tartar**
- **Dextrose**
- **Drinks, soft**
- **Fava beans**
- **Feta cheese**
- **Fish, preserved, smoked, salted, breaded, canned with sauces)**
- **Flour, made out of grains**
- **FOS (fructo-oligosaccharides)**
- **Fructose**

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Foods Not Allowed on the Full GAPS Diet (continued)

- Fruit, canned or preserved
- Garbanzo beans
- Gjetost cheese
- Grains, all
- Gruyere cheese
- Ham
- Hot dogs
- Ice cream, commercial
- Jams and jellies
- Jerusalem artichoke
- Ketchup, commercial
- Lactose
- Liqueurs
- Margarines and butter replacements
- Meats, processed, preserved, smoked, and salted
- Millet
- Milk: animal, soy, rice, canned coconut milk
- Milk, dried
- Molasses
- Mozzarella cheese
- Mung beans
- Pectin
- Postini
- Potato, sweet and white
- Primost cheese
- Quinoa
- Rice
- Ricotta
- Rye
- Saccharin
- Sago
- Semolina
- Sherry
- Soda (soft drinks)
- Sour cream, commercial
- Soy
- Spelt
- Starch
- Sugar or sucrose of any kind
- Tapioca
- Tea, instant
- Triticale
- Turkey loaf
- Vegetables, canned or preserved

- **Neuchâtel cheese**
- **Nuts, coated or commercially prepared**
- **Oats**
- **Okra**
- **Parsnips**
- **Pasta of any kind**
- **Wheat and wheat germ**
- **Whey powder or liquid**
- **Yacon syrup**
- **Yams**
- **Yogurt, commercial**