

# GAPS Introduction

## First Stage

- Homemade meat or fish stock. Use joints, bones, a piece of meat on the bone, a whole chicken or other inexpensive meats. The bones provide the healing substance – soft tissue (gelatin) or marrow.
- Homemade soup using bone broth. Add allowed veggies but cook well and remove any fibrous parts (i.e. skin of squash, stalks of broccoli)
- Probiotic Foods. Juice from homemade sauerkraut and fermented veggies (veggies are too fibrous), cultured sour cream, kefir, yogurt.
- Ginger tea, mint or chamomile tea with a little honey. Make ginger tea from fresh ginger by grating about 1 tsp of ginger into boiling water and steep for 3-5 minutes.

## Second Stage

- Continue with soups, tea, and probiotic juice in soup and other probiotics.
- Add raw egg yolks to each bowl of soup. Increase as tolerated to soft boiled eggs. Can have as many as desired.
- Add stews and casseroles made with meats and veggies seasoned with salt and fresh herbs. Have a probiotic with each
- If dairy is not an issue, introduce butter. If dairy is an issue, introduce homemade ghee.

## Third Stage

- Continue with previous foods.
- Add ripe avocado mashed into soups.
- Add pancakes made with nut butters, eggs, and fresh winter squash which has been peeled, deseeded, and blended in food
- Add scrambled eggs with plenty of ghee or butter served with avocado and well-cooked vegetables.
- Introduce in sauerkraut and fermented veggies.

## Fourth Stage

- Continue with previous foods.
- Slowly add roasted and grilled meats eaten with well cooked veggies and sauerkraut or fermented veggies.
- Add cold-pressed olive oil up to 1-2 TBSP per day.
- Introduce fresh juices - Begin with carrot (filtered) then add to it celery, cabbage, and lettuce.
- Try bread made from ground almonds or other nuts and seeds. Four ingredients: nut flour, eggs, winter squash, and butter.

## Fifth Stage

- Continue with previous foods.
- Add well cooked apple.
- Add raw veggies starting with lettuce and peeled cucumbers. Increase slowly and add carrot, tomato, onion, and cabbage.
- Add fruits like apple, pineapple, and mango. Avoid citrus.

## Sixth Stage

- If all has been well tolerated, try peeled raw apple. Progress to more fruits and honey.
- Gradually add baked cakes and allowed seeds.