

Gaps Intro Diet- Simple Overview

Stage I

Stock/broth

Simmered meat

Simmered vegetables

1 tsp/day (then increasing) Probiotic liquid/food

Herbal Tea with honey

Stage II

Raw egg yolks and then whole soft boiled eggs

Sautéed meat

Baked meat

Fermented fish

Ghee

(For constipation- Carrot juice with cod liver oil)

Stage III

Avocado

Nut butter

Squash

Fried or Scrambled eggs

Fermented vegetables

Stage IV

Roasted meat

Grilled meat

Olive oil

Fresh vegetable juice

Nut flour bread

Stage V

Cooked apple puree

Fresh fruit juice (no citrus)

Raw vegetables

Stage VI

Raw peeled apple, gradually other fruits

More honey

Dried fruit

See full explanation at www.gutandpsychologysyndrome.com, Introduction diet