

GAPS INTRO DIET

Adapted from *Gut and Psychology Syndrome* by Dr Campbell-McBride and *Gaps Guide* by Baden Lashkov

See the above books and www.gutandpsychologysyndrome.com for full info

All Stages

- Warm/room temperature non-fizzy (still) mineral water, upon waking
- Probiotic supplement if already on it & adjusted to it, upon waking
- 1 Cup meat stock/day all stages
- Thorough chewing- solids to liquid, 'chew' & drink liquids slowly
- Each additional stage includes the foods in the previous stages
- Foods are homemade (HM) (except fermented veggies which may be purchased if they have no vinegar and contain live bacteria- refrigerated section of stores)

Stage I

Meat stock/broth

Soup with stock, meat and vegetables

start with carrots, zucchini, squash, mushroom, onion, bell pepper, brocc/caul

Boiled/poached meat

1 tsp/day probiotic food, into soup or stock that is not too hot:

sauerkraut juice or HM fermented veggie juice

HM yogurt, kefir or whey from dripped yogurt (if already done with 6 week dairy elimination or dairy is tolerated)

Ginger Tea with honey (mint or chamomile may also be used)

Duck or goose fat

Stage II

Raw egg yolks from pastured* chickens into soup or stock

start with 1/day increasing to every bowl, then include soft boiled eggs

Ghee/butter

Stew (Sautéed meat & veggies simmered with water or broth, may be blended)

Casserole (Stew in pan baked at 350 x 30 min)

add broth, ghee/butter and pureed cauliflower on top

Fermented Fish

If constipated: fresh filtered carrot juice with Cod Liver Oil in the morning

Stage III

Avocado mashed into soup/stock (start with 1-3 tsp/day)

Nut butter pancakes, with eggs & squash (start with 1/day)

Gently fried or scrambled eggs (with avocado, cooked veggies)

Fermented vegetables (start with 1 tsp/day increase to 1-2 Tbs/meal)

Stage IV

Baked and grilled meats (no browned bits, fried or BBQ)
Olive oil (start with a few drops/meal increasing to 1-2 Tbs/meal)
Fresh vegetable juice, filtered till clear
 start with a few spoons- 1/3 cup/day increasing to 1 c /day
 start with carrot, then celery, lettuce, fresh mint
 drink slowly, or diluted with warm water or mixed with HM yogurt
Nut Flour bread (start with 1 piece/day then increase)

Stage V

Apple puree
Fresh fruit juice added to vegetable juice
 start with apple, pineapple, mango, no citrus
Raw vegetables (start with a small amount)
 Start with peeled cucumber, soft lettuce then tomato, carrot, cabbage

Stage VI

Raw peeled fruit (start with apple, then others)
More honey
Baked sweets with dried fruit

Notes:

Do not use microwave to re-heat
Higher fat (ghee, butter, coconut oil, olive oil, meats) decreases carbohydrate cravings
If no GI symptoms, go through Intro quickly 1 day/stage
Stages can take 1-2 days or 2+ weeks each
If a major symptom hasn't appeared, move forward to the next stage every few days
Autistic patients may find using systemic over stool symptoms is a better guide for moving forward through stages.

* "Pastured" eggs are from chickens living on pasture, going inside at night for protection. They eat grass & bugs off the field, with little or no grain. Not available from large commercial suppliers, these eggs are obtained from backyard chickens, small farms, farmers' markets & community supported agriculture (CSA's). Nutritionally, (according to tests done by Mother Earth News, motherearthnews.com/eggs) they contain 2-7 times more omega 3, vit A, vit D, vit E, beta carotene, & 1/4-1/3 less cholesterol & saturated fat.

Adapted by Dr Allison Siebecker, www.siboinfo.com.