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.