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