

GAPS™ DIET

THE 6 INTRO STAGES



START WITH A GLASS OF WATER

Water should not be cold
May add freshly squeezed lemon,
if no diarrhea
From Stage 3, add probiotic

DETOX BATH WITH (choose 1 or more)

1 cup apple cider vinegar
1 cup baking soda
1 cup epsom salts
1 cup sea salt
1/2 cup powdered seaweed

STAGE 1

HOMEMADE MEAT/FISH STOCK
only salt & peppercorn seasoning
VEGETABLES (NON-FIBROUS)
simmered 25–35mins

HOMEMADE SOUP
use stock, simmered meat &
veggies (as above), add 1–2Tbs
chopped garlic at end, add
probiotic food after cooking

PROBIOTIC FOODS
(1–2tsp/day 1st 5 days : then 2–4tsp)
kraut or fermented veggie juice,
whey, 24hour+ yogurt, milk kefir

HERBAL TEAS
ginger, mint, chamomile, w/ honey

STAGE 2

CONTINUE STAGE 1 FOODS
ADD EGG YOLK TO EVERY SOUP BOWL
(after doing a sensitivity test)
use raw, organic, pastured egg
yolks only

ADD STEWS & CASSEROLES
with lots of animal fats
add probiotic food to every serving
fresh herbs are ok

INCREASE PROBIOTIC FOODS
INTRODUCE FERMENTED FISH
lacto-ferment or honey gravlax
ADD HOMEMADE GHEE

STAGE 3

CONTINUE PREVIOUS FOODS
INTRODUCE RIPE AVOCADO
(1–3tsp/day)

ADD FERMENTED VEGGIES
incl sauerkraut - slowly build up to
1–4tsp/meal

ADD NUT BUTTER PANCAKES
made with squash, eggs, nut butter

SCRAMBLED EGGS
cooked in ghee, served with
avocado, cooked veggies & onion

ADD PROBIOTIC SUPPLEMENT & FCLO

COCONUT OIL
may be added (if tolerated)

STAGE 4

CONTINUE PREVIOUS FOODS
ADD ROASTED/GRILLED MEATS
(remove burnt/browned bits)
ADD EV OLIVE OIL TO MEALS
build up to 1–2Tbsp/meal

ADD FRESH PRESSED JUICES A.M.
drink slowly, starting with a few
spoonfuls carrot juice, increase
to 1cup/day, then add celery,
cabbage, mint to juicing

ADD HOME BAKED NUT/SEED BREAD
start with a small piece daily
ADD NUT/SEED EFA BLEND

STAGE 5

CONTINUE PREVIOUS FOODS
ADD COOKED APPLE WITH GHEE
INTRODUCE SOFT RAW VEGGIES
start with lettuce & peeled
cucumber, then add others,
chew well

ADD FRUIT TO A.M. JUICES
drink slowly, no citrus

STAGE 6

CONTINUE PREVIOUS FOODS
ADD PEELED RAW APPLE
ADD OTHER RAW FRUIT & HONEY
introduce one at a time
INTRODUCE GAPS LEGAL SWEETS



DO

Eat 1–2cups stock daily
Eat plenty of animal fats daily
Eat fermented foods every meal
85% of your diet should be savory
Exercise outside & sunbathe early

DO NOT

Use a microwave
Eat fruit or sweets at meals
Eat starches or any sugars
Swim in chlorinated water

HONEST BODY

Note: These tips are NOT substitutes for reading the book
"Gut & Psychology Syndrome" by Dr NCM
For a guided GAPS program visit honestbody.com