

GAPS Diet and Protocol

Inspired by the *Specific Carbohydrate Diet (SCD)*, the GAPS diet from Dr. Natasha Campbell-McBride's book *Gut and Psychology Syndrome* is commonly used for inflammatory bowel disease, leaky gut syndrome, autism, ADHD, depression, anxiety and autoimmune disease. The GAPS Diet focuses on removing difficult to digest foods that are damaging to gut flora and replacing them with nutrient-dense foods.

The GAPS diet is an advanced meal plan designed to:

- Stop toxic overload from bad bacteria
- Repair the gut wall
- Rebalance the micro-biome flora
- Prevent toxins from entering the bloodstream causing autoimmune issues
- Recommend easy to digest foods so your gut can rest and heal

The possible benefits of the GAPS diet are:

- Boost Immunity
- Reduce Food Sensitivity
- Improve Neurological Function
- Heal Inflammatory Bowel Disease
- Reverse Type II Diabetes
- Improve Lactose Digestion
- Kill Candida
- Support Detoxification
- Reduce Anxiety and Depression
- Improve Autism

Summary of foods to avoid:

- Processed sugar
- Starchy carbs and potatoes
- All grains
- Processed foods
- Artificial chemicals and preservatives
- Conventional meat and dairy

The following foods are recommended when starting the GAPS diet:

- Bone broth
- Egg yolks
- Fish (wild caught)
- Fruit and avocados
- Healthy fats: coconut oil, ghee and olive oil
- Organic wild meats
- Probiotic rich foods
- Sea salt
- Sprouted nut butter
- Steamed (non-starchy) vegetables

The GAPS Diet also incorporates:

- Ghee and Coconut oil are the best oils for cooking.
- It is recommended to take a cup of warm meat or fish stock with every meal as a drink as well as soups and stews made with the meat or fish stock.
- Include 1 tbsp of raw fermented vegetable juice (like sauerkraut juice) with meals, as they contain vital enzymes to assist digestion of the meats.
- Fruit should be eaten on their own, not with meals, as they have a very different digestion pattern and can make the work harder for the stomach.

- Slowly add in probiotic rich foods such as: sauerkraut, yogurt, and kefir.
- Do NOT consume store bought yogurt. Only raw dairy fermented for 24 hours or more is allowed.

Instructions

Start with Stage 1 and slowly work your way through all 6 stages. When beginning a new stage, add in 1 new food a day to see how your body responds. If your body responds in a negative manner then you may not add that food back in for a few more weeks or months.

GAPS Intro Diet - Stage 1

- beef, boiled in water or simmered in broth
- bok choy, cooked
- broccoli, cooked, no stalks
- carrots, cooked
- cauliflower, cooked, no stalks
- chicken, boiled in water or simmered in broth
- collard greens, cooked
- eggplant, peeled, cooked
- fermented vegetable juice, 1 tsp with meals
- fish, boiled in water or simmered in broth
- garlic, cooked
- ginger root
- raw honey
- kale, cooked
- lard, homemade
- lamb, boiled in water or simmered in broth
- onions, cooked
- poultry: duck, turkey, and quail boiled in water or simmered in broth
- pumpkin, cooked (fresh, not canned)
- sea salt
- summer squash, cooked
- spinach, cooked
- tea (chamomile, ginger or mint)
- turkey, boiled in water or simmered in broth
- turnips, cooked
- winter squash, cooked
- yogurt, homemade, fermented 24+ hours (start slow 1 tbsp daily)
- zucchini, cooked

Stage 2

All foods from stage 1, and:

- raw egg yolks (pastured/organic)
- ghee (slowly introduce)
- coconut oil (introduce gradually because it is strongly anti-microbial)
- avocado

Stage 3

All foods from stage 2, and:

- nut butter (raw and sprouted)
- almond flour (1/4 cup maximum)
- coconut flour (1/4 cup maximum)
- fermented vegetables (sauerkraut)
- asparagus, cooked
- cabbage cooked
- celery, cooked
- fresh herbs, cooked

Stage 4

All foods from stage 3, and:

- carrot juice
- grilled and roasted meats
- herbs, dried
- extra virgin olive oil

Stage 5

All foods from stage 4, and:

- applesauce, homemade
- pear sauce, homemade
- cucumber, peeled
- mangoes
- dried herbs
- tomatoes
- vegetable juices

Stage 6

All foods from stage 5, and:

- apple, raw
- berries
- banana
- cherries
- coconut
- coconut milk
- dates
- kiwi
- peaches
- pears
- pineapple
- raspberries

Below is the Full GAPS diet food list:

VEGETABLES

Artichoke
Arugula
Asparagus
Avocados
Beets
Bell Peppers
Bok Choy
Broccoli
Broccoli Rabe
Brussels Sprouts
Cabbage
Carrots
Celery
Collards
Cucumbers
Eggplant
Fennel
Garlic
Green Beans
Jerusalem Artichoke

Kale
Mushrooms
Olives
Onions
Parsnip
Pumpkin
Radish
Romaine Lettuce
Seaweed
Spinach
Squash (summer and winter)
Tomatoes
Turnips
Watercress

FISH (Wild Caught only, NO Farm Raised)

Anchovies
Bass
Cod
Grouper
Haddock

Halibut
Herring
Mackerel
Mahi Mahi
Red Snapper
Salmon
Sardines
Seabass
Trout
Tuna
Walleye

NUTS AND LEGUMES (ideally sprouted or as nut butters)

Almonds (sprouted or as raw nut butter)
Brazil Nuts
Coconut (technically a drupe)
Hazelnuts
Lima Beans (soaked)
Macadamia
Navy Beans (soaked)
Pecans
Pine Nuts
Walnuts
Nut Butters
Nut flours (in moderate amounts – no more than 1/4 cup a day)

FATS / OILS

(Organic Unrefined)
Avocado Oil
Almond Oil
Butter (pastured)
Coconut Oil
Flaxseed Oil
Ghee
Hempseed Oil
Macadamia Oil
Olive Oil
Sesame Oil
Palm Oil (sustainable)
Walnut Oil

DAIRY (raw, aged and grass-fed)

Goat Cheese (aged 60+ days)
Kefir (Cultured Goat Milk) (fermented 24+ hours)
Raw Sheep Cheese (aged 60+ days)
Sheep Yogurt (fermented 24+ hours)
Raw Cows Cheese (aged 60+ days)
Raw Cows amasai, kefir and yogurt (fermented 24+ hours)

MEAT (Organic, Grass-fed)

Beef
Bison
Bone Broth
Chicken
Duck
Eggs (free-range)
Lamb
Turkey
Quail and other wild game
Venison and other wild game

FRUITS – in moderation

Apple
Apricot
Banana
Blackberries
Blueberries
Cantaloupe
Cherries
Coconuts
Figs
Grapefruit
Grapes
Kiwi
Lemon
Lime
Mango
Nectarine
Orange
Papaya
Peaches
Pears

Pineapple
Plums
Pomegranate
Raspberries
Rhubarb
Strawberries
Watermelon (no seeds)

SPICES AND HERBS

Basil
Black Pepper
Cilantro
Coriander Seeds
Cinnamon
Cumin
Dill
Fennel
Garlic
Ginger
Mint
Parsley
Peppermint
Rosemary
Sage
Sea Salt
Tarragon
Thyme
Turmeric

CONDIMENTS

Apple Cider Vinegar
Coconut Vinegar
Sea Salt

FLOURS

Coconut Flour
Almond Flour

BEVERAGES

Almond Milk
Coconut Kefir
Coconut Milk
Herbal Teas
Raw Vegetable Juices
Sparkling Water
Spring Water (or Filtered)
Wine, in moderation

SWEETENERS – in moderation

Raw Honey
Dates made into paste

SUPPLEMENTS

Probiotics
Digestive Enzymes
Fish Oil or Fermented Cod Liver Oil
L-Glutamine Powder