

ALLOWED FOODS ON GAPS DIET

GAPS INTRO					
ALL FOODS MUST BE BOILED IN WATER OR STOCK UNTIL THE FOURTH STAGE					
STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6
ARTICHOKES	ALL OF STAGE 1, PLUS:	ALL OF STAGE 1 AND 2, PLUS:	ALL OF STAGES 1-3, PLUS:	ALL OF STAGES 1-4, PLUS:	ALL OF STAGES 1-5, PLUS:
BEEF	EGG YOLKS, RAW	ALMOND FLOUR, SOAKED IF NOT TOLERATED WELL	DRIED HERBS	APPLE PUREE, COOKED	APPLE, RAW
BEEF TALLOW	EGG YOLKS, SOFT BOILED IF RAW IS TOLERATED	ASPARAGUS	CARROT JUICE, FRESHLY PRESSED	APPLE JUICE, FRESHLY PRESSED	ALMOND BUTTER
BEETS	FRESH HERBS	AVOCADO	GRILLED MEATS	CUCUMBER, PEELED	APRICOTS
BOK CHOI		CABBAGE	OLIVE OIL	LETTUCE	BANANA
BROCCOLI, NO STEMS		CELERY	ROASTED MEATS	MANGO JUICE, FRESHLY PRESSED	BERRIES
BRUSSEL SPROUTS		CELERY ROOT	SHELLFISH	MANGOES	BLACK RADISH
CARROTS		EGGS, LIGHTLY SCRAMBLED IN PLENTY OF FAT		ONIONS, RAW	BRAZIL NUTS
CAULIFLOWER, NO STEMS		PICKLES, AND CABBAGE, HOMEMADE		PAPAYA JUICE	BROCCOLI, WITH STEMS, COOKED OR RAW
CHAMOMILE TEA		NUT BUTTER, ORGANIC		PECAN FLOUR	CAPERS
CHICKEN				PINEAPPLE JUICE	CAULIFLOWER, WITH STEMS, COOKED OR RAW
COCONUT OIL				SINGLE SPICES, NO ADDITIVES	CHERRIES
COLLARD GREENS				STRING BEANS	CHESTNUT
DUCK				TOMATOES, RAW	CINNAMON
EGGPLANT				WALNUT FLOUR	COCONUT
FERMENTED VEGETABLE JUICE					COCONUT MILK, HOMEMADE
FISH					CORIANDER
GARLIC					DATES
GHEE					DILL
GINGER					FILBERTS
GOOSE					GARLIC, RAW OR COOKED
GREEN BEANS (NOT STRING)					HONEY, RAW (MORE ALLOWED THAN PREVIOUS)
HONEY, RAW, LOCAL					HUCKLEBERRIES
KALE					KIWI
LAMB					LETTUCE
LARD, HOMEMADE					NECTARINES
LEMONS, IN WARM WATER FOR DRINKING					PAPAYA, RAW
MINT TEA					PEACHES, RAW
ONIONS					PEARS
PEAS					PINEAPPLE
PEPPERCORNS					PRUNES
PEPPERS					RAISINS
PHEASANT					RASPBERRIES
PIGEON					SATSUMAS
PORK					SPINACH, RAW
PUMPKIN					UGLI FRUIT
QUAIL					VINEGAR
SEA SALT					TOMATO JUICE
SHELLFISH					
SUMMER SQUASH					
SPINACH					
TOMATOES					
TURKEY					
TURNIPS					
WATERCRESS					
WINTER SQUASH					
YOGURT, HOMEMADE					
ZUCCHINI					