

# GAPS Full Diet, Allowed Foods

Everything from the Intro Diet list, Plus:

Almonds, Raw

Almond Oil

Asiago Cheese

Avocado Oil

Beans, Navy and Lima

Baking Soda

Barbecued Meats, homemade

Butter, Grass-Fed (This is very important)

Cashews

Cheeses (Blue, Brick, Brie, Camembert, Colby-Jack, Edam, Gorgonzola, Gouda, Havarti, Limberger, Monterrey Jack,

Citric Acid

Coffee, homemade

Cottage Cheese, Dry curd only

Dried Fruit (no additives)

Fried Meat (in approved oils)

Gin

Grapes

Grapefruit

Hazelnuts

Herbal Teas

Kumquats

Lemons

Lentils

Limes

Melons

Mushrooms

Mustard Seeds

Nutmeg

Olives

Oranges

Peanut Butter

Peanuts

Peas, raw

Pecans

Pine Nuts

Rhubarb

Scotch

Tangerines

Tea, weak and fresh

Vodka

Walnuts

Wine, dry red or white