

What Can I Eat Now?

30 Days on the GAPS[™] Introduction Diet



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*** Appetites very and amounts of food may need to be adjusted. This is not medical advice, and cannot be taken as such. Please read the GAPS book before trying the Intro Diet*

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30 Days on the GAPS™ Introduction Diet~ Meal Plans and Tips

A 30 day collection of recipes for the introduction portion of the diet; 5 days on each of the 6 stages.

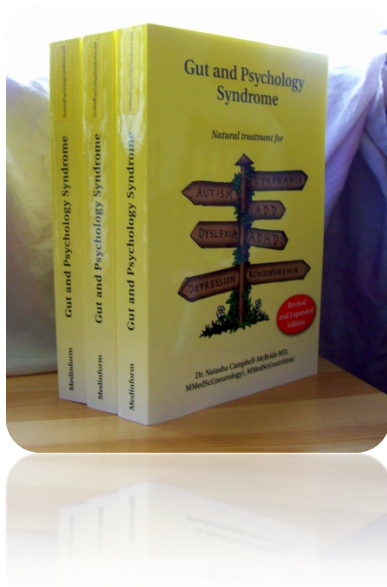
Remember, if you get stuck on any stage, you can go back and repeat any of the recipes in the previous days for variety 😊

This meal plan is a guide for those who anticipate being able to go through the introduction portion of the GAPS diet quickly. If you have many digestive issues, you may need to spend more time on each stage than I give here. Your individual needs will vary, this is just a guide to help with meal planning.

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2 Weeks Before

[Order Gut and Psychology Syndrome](#) book and begin reading. For the following recommendations we are using the January 2011 edition. I do recommend you read the entire book, but since I know not everyone will do so, these are ‘the bare minimums’ ☺

Required Reading:

- Chapters 1-7; pages 9-65
- Introduction Diet: pages 142-152
- Any specific condition you are dealing with- look in the index for things like eczema, ADD, epilepsy, constipation, diarrhea, etc. and read associated pages. You can note pages here
- _____
- _____
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Source organic vegetables

- Cabbage
- Carrots
- Broccoli
- Onions
- Winter squash such as butternut
- Cauliflower

Source local grassfed meats, eggs, and possibly milk.

- Beef
- Lamb
- Wild caught whole fish, including trout
- Game meat
- Eggs

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What Do I tell....

Starting a diet like GAPS, especially the more restrictive Intro GAPS can make for awkward conversations. I didn't realize how much of our every day 'small talk' revolved around food and health problems until we started going down the unconventional natural medicine path! I don't like to make waves, so I do try to minimize food talk as much as possible when I'm around people I know will not agree with what we're doing.

This is what I have come up with for situations that present as my family has been on a restricted diet.

Family and Friends

If we are planning a visit, be it for 20 minutes or 2 weeks, with family or friends, I do my best to warn them ahead of time that we're following a temporary diet change right now, so our family/the kids can't eat anything other than what I give them. If the people are interested, I explain as much as I think they'd like to hear- I love to talk about GAPS and natural health! If not, I talk minimally, but do try to get the point across that absolutely nothing can be eaten other than the food I have prepared. This helps avoid hurt feelings or embarrassment over offered food.

If people are concerned, I stress that it is a temporary diet and we will discontinue it either if it turns out to not be effective, and/or when it is no longer needed. I have

no problem calling the diet 'crazy' or 'ridiculous' as a way to take the pressure off the situation and laugh about it together.

Those who invite us to eat at their house

As kindly and graciously as possible, I tell friends that I would love to, but we are following a restricted diet right now for some health issues, so to enjoy their company I'd love to get together to do something not food related instead, or meet for a bring-your-own-food picnic.

I try not to go into what we can or cannot eat, if a well-meaning friend prepares a meal that contains illegal ingredients (the GAPS protocols can be hard for someone not familiar with the diet to follow!) that would be harder to deal with than avoiding the food altogether.

Some fun family friendly alternatives: Card games, visiting a park, swimming in a lake, fishing, hiking, bowling, going to the movies, taking a class, are all fun activities that others can join.

At social functions

At church, scout meetings, class parties, etc, food is nearly always present! To avoid mishaps, I personally don't leave my children, even with people who appear to understand the dietary restrictions. People forget or don't understand the instructions- I have caught people at church about to hand

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Day 7

Egg yolks make for very creamy nutrient rich soups and are introduced today!

Recipes:

Morning Mineral Water

Upon waking, drink 1 cup of mineral or filtered water. Allow to rest before eating.

Zucchini casserole

2 pounds chicken, cubed
4 zucchinis
1 teaspoon sea salt
½ cup stock

Cube chicken in bite sized pieces. Slice zucchini into ¼ inch rounds. Place chicken and stock in the bottom of a loaf pan, sprinkle with salt, and top with zucchini rounds. Cover with foil and bake at 350* for 45 minutes, or until chicken is cooked through and zucchini is soft.

Creamy Summer Squash Soup

2 quarts stock
1 quart filtered water
8 small summer squash ;crookneck, zucchini, patty pan, etc
1 tablespoon sea salt (adjust to taste)

Remove stems and blossom ends from squash, coarsely chop. Simmer all ingredients to make a soup. Puree with an immersion blender. Serve, allow to cool slightly and then add one raw egg yolk, carefully separated from the white. Stir gently with a fork and enjoy!

Re-ferment cabbage as needed

If you have used up the juice from your sauerkraut but are still using quite a bit, you can add 1 teaspoon of sea salt and 1 cup of water to your previously fermented sauerkraut, and allow to sit out on the counter again for 2-3 days to re-ferment.

Introduce:

Carefully separated egg yolk, one stirred into each bowl of soup

Detox Bath:

1 cup apple cider vinegar

Include:

- Fermented sauerkraut juice or vegetables
- Broth with every meal
- Soup at least one meal
- Egg yolks in soup
- Crushed garlic in soup at the end
- Detox Bath

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Day 8

Recipes:

Morning Mineral Water

Upon waking, drink 1 cup of mineral or filtered water. Allow to rest before eating.

Smooth Carrot Soup with Squash and Garlic

5-10 large carrots, scrubbed
6 small to medium summer squash
4 cloves garlic, peeled and minced
2 quarts stock
1 tablespoon sea salt (to taste)
Filtered water

Chop carrots and squash and place in pot. Add stock, salt, and then add water to fill pot or crock pot. Simmer 2 hours on the stove or cook all day in the crockpot. Add garlic just before serving. Puree with immersion blender and add in meat chunks if desired after pureeing.

Boiled Meatballs with Garlic and Parsley

3 pounds hamburger
3 carrots and 1 cup cauliflower, shredded
3 cloves garlic, minced or crushed
3 sprigs fresh parsley, finely chopped
2 cups stock
½ teaspoon sea salt

Mix hamburger with vegetables, garlic, and parsley. Simmer in stock with added sea salt, gently turning as needed, until cooked through.

Introduce:

Fermented cod liver oil

Information on cod liver oil starts on page 277 in the GAPS book. The dose recommendation for adults is 1 teaspoon a day to start (go down to ½ teaspoon after a few weeks), ½ teaspoon for children (go down to ¼ teaspoon after a few weeks). Double the adult dose for pregnant or lactating women.

Detox Bath:

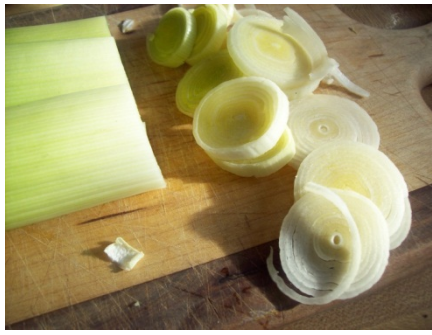
1 cup Seaweed Powder

Include:

- Fermented sauerkraut juice or vegetables
- Broth with every meal
- Soup at least one meal
- Cod liver oil
- Egg yolks in soup
- Crushed garlic in soup at the end
- Detox Bath

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Day 9

Recipes:

Morning Mineral Water

Upon waking, drink 1 cup of mineral or filtered water. Allow to rest before eating.

Egg Drop Soup

6 leeks, sliced
1 quart fish stock
1 quart other stock
2 teaspoons sea salt
4 onions, sliced
4 egg yolks, beaten with a fork

Wash and slice the leeks up to where the leaves separate (use the light parts) and peel and slice the onions thinly. Simmer in stock with salt until soft, 1 hour. Raise heat to a rapid boil and gently drip in a thin stream of egg yolks, whisking with a fork as you pour them in to make 'noodles'. Remove from heat and serve.

Homemade ghee (*I buy my ghee from Pure Indian Foods, but here is directions for making your own if you wish, if you are wary of cow dairy, I have purchased goat milk butter before at our health food store- you may be able to ask yours to carry it too, and use that to make goat milk ghee*)

1 pound unsalted butter, or more as desired

Preheat oven to 140-250* Place butter in an oven proof dish or pan. Bake for 45-60 minutes, take out very carefully, and pour the golden fat from the top, being careful to leave the white milk solids in the pan. Keep in a glass jar and refrigerate. You can save the buttery milk solids for others who eat butter in the house, or discard.

Minute Steaks

8-12 'minute' or 'sandwich' thin steaks

Soup or water

Simmer thin steaks in soup for 10 minutes, or until cooked through. Serve.

Stuffed Peppers

6 bell peppers
1-2 pounds assorted vegetables (carrot, onion, broccoli, cauliflower), shredded
3 pounds ground meat, raw
½ teaspoon sea salt

Mix veggies, meat, and salt. Wash and cut tops off bell peppers, rinse out seeds. Stuff meat evenly into bell peppers. Place in a casserole dish with a lid, add ½ inch water to the bottom. Bake at 350* for one hour covered, or until meat is cooked through and peppers are soft. Serve.

Prepare:

Crispy Walnuts (we will dehydrate them tomorrow):

To soak nuts: Place 2-3 lbs raw nuts in a large bowl (they will swell, so only fill 2/3 full, using another bowl if needed). Add 2 tablespoons sea salt and cover the nuts with filtered water. Allow to soak overnight at room temperature (on the counter). No need to cover.

Detox Bath:

1 cup Epsom salt

Include:

- Fermented sauerkraut juice or vegetables
- Broth with every meal
- Soup at least one meal
- Cod liver oil
- Egg yolks in soup
- Crushed garlic in soup at the end
- Detox Bath

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Stage 5

You can eat on Stage 5:

- Meat or fish stock
- Raw legal vegetables, peeled
- Squash, winter and summer
- Peeled, cooked apple, pureed
- Honey, up to a couple tablespoons a day
- Boiled, roasted, or grilled meat (not burned)
- Sea salt
- Fresh herbs
- Cold pressed olive oil
- Fermented vegetables; sauerkraut, kimchi, pickles, etc
- Fermented fish
- Eggs
- Homemade ghee
- Stews and casseroles made with meat and vegetables
- Ripe avocado mashed into soups, starting with 1-3 teaspoons a day
- Pancakes made with nutbutter, squash, and eggs- fried in fat or ghee
- Freshly pressed juices, carrot, mint, cabbage, lettuce, apple, pineapple, mango
- Bread made with nut flour, eggs, squash, tolerated fat, salt



Day 21

Recipes:

Freshly Pressed Carrot Juice

Juice:

3 carrots

4 sprigs of mint

Raw Intro Salad

1 English cucumber, peeled and sliced.

1 head soft butter lettuce, rinsed and torn

Herbed olive oil

Toss salad with herbed olive oil, sprinkle with salt if desired.

Cauliflower Soup

2 pounds cauliflower

1 quart stock

1 quart water

2 cloves garlic, crushed

1 teaspoon sea salt (to taste)

Simmer all ingredients, puree until smooth.

Drumsticks

8 Chicken drumsticks

6 summer squash

4 onions, peeled and quartered

Sea salt to taste

Bake drumsticks (or roast a whole chicken) surrounded by chopped squash and onions for 30 minutes, or until cooked through. Reserve bones for stock.

Roast Vegetables

1 pound cauliflower florets

3 large carrots

1 celery root, peeled and chopped (optional)

3 stalks of celery, chopped

1 pound asparagus, chopped (if in season)

¼ cup olive oil

½ teaspoon sea salt

2 tablespoons dried basil or other seasoning blend

Toss veggies with sea salt, olive oil, and seasoning. Place into a 9x13 " glass oven safe dish. Cook at 400 Degrees for 45 minutes

Make Chicken stock

Stock and Onion Gravy

By now you may be getting tired of the broth with every meal. This stock and onion gravy is a great way to sneak it in! Like the herbed olive oil, it's easy to spoon over meats and vegetables.

1 pot chicken stock

6 onions, peeled and sliced

1 teaspoon sea salt

Simmer onions in chicken stock, covered, until onions are soft. Add 1 teaspoon sea salt and puree with an immersion blender. Remove lid and reduce over low heat until desired consistency (reduced by half is good). Store in glass jars in the fridge and spoon over meats, add to scrambled eggs, and use to sauté veggies in.

Introduce:

Raw Cucumber and soft lettuce

Detox Bath:

1 cup Epsom salt

Include:

- Cultured vegetable with every meal
- Broth with every meal
- Soup at least one meal
- Olive Oil over every meal
- Cod liver oil
- Egg yolks in soup
- Crushed garlic in soup at the end
- Avocado mashed and added to soup
- Detox Bath
- Broth with every meal
- Freshly pressed juice

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After the GAPS Intro

I hope by now you are feeling so much better!

Introducing more foods

After the GAPS introduction diet you can slowly add in the rest of the GAPS legal foods: Cultured dairy (if you haven't already), soaked beans, sprouted beans, more whole crispy nuts, seeds, dried fruit, and meat jerky.

Supplements you may find helpful

You may also wish to add in supplements that you think were helping you before going off them for the intro, being careful to introduce them one at a time and note any side effects to evaluate if they are something helpful or not.

Using the Regular Grain Free Meal Plan

If you have found this 30-day guide helpful, you also will find the [Grain Free Meal Plan](#) helpful- I plan out shopping lists, meals, and snacks for you so that you don't have to come up with dinner every night. It's also easy to just cross out and insert other meals if you want to substitute your family's favorites.

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I hope you have found this sample to be helpful! To purchase go to www.HealthHomeHappy.com/introebook

Thanks!

Cara