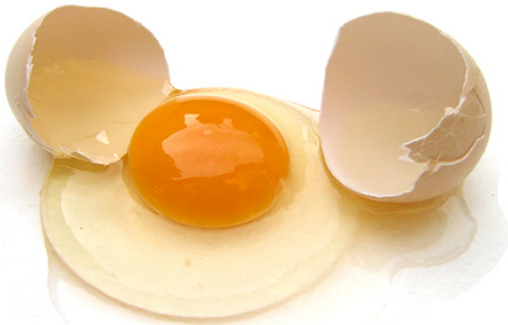


cooking for well-being Gut and Psychology Syndrome [GAPS] Introduction Diet

FROM THE HEART
PRESENTED BY SIMPLY BEING WELL

	Stage 1 ▶ Homemade meat or fish stock with probiotic added - whey or ferment juice, [probiotic juice] added to stock. Ferment juice: start with 1 tsp. in one cup, and then in all cups. Gradually increase the amount of juice to 1 T per cup. ▶ Note prior to adding in whey, do a Sensitivity Test. See below. If clear, start with 1 tsp. whey in one cup or bowl for 1-5 days, then increase to 2 tsp. per cup for 1-5 days, until you are consuming 4-8 oz. of whey per day with meals. After whey is tolerated, add in homemade sour cream (cream cultured with yogurt culture), then homemade yogurt, then homemade kefir, then sour cream cultured with kefir. Note if a dairy allergy is suspected, do the Dairy Protocol. ▶ Homemade vegetable soup made from meat or fish stock (well cooked, non-fibrous vegetables). Soup may be blended or not. Add probiotic juice [dairy or non-dairy] to every bowl of soup—start with 1 tsp. per bowl and increase. Eat the meat, cartilage and marrow from the meat stock with each meal, as well as the fat from the stock. ▶ Drink fresh ginger, mint or chamomile tea between meals. ▶ Move to next stage when all foods in this stage are well tolerated.
	Stage 2 All of previous stage. Keep increasing the daily amount of homemade whey, sour cream, yogurt or kefir. Keep increasing the amount of juice from fermented vegetables. ▶ Add egg yolk to one bowl of soup; continue until 2 egg yolks per bowl of soup for adults. When egg yolks are well tolerated, add whole, soft boiled egg to soup bowls. Note: if you suspect an egg white allergy, do a Sensitivity Test first. ▶ Add stews and casseroles made with meat and vegetables, with probiotic juice added to each serving. Avoid spices. Fresh herbs and Celtic salt okay. ▶ Introduce fermented fish or gravlax, starting with one small piece per day and increasing. ▶ Introduce ghee; start with 1 tsp. per day and increase. Note even if you are not introducing other dairy, introduce ghee. ▶ Move to next stage when all foods in this stage are well tolerated.

IMPORTANT NOTES

Sensitivity Test: Prior to introducing any dairy including whey, or any other food to which you suspect a sensitivity, do the Sensitivity Test. Place a small amount of the food on the inside of the wrist at bedtime. Upon waking, check the spot. If it is red and aggravated or itchy, wait another few weeks to introduce the food. Do another Sensitivity Test at that time. **DO NOT ATTEMPT TO INTRODUCE FOODS TO WHICH ONE HAS AN ANAPHYLACTIC REACTION.**

Meat Stock: Meat Stock is a meal. Eat the meat, drink the stock, and eat the vegetables. Meat Stock is cooked for a very short time [chicken 1.5-2 hours and beef 4-6 hours] and has a lower amount of glutamate than Bone Broth. Only Meat Stock is eaten on the Intro Diet.

	Stage 3 All of previous stage. ▶ Add ripe avocado mashed into soups. Start with 1-3 tsp. per day and increase. ▶ Add nut butter pancakes made of organic nut butter, eggs, and squash. Fry in animal fat. Start with 1 per day and increase. ▶ Add fried or scrambled eggs cooked in 4-5 T ghee or other animal fat. Serve with sliced avocado and cooked vegetables. Cooked onions are especially good. ▶ Introduce fermented vegetables. Start with 1 tsp. per meal and increase to 1-4 tsp. per meal. ▶ Move to next stage when all foods in this stage are well tolerated.
	Stage 4 All of previous stage. ▶ Add meats cooked by roasting or baking. Eat with cooked vegetables and fermented vegetables. ▶ Add cold pressed olive oil. Start with a few drops per meal; increase to 2 T per meal. ▶ Introduce fresh, clear carrot juice. Drink slowly [chew your juice!] diluted with water, add yogurt or sour cream/ crème fraiche. Start with a small amount; increase to 1 cup per day. When carrot juice is well tolerated, add celery, cabbage and fresh mint. Drink first thing in the morning or mid afternoon, on an empty stomach. ▶ Introduce baked bread made with ground almonds, nuts or other seeds, eggs, squash and fat. 1 piece per day and increase. ▶ Move to next stage when all foods in this stage are well tolerated.
	Stage 5 All of previous stage. ▶ Add cooked, peeled apple pureed with ghee or other healthy fat (duck, goose, lard, tallow, butter). Start with a few teaspoons per day; gradually increase. Add raw honey if desired. ▶ Add raw vegetables, starting with lettuce, peeled cucumber, carrot and tomato [if not nightshade intolerant}. Gradually increase. Watch for signs of intolerance: diarrhea. ▶ Add apple, pineapple or mango, or a combination to carrot/lettuce/mint juice. Avoid citrus at this time. ▶ Move to next stage when all foods in this stage are well tolerated.
	Stage 6 All of previous stage. ▶ Add peeled raw apple and more raw honey. Gradually introduce raw, peeled fruits. ▶ Gradually introduce more sweet things allowed on the diet, using dried fruit for baked items. ▶ After digestive problems have cleared, move on to the Full GAPS diet.

How to Know When to Increase the Amount of probiotic juice, ferments, or foods: The key to implementing the Intro Diet is the word “gradual”. Listen to your body. If you have abdominal pain, cramping or bloating, or stool changes, WAIT until the pain subsides and the stools normalize before proceeding.