



# GAPS Introduction Diet Survival Guide

The gut lining and the bacterial layer that coats it is our biggest defense against undigested food, outside invaders, toxins, and parasites. Keeping the gut microbes thriving and healthy is essential for keeping our immune system strong and functioning properly. The Introduction Diet is designed for individuals with a severely damaged and inflamed gut lining resulting in chronic digestive issues. If you are suffering from diarrhea, abdominal pain, food reactions from everything you eat, bacterial/parasite infections, or needing to boost your immune system during flu season, the Intro may be a starting point for you.

## Six Stages of GAPS INTRO

### STAGE 1

Homemade stock (chicken, beef, turkey, fish, venison, pork)  
 Soups with boiled meats and vegetables  
 Boiled meats, fish, and shellfish, and liver  
 Cooked vegetables with fibrous stalks removed  
 Animal fats (chicken, tallow, lard, duck)  
 Coconut oil  
 Probiotic foods: start w/ 1-2 tsp of vegetable juice or dairy (whey, yogurt, kefir, sour cream)  
 Sea salt and peppercorn  
 Fresh herbal tea of chamomile, ginger, mint, and turmeric  
 Filtered water with lemon  
 Raw honey

### Stage 4

Continue with all foods from previous stages  
 Roasted and grilled meats (not barbequed/fried) without burned bits  
 Cold pressed olive oil (gradually increase to 1-2 tsp daily)  
 Fresh pressed juices (start with 1-3 tsp of carrot on empty stomach. Add lettuce, cucumber, celery, herbs diluted with warm water)  
 Nut flour for baked goods and baked bread (homemade recommended ground from soaked nuts/seeds)

### Quick Facts:

The Intro Diet provides the body with large amounts of nourishing & essential nutrients including vitamins, minerals, collagen, gelatin, amino acids, and healthy fats to bring inflammation down quickly.

Not recommended for pregnant and/or nursing mothers or individuals suffering from severe constipation

Individuals suffering from poor fat digestion and histamine issues may need to start with Full GAPS or tailor the Intro Diet to limit or temporarily restrict particular foods such as broths and fermented foods

Individuals suffering from skin conditions including eczema, acne, dermatitis, and psoriasis may want to temporarily eliminate all dairy (including homemade)

If you start with Intro, you may not need to follow the Dairy Introduction Diet

### Stage 2

Continue with all foods from Stage 1  
 Raw organic egg yolks separated from the whites  
 Stews and casseroles with fresh herbs (avoid spices)  
 Increase probiotic foods  
 Fermented fish and gravlax  
 Homemade ghee  
 Fresh herbs  
 Cod liver oil

\*Probiotic foods can initiate die-off causing unpleasant symptoms when beneficial bacteria teams with toxins. Increase gradually as the body allows\*

### Stage 5

Continue with all foods from previous stages  
 Apples (cooked with ghee, coconut oil or animal fat)  
 Raw vegetables (start with lettuce, peeled cucumber followed by carrot, tomato, onion, cabbage if nightshades are not an issue)  
 Fresh pressed fruit juice added to vegetable juice (starts with apple, pineapple, mango; avoid citrus other than lemon)

### Helpful Equipment:

Blender  
 Cheese cloth  
 Crock-pot  
 Dehydrator  
 Filtered water  
 Immersion blender  
 Juicer  
 Mason Jars  
 Parchment paper  
 Stainless steel pots/pans  
 Stainless steel thermoses  
 Strainer  
 Tupper wear containers

### Stage 3

Continue with all foods from Stage 1 and Stage 2  
 Ripe avocado (add to soups 1-3 tsp daily)  
 Homemade pancakes (organic nut butter, eggs, squash, ghee, optional honey)  
 Nut butters (almond, walnut, peanut, cashew)  
 Eggs (scrambled, soft-boiled, gently fried in 4-5 tbsps. of animal fat)  
 Cooked onion cooked 20-30 min in fat under low heat  
 Cooked fibrous vegetables (asparagus, cabbage, celeriac)  
 Fermented vegetables (gradually increase to 1-4 tsp)  
 Probiotic supplement

### Stage 6

Continue with all foods from previous stages  
 Raw fruits from GAPS-approved list (all berries, ripe banana, peach, orange, coconut, etc. as snacks in between meals)  
 Gradually increase raw honey  
 Sweet baked goods  
 Additional: dried fruit, probiotic drinks (water kefir), coconut milk, spices, soaked nuts/seeds in moderation