

# Gut and Psychology Syndrome (GAPS) Introduction Diet

Provided by Dr. Natasha Campbell-McBride

[www.gapsdiet.com](http://www.gapsdiet.com)

The Introduction Diet has been designed for people with serious digestive problems and food intolerances. These individuals should follow the Introduction Diet before progressing into the full GAPS diet.

\*Note: Those who start with the Introduction Diet will introduce dairy earlier than those who go right into the full GAPS diet. Always do a sensitivity test prior to introducing dairy.

## GAPS Introduction Diet - IMPLEMENTING THE DIET

1. Introduction Diet
2. The Full GAPS Diet with the typical menu

## INTRODUCTION DIET

I recommend that most GAPS patients follow the Introduction Diet before going into the Full GAPS diet. Depending on the severity of your patient's condition he or she can move through this program as fast or as slow as his/her condition will permit: for example you may move through the First Stage in one or two days and then spend longer on the Second Stage. Following the Introduction Diet fully is essential for people with diarrhea or severe constipation: it reduces symptoms quickly and speeds up the healing process in the digestive system. Even for healthy people, if you or your child gets a 'tummy bug' or any other profuse diarrhea, following the Introduction Diet for a few days will clear the symptoms quickly and permanently without needing any medication.

Those without severe digestive problems can move through the Introduction Diet quite quickly. However, please do not be tempted to skip the Introduction Diet and go straight into the Full GAPS Diet, because the Introduction Diet will give your patient the best chance to optimize the healing process in the gut and the rest of the body. I see many cases where skipping the Introduction Diet leads to long-term lingering problems, difficult to deal with.

## EVERY MORNING

Start the day with a cup of still mineral or filtered water. Give your patient the probiotic. Make sure that the water is warm or room temperature, not cold, as cold will aggravate his or her condition.

Only foods listed are allowed: your patient must not have anything else. On the First Stage the most drastic symptoms of abdominal pain, diarrhea and constipation will quickly subside. If, when you introduce a new food, your patient gets back diarrhea, pain or any other digestive symptoms then he/she is not ready for that food to be introduced. Wait for a week and try again.

If you suspect an allergy to any particular food, before introducing it do the Sensitivity Test.

## SENSITIVITY TEST

Take a drop of the food in question (if the food is solid, mash and mix with a bit of water) and place it on the inside of the wrist of the patient. Do it at bedtime. Let the drop dry on the skin, then let your patient go to sleep. In the morning check the spot: if there is an angry red reaction, then avoid that food for a few weeks, and then try again. If there is no reaction, then go ahead and introduce it gradually starting from a small amount.

## STAGE 1

Homemade meat or fish stock.

Meat and fish stocks provide building blocks for the rapidly growing cells of the gut lining and they have a soothing effect on any areas of inflammation in the gut. That is why they aid digestion and have been known for centuries as healing folk remedies for the digestive tract. Do not use commercially available soup stock granules or bullion cubes, they are highly processed and are full of detrimental ingredients. Chicken stock is particularly gentle on the stomach and is very good to start from. To make good meat stock you need joints, bones, a piece of meat on the bone, a whole chicken, giblets from chicken, goose or duck, whole pigeons, pheasants or other inexpensive meats. It is essential to use bones and joints, as they provide the healing substances, not so much the muscle meats. Ask the butcher to cut in half the large tubular bones, so you can get the bone marrow out of them after cooking. Put the bones, joints and meats

into a large pan and fill it with water, add natural unprocessed salt to your taste at the beginning of cooking and about a teaspoon of black peppercorns, roughly crushed. Bring to boil, cover and simmer on a low heat for 2.5-3 hours. You can make fish stock the same way using a whole fish or fish fins, bones and heads. After cooking take the bones and meats out and sieve the stock to remove small bones and peppercorns. Strip off all the soft tissues from the bones as best as you can to later add to soups or encourage your patient to eat all the soft tissues on the bones. Extract the bone marrow out of large tubular bones while they are still warm: to do that bang the bone on a thick wooden chopping board. The gelatinous soft tissues around the bones and the bone marrow provide some of the best healing remedies for the gut lining and the immune system; your patient needs to consume them with every meal. Take off all the soft tissues from fish bones and heads and reserve for adding to soups later. The meat or fish stock will keep well in the fridge for at least 7 days or it can be frozen. Keep giving your patient warm meat stock as a drink all day with his meals and between meals. Do not use microwaves for warming up the stock, use conventional stove (microwaves destroy food). It is very important for your patient to consume all the fat in the stock and off the bones as these fats are essential for the healing process. Add some probiotic food into every cup of stock (the details about introducing probiotic food follow).

Homemade soup with your homemade meat or fish stock.

Please look for some recipe ideas in the recipe section of the book. Here we will go through some details, specific for the Introduction Diet. Bring some of the meat stock to boil, add chopped or sliced vegetables: onions, carrots, broccoli, leeks, cauliflower, courgettes, marrow, squash, pumpkin, etc. and simmer for 25-35 minutes. You can choose any combination of available vegetables avoiding very fibrous ones, such as all varieties of cabbage and celery. All particularly fibrous parts of vegetables need to be removed, such as skin and seeds on pumpkins, marrows and squashes, stalk of broccoli and cauliflower and any other parts that look too fibrous. Cook the vegetables well, so they are really soft. When vegetables are well cooked, add 1-2 tablespoons of chopped garlic, bring to boil and turn the heat off. Give your patient this soup with the bone marrow and meats and other soft tissues, which you cut off the bones. You can blend the soup using a soup blender or serve it as it is. Add some probiotic food into every bowl of soup (the details about introducing probiotic foods follow). Your patient should eat these soups with boiled meat and other soft tissues off the bones as often as he/she wants to all day.

*Probiotic* foods are essential to introduce right from the beginning.

These can be dairy based or vegetable based. To avoid any reactions introduce probiotic foods gradually, starting from 1-2 teaspoons a day for 2-5 days, then 3-4 teaspoons a day for 2-5 days and so on until you can add a few teaspoons of the probiotic food into every cup of meat stock and every bowl of soup. If your patient is ready to introduce dairy, then use your homemade yogurt or kefir. If dairy is still out [by results of sensitivity test or negative reaction when introducing it], then into every cup of meat stock or soup add juice from your homemade sauerkraut, fermented vegetables or vegetable medley (please look in the recipe section of the book). Make sure that the food is not too hot when adding the probiotic foods, as the heat would destroy the beneficial probiotic bacteria.

*Ginger tea* with a little honey between meals.

To make ginger tea, grate some fresh ginger root (about a teaspoonful) into your teapot and pour some boiling water over it, cover and leave for 3-5 minutes. Pour through a small sieve and add honey to taste (optional).

## **STAGE 2**

Continue with Stage 1.

Keep giving your patient the soups with bone marrow, boiled meats or fish and other soft tissues off the bones. He or she should keep drinking the meat stock and ginger tea. Keep adding some probiotic food into every cup of meat stock and every bowl of soup: juices from sauerkraut, fermented vegetables or vegetable medley, or homemade kefir/yogurt.

Add raw organic egg yolks.

It is best to have egg yolks raw added to every bowl of soup and every cup of meat stock. Start from 1 egg yolk a day and gradually increase until your patient has an egg yolk with every bowl of soup. When egg yolks are well tolerated

add soft-boiled eggs to the soups (the whites cooked and the yolks still runny). If you have any concerns about egg allergy, do the sensitivity test first. There is no need to limit number of egg yolks per day, as they absorb quickly almost without needing any digestion and will provide your patient with wonderful and most needed nutrition. Get your eggs from a source you trust: fresh, free range and organic.

Add stews and casseroles made with meats and vegetables.

Avoid spices at this stage; just make the stew with salt and fresh herbs (look for a recipe of Italian Casserole in the recipe section of the book). The fat content of these meals must be quite high: the more fresh animal fats your patient consumes, the quicker he or she will recover. Add some probiotic food into every serving.

Increase daily amount of homemade yogurt and kefir, if introduced. Increase the amount of juice from sauerkraut, fermented vegetables or vegetable medley.

Introduce fermented fish, starting from one piece a day and gradually increasing. Look for recipes in recipe section.

Introduce homemade ghee, starting from 1 teaspoon a day and gradually increasing. Look for recipe in recipe section.

### **STAGE 3**

Carry on with all the previous foods.

Add ripe avocado mashed into soups, starting from 1-3 teaspoons and gradually increasing the amount.

Add pancakes, starting from one pancake a day and gradually increasing the amount.

Make these pancakes with three ingredients: 1) organic nut butter (almond, walnut, peanut, etc); 2) eggs; 3) a piece of fresh winter squash, marrow or courgette (peeled, de-seeded and well blended in a food processor). Fry small thin pancakes using ghee, goose fat or duck fat. Make sure not to burn them.

Egg scrambled with plenty of ghee, goose fat or duck fat.

Serve it with avocado (if well tolerated) and cooked vegetables. Cooked onion is particularly good for the digestive system and the immune system: melt 3 tablespoons of duck fat or ghee in the pan, add sliced large white onion, cover and cook for 20-30 minutes on low heat.

Introduce the sauerkraut and your fermented vegetables (your patient has been drinking the juices from them for a while now).

Start from a small amount, gradually increasing to 1-2 tablespoons of sauerkraut or fermented vegetables per every meal.

### **STAGE 4**

Carry on with all previous foods.

Gradually add meats cooked by roasting and grilling (but not barbecued or fried yet).

Avoid bits, which are burned or too brown. Let your patient eat the meat with cooked vegetables and sauerkraut (or other fermented vegetables).

Start adding cold pressed olive oil to the meals, starting from a few drops per meal and gradually increasing the amount to 1-2 tablespoons per meal.

Introduce freshly pressed juices, starting from a few spoonfuls of carrot juice.

Make sure that the juice is clear, filter it well. Let your patient drink it slowly or diluted with warm water or mixed with some homemade yogurt. If well tolerated gradually increase to a full cup a day. When a full cup of carrot juice is well

tolerated try to add to it juice from celery, lettuce and fresh mint leaves. Your patient should drink the juice on an empty stomach, so first thing in the morning and middle of afternoon are good times.

Try to bake bread with ground almonds or any other nut and seeds ground into flour.

The recipe (please look in recipe section of the book) requires only four ingredients: 1) nut flour; 2) eggs; 3) piece of fresh winter squash, marrow or courgette (peeled, de-seeded and finely sliced); 4) some natural fat (ghee, butter, goose or duck fat) and some salt to taste. Your patient should start from a small piece of bread per day and gradually increase the amount.

## **STAGE 5**

If all the previous foods are well tolerated try to add cooked apple as an apple puree.

Peel and core ripe cooking apples and stew them with a bit of water until soft. When cooked add some shee to it and mash with a potato masher. If ghee has not been introduced yet add duck or goose fat. Start from a few spoonfuls a day. Watch for any reaction. If there is none gradually increase the amount.

Add raw vegetables starting from softer parts of lettuce and peeled cucumber.

Watch your patient's stool. Again start from a small amount and gradually increase if well tolerated. After those two vegetables are well tolerated gradually add other raw vegetables: carrot, tomato, onion, cabbage, etc.

If the juice made from carrot, celery, lettuce and mint is well tolerated, start adding fruit to it: apple, pineapple and mango. Avoid citrus fruit at this stage.

## **STAGE 6**

If all the introduced foods are well tolerated try some peeled raw apple. Gradually introduce raw fruit and more honey.

Gradually introduce baking cakes and other sweet things allowed on the diet. Use dried fruit as a sweetener in the baking.

As I mentioned before, your patient may be able to move through the Introduction Diet faster or slower depending on the stool changes: let the diarrhea start clearing before moving to the next stage. You may have to introduce some foods later than in the program depending on his/her sensitivities. Make sure that you carry on with the soups and meat stock after your patient has completed the Introduction Diet at least once a day.

After the Introduction Diet is completed and when your patient has more or less normal stools move into the Full GAPS Diet.

## **THE FULL GAPS DIET**

A Typical Menu:

Start the day with a glass of still mineral water or filtered water with a slice of lemon. It can be warm or cold to personal preference.

If you have a juicer your patient can start the day with a glass of freshly pressed fruit/vegetable juice diluted with water. A good juice to start the day is 40% apple + 50% carrot + 10% beetroot (all raw of course). You can make all sorts of juice mixes, but generally try to have 50% of therapeutic ingredients: carrot, small amount of beetroot (no more than 5-10% of juice mixture), celery, cabbage, lettuce, greens (spinach, parsley, dill, basil, fresh nettle leaves, beet tops, carrot tops), white and red cabbage, and 50% of some tasty ingredients to disguise the taste of therapeutic ingredients: pineapple, apple, orange, grapefruit, grapes, mango, etc. Your patient can have these juices as they are, with some yogurt or diluted with water.

Every day our bodies go through a 24 hour cycle of activity and rest, feeding and cleaning up (detoxifying). From about 4 am til about 10 am the body is in the cleaning up or detoxification mode. Drinking water and freshly pressed juices will assist in this process. Loading the body with food at that time interferes with the detoxification. That is why many of us

do not feel hungry first thing in the morning. It is better to have breakfast around 10 am when your body has completed the detox stage and is ready for feeding. At that stage we usually start feeling hungry. Children may be ready for their breakfast earlier than adults.

### **BREAKFAST CHOICES**

A variation of English breakfast: eggs cooked to personal liking and served with sausages and vegetables, some cooked, some fresh as a salad (tomato, cucumber, onions, celery, and fresh salad greens, etc.) and/or avocado and/or meat. The yolks are best uncooked that the whites cooked. Use plenty of cold pressed olive oil as a dressing on the salad and eggs. Mix a tablespoon of pre-soaked or sprouted sunflower and/or sesame and/or pumpkin seeds with the salad. Sausages (full fat) should be made of pure minced meat with only salt and pepper added. Make sure that there are no commercial seasonings or MSG (Monosodium Glutamate) in the sausages. I recommend finding a local butcher, who would make pure meat sausages for you on order

Avocado with meat, fish or shellfish, vegetables raw and cooked, lemon and cold pressed olive oil. Serve a cup of warm meat stock as a drink with food.

Pancakes made with ground nuts. These pancakes are delicious with some butter with honey, or as a savory snack. If you blend some fresh or defrosted berries with honey, it will make a delicious jam to have with pancakes. Weak tea with lemon, ginger tea or mint tea.

Any of the home baked goods: muffins, fruit cake and bread.

### **LUNCH CHOICES**

Homemade vegetable soup or stew in a homemade meat stock.

Avocado with meat, fish, shellfish and raw and/or cooked vegetables. Use olive oil with some lemon squeezed over it as a dressing. Serve a cup of warm homemade meat stock as a drink.

Any meat/fish dish with vegetables.

### **DINNER CHOICES**

One of the dishes from the lunch or breakfast choices.

There are many recipes found in the book. You can also take old recipes and give them your own GAPS diet update.

## **GUT AND PSYCHOLOGY DIET**

### **RECOMMENDED FOODS**

Almonds, almond butter and oil

Apples

Apricots, fresh or dried

Artichoke, French

Asiago cheese

Asparagus

Aubergine (eggplant)

Bananas (ripe only with brown spots on the skin)

Beans, dried white (navy), string beans and lima

Beef, fresh or frozen

Beets or beetroot

Berries, all kinds

Black, white and red pepper :ground or corns

Black radish

Blue cheese

Bok choy

Brazil nuts

Brick cheese

Brie cheese

Broccoli

Brussel sprouts

Butter

Cabbage

Camembert cheese

Canned fish in olive oil or water only

Capers

Carrots

Cashew nuts, fresh only

Cauliflower

Cayenne pepper

Celeriac

Celery

Cellulose in supplements

Cheddar cheese

Cherimoya (custard apple or shrifa)

Cherries

Chestnuts

Chicken, fresh or frozen

Cinnamon

Citric acid

Coconut, fresh or dried without any sweetener or additives

Coconut milk

Coconut oil

Coffee, weak and freshly made, not instant

Collard greens  
Colby cheese  
Courgette  
Coriander, fresh or dried  
Cucumber  
Dates, fresh or dried without any additives  
Dill, fresh or dried  
Duck, fresh or frozen  
Edam cheese  
Eggplant (aubergine)  
Eggs, fresh  
Filberts (hazelnuts)  
Fish, fresh or frozen, canned in its juice or oil  
Game, fresh or frozen  
Garlic  
Ghee, homemade  
Gin, occasionally  
Ginger root, fresh  
Goose fresh or frozen  
Gorgonzola cheese  
Gouda cheese  
Grapefruit  
Grapes  
Havarti cheese  
Hazelnuts  
Herbal teas  
Herbs, fresh or dried without additives  
Honey, raw  
Juices freshly pressed from permitted fruit and vegetables  
Kale  
Kiwi fruit  
Kumquats  
Lamb, fresh or frozen  
Lemons  
Lentils  
Lettuce, all kinds  
Lima beans dried and fresh  
Limburger cheese  
Limes  
Mangoes  
Meats, fresh or frozen  
Melons  
Monterey Jack cheese  
Muenster cheese  
Mushrooms  
Mustard, without any non-allowed ingredients  
Nectarines  
Nut flour or ground nuts  
Nutmeg  
Nuts, all kinds fresh, properly soaked and dried  
Olive oil, virgin cold-pressed  
Olives without any non-allowed ingredients  
Onions  
Oranges  
Papayas  
Parmesan cheese  
Parsley  
Peaches  
Peanut butter, without additives  
Peanuts, soaked and dried, roasted  
Pears  
Peas, dried split and fresh green  
Pecans

Peppers (green, red, and orange)  
Pheasant, fresh or frozen  
Pickles, without sugar or any other non-allowed ingredients  
Pigeon fresh or frozen  
Pineapples, fresh  
Pork, fresh or frozen  
Port du Salut cheese  
Poultry, fresh or frozen  
Prunes, dried without any additives  
Pumpkin  
Quail, fresh or frozen  
Raisins  
Rhubarb  
Roquefort cheese

Romano cheese  
Satumas  
Scotch, occasionally  
Shellfish, fresh or frozen  
Spices, single and pure without any additives  
Spinach  
Squash (summer and winter)  
Stilton cheese  
String beans  
Swiss cheese  
Tangerines  
Tea, weak freshly made, not instant  
Tomato juice, without additives except salt  
Tomatoes  
Turkey, fresh or frozen  
Turnips  
Uncreamed cottage cheese (dry curd)  
Vinegar (apple cider); if there is no allergy  
Vodka, very occasionally  
Walnuts  
Watercress  
Wine dry; red or white  
Yoghurt, homemade  
Zucchini

### **FOODS TO AVOID**

Acesulphame  
Acidophilus milk  
Agar-agar  
Agave syrup  
Algae  
Aloe vera  
Amaranth  
Apple juice  
Arrowroot  
Aspartame  
Astragalus  
Baked beans  
Baker's yeast  
Baking powder, baking soda and rising agents of all kinds  
Balsamic vinegar  
Barley  
Bean flour and sprouts  
Bee pollen  
Beer  
Bhindi or okra  
Bitter gourd  
Black eye peas  
Bolobna  
Bouillon cubes or granules  
Brandy  
Buckwheat  
Bulgur  
Burdock root  
Butter beans  
Buttermilk  
Canellini beans  
Canned vegetables and fruit  
Carob carrageenan  
Cellulose gum  
Cereals, including all breakfast cereals

Cheeses, processed and cheese spreads  
Chestnut flour  
Chevre cheese  
Chewing gum  
Chickpeas  
Chickory root  
Chocolate  
Cocoa powder  
Coffee, instant and coffee substitutes  
Cooking oils  
Cordials  
Corn  
Cornstarch  
Corn syrup  
Cottage cheese  
Cottonseed  
Cous-cous  
Cream of tartar  
Cream cheese  
Dextrose  
Drinks, soft  
Faba beans  
Feta cheese  
Fish, preserved, smoked, salted, breaded, canned w/ sauces  
Flour, made out of grains  
FOS (fructooligosaccharides)  
Fructose  
Fruit, canned or preserved  
Garbanzo beans  
Gjetost cheese  
Grains, all  
Gruyere cheese  
Ham  
Hot dogs  
Ice cream, commercial  
Jams and jellies  
Jerusalem artichoke  
Ketchup, commercial  
Lactose  
Liqueurs  
Margarines and butter replacements  
Meats, processed, preserved, smoked, and salted  
Millet  
Milk: animal, soy, rice, canned coconut milk  
Milk, dried  
Molasses  
Mozzarella cheese  
Mung beans  
Neufchatel cheese  
Nutra-sweet, splenda, equal, etc.  
Nuts, coated or commercially prepared  
Oats  
Okra  
Parsnips  
Pasta, of any kind  
Pectin  
Postum  
Potato, any kind even sweet potato  
Primost cheese  
Quinoa  
Rice

Ricotta  
Rye  
Saccharin  
Sago  
Sausages, commercial  
Seaweed  
Semolina  
Sherry  
Soda  
Sour cream, commercial  
Soy  
Spelt  
Starch  
Sugar or sucrose of any kind  
Tapioca  
Tea, instant  
Triticale  
Turkey loaf  
Vegetables, canned or preserved  
Wheat and wheat germ  
Whey powder or liquid  
Yams  
Yoghurt

## Books

### **Gut and Psychology Syndrome:**

by Natasha Campbell-McBride

<http://www.celticseasalt.com>: 800-687-7258, [www.gapsdiet.com](http://www.gapsdiet.com)

### **Breaking the Vicious Cycle**

[www.breakingtheviciouscycle.info](http://www.breakingtheviciouscycle.info) by Elaine Gotchall has some recipes.

**Eat Well Feel Well** by Kendall Conrad is a good cookbook with 150 recipes

## Probiotic

### **Bio-Kult:**

<http://www.nutrivene.com>: 800-899-3413, or call the office

[www.gapsdiet.com](http://www.gapsdiet.com)

## Food Support

### **Yahoo Groups:**

<http://health.groups.yahoo.com/group/healingleakygut/>

<http://health.groups.yahoo.com/group/gapsdiet-sf/>

or search healingleakygut and gapsdiet-sf in yahoo groups window

## GAPS RESOURCES

### **Recommended books:**

- Gut and Psychology Syndrome by Natasha Campbell-McBride
- Breaking the Vicious Cycle by Elaine Gottschall
- Eat Well Feel Well by Kendall Conrad
- Grain-free Gourmet by Jodi Bager and Jenny Lass
- Nourishing Traditions by Sally Fallon

### **Yahoo groups for support/ideas/recipes: [groups.yahoo.com/](https://groups.yahoo.com/)**

- GAPShelp
- Healingaleakygut
- Gapsdiet-sf (for San Francisco bay area)
- FourfoldPatientForum (for Dr. Cowan's patients)

### **Websites:**

- [gaps.me/](https://gaps.me/)
- [GapsDiet.com](https://GapsDiet.com)
- [gapsguide.wordpress.com](https://gapsguide.wordpress.com)
- [Scdiet.com](https://Scdiet.com)
- [PecanBread.com](https://PecanBread.com)
- [BreakingTheViciousCycle.info](https://BreakingTheViciousCycle.info)
- [Uclbs.org](https://Uclbs.org)

## TIPS

- Eat fresh real food that you enjoy.
- Listen to your body. If a food causes symptoms, such as fatigue, bowel changes or skin problems, avoid it for a few weeks, then re-try.
- It takes time to prepare fresh whole foods. Be patient. It gets easier with practice.
- Emphasize vegetables (fermented, raw or cooked), liberal good fats, and bone broths.
- Don't forget the importance of fun and safe daily exercise.

## GAPS BREAKFAST IDEAS

Banana pancakes (1 egg to 1 banana, fry in coconut oil) – great for snacks with almond butter

Apple/nut pancakes (made with grated apple, egg, almond flour, chopped walnuts)

Nut or coconut flour muffins

Soup

Homemade pork sausage

Pork belly or home-cured bacon without sugar

Chicken pancakes (egg, pureed chicken, onion and spices)

"Green eggs and ham" - spinach, soft egg and bacon or prosciutto, baked in a ramekin

Omelets

Vegetable fritters

Turkey sausage with eggs

Frittatas

Grain-free cereal (e.g. crumbled dried nut muffins, nuts, coconut and dried fruit or Lydia's Organics Grainless Apple Cereal)  
with coconut or almond milk or homemade yogurt

Chicken bone broth in a mug to drink

Sunny side up or over easy eggs over tomatoes and basil

Scrambled eggs with sautéed mushrooms  
Pumpkin porridge – (homemade pumpkin puree, coconut milk, cinnamon, honey and a squeeze of lemon)  
Scrambled eggs with guacamole

### **GAPS LUNCH IDEAS**

Soups – (ex. Chicken soup, winter squash soup, beet soup)  
Stews  
Salads  
Chicken, tuna or salmon salad (made with homemade mayonnaise) on salad greens  
Smoked salmon (without sugar) on nut or lentil crackers  
Guacamole with zucchini chips  
Chicken liver pate on homemade almond crackers  
Deviled eggs  
Smoothies – made with almond milk and/or coconut milk, ripe fruit, egg  
Cole slaw – made with homemade mayonnaise, honey and vinegar  
Homemade beef jerky  
Savory muffins  
Pizza (crust is basic muffin recipe in GAPS book)  
Chicken nuggets (dip in egg, dust with almond flour and salt, fry in coconut oil)  
Egg crepes filled with crab salad

### **GAPS DINNER IDEAS**

Soups – (fish soup, spinach soup, lentil soup – may add a poached egg to vegetable soups)  
Stews  
Chili – made with soaked navy beans  
Roasted chicken, beef, pork or lamb with any combination of vegetables  
Lentils with lamb  
Spaghetti squash with pesto or meat sauce  
Taco salad (seasoned ground beef with onions, tomato, cilantro, lime juice, avocado, olives, salsa)  
Sausages (without sugar) on pureed cauliflower with sauerkraut  
Meatballs on pureed broccoli  
Fajitas – grilled chicken, shrimp or beef with onions, peppers, zucchini with guacamole  
Stuffed peppers  
Burgers made with beef, pork or lamb with grated zucchini or carrots  
Vegetable stir-fry  
Fish with a dollop of pesto and a big salad  
Roasted vegetables  
Pretend rice made with cauliflower or raw cashews pulsed in food processor  
Caesar salad with chicken or salmon (Caesar dressing recipe in Nourishing Traditions cookbook)  
Liver and onions  
Zucchini lasagna (after cheese has been reintroduced)

### **GAPS SNACK IDEAS**

Crispy nuts  
Fresh fruit  
Hard-boiled eggs  
Coconut date balls  
Banana pancakes with almond butter on top  
Popsicles made from smoothies  
Pureed frozen banana  
Celery with almond or peanut butter  
Applesauce  
Banana bread (made with almond flour)  
Homemade jerky

Carrots or cucumber dipped in seasoned homemade  
mayonnaise  
Raisins  
Baked apples with butter and cinnamon

## **GAPS DRINK IDEAS**

Fresh vegetable juices  
Nut or seed milks  
Ginger tea  
Herbal teas

Fermented sodas made with honey and kefir grains  
Beet kvass  
Coconut juice kefir  
Sparkling water with fresh-squeezed orange juice

## **BREADS**

The basic bread/muffin recipe in the GAPS book is:

2 1/2 cups almond flour  
1/4-cup coconut oil, duck or goose fat, ghee or butter  
3 eggs

This recipe can be made into sweet-ish muffins or breads by adding applesauce, spices, grated carrots, chopped nuts or dried fruits, such as apricots or raisins and baking in muffin tins or a bread pan. It can be made into savory crackers or bread by using duck fat and herbs. For crackers, add salt, roll into little balls and press flat. For bread, put it into a loaf pan. For pizza dough, spread thin on a parchment covered cookie sheet. Bake at 300 degrees F - the bread takes about an hour, muffins about 40 minutes, crackers about 25 minutes. Adding pureed dates, spices and chopped nuts can make tasty cookies. It's a very versatile recipe that can be molded into a lot of things.

### **Blueberry Muffins**

3 eggs  
3 Tbsp butter or coconut oil, melted  
3 Tbsp honey or applesauce or pureed dates  
1/4 tsp salt  
1/2 tsp vanilla  
1/4-cup coconut flour  
1/2-cup blueberries

Blend together eggs, butter or coconut oil, honey or applesauce, salt and vanilla. Mix coconut flour into batter until there are no lumps. Fold blueberries into batter. Pour batter into greased muffin cups or use parchment-baking cups. Bake at 400 degrees for 16-18 minutes. Makes 6 muffins.

### **Pumpkin Muffins**

Makes 12 muffins

2 eggs	1/2 tsp nutmeg
1/2 cup pumpkin puree	1/4 tsp ground cloves
1/3-cup applesauce	1/4 tsp ground ginger
4 Tbsp melted butter	2 1/2 cups almond flour
1 tsp vanilla	1/2 cup chopped walnuts
1/2 tsp salt	1/2-cup raisins
1 1/2 tsp cinnamon	

Preheat oven to 325.

Line a muffin pan with paper liners.

In a large mixing bowl, use an electric beater to thoroughly combine all ingredients EXCEPT almond flour, walnuts, and raisins.

Stir in almond flour until well combined.

Stir in walnuts and raisins.

Spoon batter into muffin cups, Using wet fingers, press down any bumps on the tops before baking.

Bake for 25-30 minutes, until golden brown and a toothpick comes out clean.

### **Coconut Flour Breads**

Go to [www.wildernessfamilynaturals.com](http://www.wildernessfamilynaturals.com) for coconut flour and *Cooking with Coconut Flour* by Bruce Fife—the recipe below was adapted from this book. You may choose to omit honey and use dates or applesauce instead (it is believed that honey becomes toxic when heated).

**GAPS-Friendly Snack Alternatives**  
**for Students in Waldorf Early Childhood Programs**  
**by**  
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Most Waldorf Early Childhood programs (nursery and kindergarten) provide a hot grain snack, such as rice, oatmeal, bread, or millet, for the children, and preparing and eating these foods is an integral part of the rhythm of the class. The snacks in this handout are designed to resemble the typical grains served in Waldorf nurseries and kindergartens while still adhering to the principles of the GAPS diet and protocol. All of these snacks can be made at least a day ahead of time and may then be warmed up at home and put into a Thermos or other container for the ease of the teacher. (The child can give the Thermos to the teacher at the start of the day, and the teacher can place the snack in the regular bowls and serve it to the child, just like the regular snack.) The appetite of each child varies, so be sure to adjust the proportions as necessary.

- 1) Chicken and Cauliflower “Rice” (substitute for rice)
- 2) Pine Nut Porridge (substitute for oatmeal porridge, rice, or millet)
- 3) Almond Porridge (substitute for oatmeal porridge, rice, or millet)
- 4) Pumpkin/Winter Squash Puree (substitute for oatmeal porridge, rice, or millet)
- 5) Nut muffins/cake (substitute for bread)
- 6) Coconut muffins/cake (substitute for bread)
- 7) Applesauce (substitute for oatmeal porridge or rice)
- 8) Fruit “jam” (substitute for jam or honey butter on muffins/bread)

**Chicken and Cauliflower “Rice”**

- 1/2 cup cooked chicken meat (can be mix of white and dark meat)
- 1/2 cup cauliflower florets
- sea salt to taste
- 1 Tbspn. butter or ghee
- 1-2 Tbspn chicken stock (optional)

Cut chicken up into small pieces that resemble rice. Steam the cauliflower until it is just tender. (If it overcooks, you will have chicken and cauliflower mush, which is also tasty!) Cut cauliflower into small pieces resembling rice. In a small pan, brown the butter or ghee, then heat up the chicken, stirring to coat. Add cauliflower and stir gently. Salt to taste. Place in thermos. If desired, top with 1-2 Tbspn chicken stock.

For a little variation, substitute finely chopped beef for the chicken, and beef stock for the chicken stock.

**Pine Nut Porridge (Jat Juk)**

- 1/2 cup Crispy pine nuts (*Nourishing Traditions*, page 514)
- 1 cup filtered water
- 1 Tbspn. coconut flour
- 1 Tbspn. honey
- 4 dried apricots, soaked in hot water to reconstitute
- 2 tsp honey
- butter/coconut oil/ghee

Grind the pine nuts with 1/2 cup water in a food processor for 20-30 seconds. Add the remaining

1/2 cup water and process until mostly smooth. Pour the mixture into a metal strainer and press as many of the nut particles through as possible. Discard whatever is left in the strainer (usually the buds of the pine nuts). Sift 1 Tbspn. coconut flour into the pine nut mixture and whisk until smooth, then whisk in 1 Tbspn of honey. Heat on the stove over low-med. heat until the mixture begins to bubble; remove from heat. The mixture will be somewhat thin compared to regular oatmeal porridge. Drain the apricots and cut them into a small bowl, then drizzle with 2 tsp. honey. Serve the apricots as a garnish along with a little butter (or coconut oil or ghee, if butter not yet allowed). Some children may prefer a little extra honey as well. Makes 2-4 servings, depending on appetite.

### **Almond Porridge (inspired by Nadia)**

Some children prefer the sweeter taste of almonds to that of pine nuts in the Jat Juk. If this is the case, then one can slowly introduce the pine nuts into this porridge in the proportion 1/2 cups almonds to 1/4 cups pine nuts. Likewise, some children prefer a smoother texture to the porridge, in which case one should strain the nut “milk,” while other children like the coarseness of the ground nuts.

1/2 cup Crispy almonds (*Nourishing Traditions* page 515)

1/4 cup Crispy pine nuts (also OK to use more Crispy almonds)

1-1/2 cups filtered water

1 Tbspn. honey

2 Tbspn. coconut flour

2 Tbspn. chopped dried apricots or raisins, reconstituted in hot water

a little honey

butter/ghee/coconut oil

Grind all of the nuts in a food processor with 3/4 cup water for 20-30 seconds. With the motor running, add the remaining 3/4 cup water through the attachment that allows for the water to enter the processor very slowly. Process until the mixture is smooth and “milky.” If desired, strain the nut “milk” into a small pot, otherwise place the entire contents into a small pot. Sift into the “milk” 2 Tbspn. coconut flour and whisk until smooth. Heat the contents in the pot over low/medium heat until the mixture begins to bubble; remove from heat. (The mixture will be somewhat thin compared to regular oatmeal.) Drain the dried fruit and serve it mixed in or as a garnish along with a small amount of butter (or ghee or coconut oil, if butter is not yet allowed) and a drizzle of raw honey. Makes 3-6 servings.

### **Pumpkin/Winter Squash Puree (inspired by Sabine Luis)**

This can be served sweet or salty, depending on the regular snack of the day and the tastes of the child.

1 kabocha pumpkin or winter squash, such as acorn, delicata, carnival, or butternut

filtered water

butter/ghee/coconut oil

sea salt or honey

Using a sharp knife, carefully cut the pumpkin or squash in half and remove the seeds. Place each half skin side up into a baking dish and add about 1 c. filtered water. Bake at 350 degrees for at least an hour, or until the squash is very soft. Remove from oven. When cool enough to touch, spoon out the “meat” of the pumpkin or squash into a bowl, discarding the skins. Mash the pumpkin or squash using a wooden spoon or a metal fork until smooth. (You can also puree it in a food processor if the child prefers an ultra-smooth texture.) Store in the refrigerator until ready for use. On the day of appropriate day of school, heat up the desired amount of squash and season with either sea salt or honey. Butter (or ghee or coconut oil) can be added at home or served with the squash at school. Makes 3-6 servings, depending on the size of the squash and the appetite of the child.

### **Nut muffins** (adapted from *Breaking the Vicious Cycle* by Elaine Gottschalk)

This is a good basic recipe, to which you can create many different variations, depending on the fruit in season and the tastes and needs of the child. Sometimes there is extra batter beyond the 12 muffins in the tin – this can be saved and used to make pancakes.

2 1/2 cups Crispy nuts, such as pecans, almonds, hazelnuts, or a combination

1/4- 1/2 cup honey

1/2 tsp. baking soda

1/4 tsp. sea salt

3 eggs or 1/4 cup pureed fruit, such as applesauce or banana

1/4 cup melted butter, ghee, coconut oil or a combination thereof (add last and adjust amount depending on the consistency of the batter)

Preheat oven to 375 degrees and line a muffin tin with liners or grease well with lard, butter, ghee, or coconut oil. In a food processor, grind nuts until processed very fine. Add the honey, baking soda, sea salt, and eggs or fruit and process 5 seconds. Add the butter and pulse just until mixed in. If adding other fruit, transfer mixture to a medium bowl; if not, spoon batter into muffin tins until about 1/2 full. Otherwise, add one of the fruits below, stir until mixed, and spoon batter into muffin tins. Bake for 15-20 minutes or until muffins spring back when pressed. Top with honey butter (ghee) or “jam”.

Fruit variations

To the basic batter add any of the following:

1 mashed ripe banana

1/2 cup applesauce

1/2 cup raisins

1 apple, finely grated

1/2 cup fresh or frozen berries

Cake variation: Instead of placing batter into muffin tins, butter an 8x8in. baking dish. Bake cake for 15-20 minutes, or until cake springs back when pressed. Top with honey butter.

### **Coconut muffins** (adapted from *Eat Fat Look Thin* by Bruce Fife)

These are good for a change from the nut muffins or if there is a nut allergy present in the class or the family. The cider vinegar reacts with the baking soda for better rising, although these still won't rise quite as high as white-flour muffins.

3 eggs

3 Tbspn water or coconut milk

3 Tbspn coconut oil or butter, melted

3 Tbspn honey

1/4 tsp sea salt

1/4 tsp vanilla

1/4 tsp baking soda

3 Tbspn coconut flour

1 ripe banana, mashed, or 1/2 cup homemade applesauce (optional)

1 tsp. raw cider vinegar

Preheat oven to 400 degrees and line a muffin tin with liners or grease well with lard, butter, ghee, or coconut oil. In a medium bowl, whisk together all of the ingredients except the coconut flour, fruit, and vinegar. Into this batter sift the coconut flour and whisk until smooth, then add the fruit and whisk until mixed. Stir in the raw cider vinegar and whisk just until the vinegar is mixed in. Spoon batter into muffin tins and bake for 15-20 minutes or until muffins spring back when pressed. Top with butter, honey butter, or “jam.” Makes about 9 muffins.

Cake variation: Instead of placing batter into muffin tins, butter an 8x8in. baking dish at 350 degrees. Bake cake for 15-20 minutes, or until cake springs back when pressed. Top with honey butter.

### **Applesauce** (inspired by Gabrielle and Aurora)

2-12 baking apples, such as Pink Lady, Fuji, Granny Smith, Gala, or any combination

1/2 - 1 cinnamon stick (optional)

1/2 to 1 1/2 cups filtered water

Peel, quarter, and core the apples. (If you own a Foley food mill, it is not necessary to peel the apples.) Place apples in a medium to large pot with the cinnamon stick if desired, and add more or less filtered water, depending on the size of the pot and the number of apples; it is important to make sure that water covers the bottom of the pot so that the apples don't scorch. Cover the pot and cook over medium heat, making sure that they don't boil over, for about 20-40 minutes. Turn off heat, remove lid, and let cool slightly. Remove apples with a wooden spoon into either a Foley food mill to remove the skins, or if the apples have been peeled, directly into a bowl. (The "juice" at the bottom can be mixed with sparkling water to make "soda.") Stir to create the "sauce." If allowed and desired, butter (or coconut oil/ghee) and coconut milk can be stirred into the applesauce for taste, nutritional value, and to create the look of "porridge."

### **Fruit "jam"**

This is a good substitute for honey butter or store-bought jams.

1 cup dried organic fruit, such as apricots, cherries, unsweetened cranberries, apples, or mango

boiling filtered water

1/4 to 1/2 cup honey

In a small bowl, cover dried fruit with boiling water; let sit until the fruit is reconstituted, about 15 minutes. Remove fruit from bowl with a slotted spoon and place in food processor. Process about 20 seconds, or until pureed. Add about 1/4 cup honey, process for 5 seconds, then stop and taste. Add more honey as necessary. Place "jam" into a jar and refrigerate; lasts about 2 weeks refrigerated. Makes about 2 cups jam. The soaking water can also be saved in a jar in the refrigerator and given by the spoonful for constipation.

### GRAINLESS GRANOLA

By Sabine.

to each

1 c. nut/seed/coconut mix

add 1/8 c. honey

and one small handful of dried fruit

3 cups nut mix makes about 8-10 bars

If you have a nut allergy or don't have time to soak, this also works with just plain coconut with or without dried fruit.

Soak seeds and nuts in salt water overnight (i use extra salt to flavor them more). dry at 150 until crisp.

Coarsely grind nuts and/or seeds in food processor. Mix together with other ingredients and place on parchment paper lined cookie sheet. it may not look sticky enough, but have no fear. Flatten with a spatula. Place in oven no higher than 150 overnight. Press again with spatula then cut into bars (may need to press again after cutting). Put in the fridge to firm up. They are fine to travel after setting.

i usually use equal parts nut, seed, coconut mix to keep it simple and easy to remember, but if you're running low on something, just improvise.

some variations:

1 part pumpkin seed

1 part sunflower seed  
1 part almond, walnut, or pecan  
with raisins  
very economical

or:

1 part almond  
1 part dehydrated coconut flakes (fine)  
with dried cherries  
also pretty economical. light and a bit  
crumbly...great with yogurt when you get to the dairy  
stage

or:

1 part pistachio  
1 part walnut or pecan  
1 cashew  
no fruit  
expensive but very tasty and somewhat exotic