

Updated Allowed Foods - 2021

Stage One

Vegetables, simmered in meat stock or water (no raw vegetables)

** Note: You may need to remove any fibrous parts from the vegetables at first (skin, seeds, stalks) depending on the severity of your gut sensitivity. It is also preferable to remove the skins of vegetables that aren't organic. See notes on each vegetable for details.*

- artichokes (*excluding Jerusalem artichokes*)
- asparagus (*soft parts only*)
- beetroot (*peeled*)
- bok choy
- broccoli florets (*no stalks; if causes stomach irritation, delay introducing until Stage 3*)
- brussels sprouts (*if causes stomach irritation, delay introducing until Stage 3*)
- carrots (*peel if causes stomach irritation, or if not organic*)
- cauliflower (*if causes stomach irritation try removing stalks, otherwise delay introducing until Stage 3*)
- garlic (*if tolerated, either cooked, or minced finely and added to hot food at end of cooking time*)
- ginger root (*pieces cooked in stock then removed before serving*)
- greens, leafy (*if causes stomach irritation, delay introducing until Stage 3*)
- kale (*leaves only; not curly type*)
- leek (*white part only, add softer green parts to broth and strain out after cooking*)
- onions (*peeled*)
- peas (*shelled*)
- pumpkin (*peel and deseed if causes stomach irritation, or if not organic*)
- spinach
- squash, all kinds (*peel and deseed if causes stomach irritation, or if not organic*)
- Swede (*peeled*)
- turnips (*peeled*)
- watercress
- zucchini/courgette (*peel and deseed if causes stomach irritation, or if not organic*)

Meat

Cook from fresh or frozen, simmered in water. If cooking from frozen, make sure water is kept at a rolling simmer, not at low heat in a slow cooker. No grilled or roasted meats. No muscle meats, use meat on the bone (lots of joint/connective tissue/marrow bones) cooked in water

until very soft. Minimal amounts of minced muscle meats eg. beef mince with fat (if tolerated). Include organ meats where possible.

- beef
- chicken
- duck
- fish
- game poultry (goose, pheasant, pigeon, quail)
- lamb
- pork
- Shellfish (crabs, lobster, crayfish, shrimp and prawns (shrimp), squid, octopus, clams, oysters and scallops)
- turkey

Fats

- beef tallow, homemade (*or organic, additive free*)
- chicken or duck fat, homemade (*or organic, additive free*)
- coconut oil, cold-pressed (*may cause more die-off symptoms, introduce gradually*)
- ghee (*introduce slowly if you are healing a dairy intolerance - may need to delay until a later stage if highly sensitive*)
- lard, homemade (*or organic, additive free*)

Condiments

(If very sensitive, limit to salt, peppercorns and bay leaves in early stages, but mild spices and herbs can be used in cooking from Stage One if tolerated. Test one at a time. Use a bouquet garni or bullion bag containing the whole spices/herbs, then discard spices/herbs at the end of cooking time.)

- sea salt, Himalayan salt, pink lake salt
- pepper, red, black, green & white (*peppercorns in stock, remove after cooking*)
- bay leaves

Drinks

- fresh lemon juice in warm water (*strained only, no pulp until Full GAPS*)
- chamomile tea (*no additives, strained*)
- mint tea (*made with freshly chopped mint, strained*)
- milk kefir, homemade (*once tolerated*)
- ginger tea (*made with finely sliced or grated ginger, strained*)
- marshmallow root tea (*use marshmallow root only for flavour and strain out of tea*)
- dandelion tea & dandelion chai
- kombucha, homemade only (*If your kombucha is fed with sugar, it needs to be fermented for around three weeks (weather dependent), so that it's not sweet, but not too vinegary tasting. If you use honey to make kombucha it can be fermented for just a few days and is fine to be sweeter.*)

- fermented coconut water, (only purchase commercially if in a glass container)
- sparkling mineral water (eg. San Pellegrino), no soda water

Sweeteners

- honey (*raw, local - keep to a minimum*)

Other

- meat stocks: short cooked only, no bone broths
- sauerkraut juice (*homemade is best, or buy lacto-fermented - introduce gradually, 1 drop on each meal, juice only - avoid eating the fibrous fermented vegetables until stage 3*)
- fermented dairy, begin with whey (*introduce slowly if you are healing a dairy intolerance - may need to delay until a later stage or even Full GAPS if highly sensitive*)
- fat bombs if needed for low blood sugar levels (*made from honey & ghee/butter/coconut oil*)
- avoid toxins and harsh chemicals for washing dishes & clothes; buy or make non-toxic detergents
- nutritional yeast, as long as it's natural and not artificially fortified

Stage Two

All foods in Stage One plus:

Vegetables, simmered in meat stock or water – no raw veggies

** Note: You may need to remove any fibrous parts from the vegetables at first (skin, seeds, stalks) depending on the severity of your gut sensitivity. See notes on each vegetable for details.*

- cauliflower and broccoli florets (*if not tolerated in stage 1*)
- fennel
- ginger root
- green beans (*not string beans*)

Herbs:

- fresh herbs only, no dried

Eggs:

- raw egg yolks (*organic/pastured/free range*)
- once raw egg yolk is tolerated, introduce soft cooked egg yolk (*simmer in stock or add to soup, yolks should still be runny*)
- When egg yolks are well tolerated, add soft boiled eggs to the soups (*the whites cooked and the yolks runny*)

Drinks

- GAPS Shakes: For those who need to spend more time in Stage 2 (*approx 4 months or longer*), your practitioner may recommend introducing GAPS Shakes during Stage 2. It is important to consult with your practitioner on this recommendation.

Other

- stews and casseroles based on meat stock, fat, salt and fresh herbs
- pate (*made from organic livers simmered in stock plus allowed ingredients - serve as a condiment with food, or by spoonful*)

Stage Three

All foods in Stage Two plus:

Vegetables, simmered in meat stock or water

See notes on each vegetable for details.

- asparagus (*stems now allowed*)
- cabbage
- celeriac
- cauliflower and broccoli florets (*if not tolerated in stage 1 or 2*)
- leek (*you can now introduce the softer green part, well cooked until completely soft - discard tough green parts*)
- mushrooms (*if tolerated*)

Raw vegetables

- avocado (*very ripe, mashed and added to soup*)

Meat

- good quality, preservative free bacon (*as long as no histamine issues*)
- some muscle meats can be added in (*eg steak, chops, shoulder/leg roasts, simmered in water/stock until soft*)

Condiments

- Dried, ground spices (*pure, organic, single - exclude cinnamon until Stage 5, and chilli until Stage 6*)

Eggs:

- whole eggs (*scrambled in plenty of fat or poached in broth/water*)
- continue to eat raw egg yolks on a regular basis (*at least two a day if tolerated*)

Other

- GAPS Shakes: For those who need to spend more time in Stage 3 (*approx 4 months or longer*), your practitioner may recommend introducing GAPS Shakes during Stage 3. It is important to consult with your practitioner on this recommendation.
- sauerkraut and fermented vegetables (*homemade is best, or buy lacto-fermented - start slowly with just a few shreds of kraut/fermented veg*)
- turmeric (*fresh or dried, ground, and cooked in meals*)
- almond butter and tahini, made from fermented/activated nuts, cooked, not raw (*eg. in nut butter/tahini pancakes with plenty of fat*)

A note about nuts:

It is very common for nuts to be one of the biggest issues for GAPS people. It is recommended that all nuts are fermented prior to activating and using as a flour or butter. Add a couple of teaspoons of whey or kraut juice to the water when soaking the nuts and this will ferment them.

Stage Four

All foods in Stage Three plus:

Meat

Note: The following to be introduced slowly - no burnt or smoked meat:

- roasted meat (beef, chicken, fish, duck, goose, pheasant, pigeon, pork, turkey)
- grilled meats (beef, chicken, fish, duck, goose, pheasant, pigeon, pork, bacon (*also turkey, preservative free, providing histamines are not a problem*))
- shellfish, cooked (crabs, lobster, crayfish, shrimp and prawns (shrimp), squid, octopus, clams, oysters and scallops)

Drinks: Homemade Fresh Juices

(Must be cold-pressed & consumed within 25 minutes of pressing; if using a blender/Thermomix, strain through nut milk bag/muslin to remove fibre.)

- carrot juice (*begin by adding a few spoonfuls to dilute with warm water, or mixed with whey, yoghurt or kefir; gradually increase to one cup per day*)
- once carrot juice is tolerated, can add cabbage, celery, mint leaves, lettuce

Other

- all nut and seed meals including sesame seeds (*fermented and activated, then ground and baked into breads, pancakes, muffins - not raw; use as tolerated, introduce slowly*)
- extra virgin olive oil (cold pressed)
- herbs (dried)
- turmeric (dried)
- Homemade mayonnaise, made with olive oil

- bicarbonate soda, natural, aluminium free, in baking

Stage Five

All foods in Stage Three plus:

Cooked vegetables

- celery
- string beans
- tomatoes

Raw vegetables

- carrot
- cucumber, peeled
- lettuce
- onions

Drinks - Milks:

- almond milk, homemade only (using fermented and activated almonds)
- Homemade, freshly cold-pressed juices
 - apple juice (add to your *GAPS Shake* to support liver function)
 - mango juice
 - papaya juice
 - pineapple juice

Other

- ground cinnamon
- ground pepper in meals
- turmeric (*raw*)
- apple cider vinegar, raw, organic (*may cause more die-off symptoms, introduce gradually*)
- fermented coconut meat (*coconut meat may be purchased commercially ONLY if it is in a glass jar*)
- Natural stevia (*the green, dehydrated leaves milled into a powder*)

Fruit:

- apples/applesauce (*cooked, pieces or puree, consume with fat, eg. Buttered Apples*)
- cold pressed juices

Stage Six

All foods in Stages One-Five, plus:

Vegetables (raw or cooked)

- radish
- broccoli (with stalks)
- cauliflower (with stalks)
- lettuce
- spinach

Vegetables (cooked only)

- eggplant
- capsicum

Fruit (raw or cooked)

- apple
- apricots
- banana
- berries
- black sapote
- cherries
- figs
- kiwi fruit
- mango
- nectarines
- papaya
- peach
- pear
- pineapple
- raspberries
- satsumas

Dried Fruit (*preservative free, no added sugar, sulphur or vegetable oils*)

- dates
- prunes
- raisins
- sultanas

Milks (homemade)

- coconut milk and cream (*coconut milk and cream may be purchased commercially only if in a glass jar*)

Herbs/Spices

- chilli (cooked only)
- cayenne pepper (cooked in meals)
- paprika/smoked paprika

Other

- capers
- vinegar
- honey (can increase amount)

Full GAPS

All foods in Stages 1-6, plus:

Fruit (*and homemade freshly cold-pressed juices*):

- grapes
- grapefruit
- kumquats
- lemons
- limes
- melons
- olives (preservative free or homemade brine)
- oranges
- tangerines

Dairy:

- butter (*cultured or regular, preferably grass fed, organic*)
- cheeses, aged: asiago, blue, brick, brie, camembert, colby, edam, gorgonzola, gouda, havarti, limburger, monteray jack, muenster, parmesan, romano, roquefort, stilton, swiss, cottage cheese

Vegetables, Raw:

- celery
- peas
- tomato
- cabbage
- capsicum

Meats:

- barbecued meats (*home barbecued, no burnt meat, smoked meat is fine if no preservatives*)
- fried meats, in approved fats/oils

Nuts/Seeds/Nut butters (*preferably fermented and activated, or roasted*):

- almonds
- cashews
- chia seeds (introduce slowly as they are quite fibrous)
- hazelnuts
- macadamias
- peanut butter (no sugar, homemade or pure nut butter, no vegetable oils)
- peanuts
- pecans
- pine nuts
- walnuts
- sesame seeds
- sprouted seeds
- tahini

Spices/Herbs:

- mustard seeds
- chilli, raw

Legumes, well soaked and well cooked, homemade:

- navy beans
- lima beans
- lentils

Oils:

- almond oil
- avocado oil
- home-made mayonnaise (made with GAPS-legal oils)

Drinks:

- coffee, weak
- gin*
- herbal teas
- scotch*
- tea, weak
- vodka*
- wine – dry red/white*
- coconut water (*only purchase commercially if in a glass jar*)

Other:

- Organic gelatine powder* (*from grass-fed beef/pork only*) can be used occasionally to make jelly treats from ginger tea or lemon juice and honey. Avoid supermarket brands.

- coconut flour
- mung bean vermicelli (no additives)
- kelp noodles (no additives)
- cellulose (in supplements only)
- citric acid
- Coconut Aminos: advanced full GAPS (*can use fish sauce instead, from stage 4*)

** Not personally recommended, but technically these alcohols are allowed on advanced Full Gaps in minimal amounts.*