

GAPS DIET

FOOD LIST

Refined carbohydrates, starchy vegetables and grains are eliminated. Easily digestible non-starchy vegetables, meat, fish and heart-healthy fats are emphasized.

Here is the full gaps diet food list:

VEGETABLES



Artichoke	Brussels sprouts	Green beans	Romaine lettuce
Arugula	Cabbage	Jerusalem artichoke	Seaweed
Asparagus	Carrots	Kale	Spinach
Avocados	Celery	Mushrooms	Squash (summer and winter)
Beets	Collards	Olives	Tomatoes
Bell peppers	Cucumbers	Onions	Turnips
Bok choy	Eggplant	Parsnip	Watercress
Broccoli	Fennel	Pumpkin	
Broccoli rabe	Garlic	Radish	



FISH

wild-caught only, NO farm-raised

Anchovies	Halibut	Red snapper	Trout
Bass	Herring	Salmon	Tuna
Cod	Mackerel	Sardines	Walleye
Grouper	Mahi mahi	Seabass	
Haddock			

NUTS AND LEGUMES

(ideally sprouted or as nut butters)

FATS/OILS

(organic & unrefined)

Almonds (sprouted or as raw nut butter)	Navy beans (soaked)	Avocado oil	Hempseed oil
Brazil nuts	Nut butters	Almond oil	Macadamia oil
Coconut (technically a drupe)	Nut flours (in moderate amounts - no more than 1/4 cup a day)	Butter (pastured)	Olive oil
Hazelnuts	Pecans	Coconut oil	Sesame oil
Lima beans (soaked)	Pine nuts	Flaxseed oil	Palm oil (sustainable)
Macadamia	Walnuts	Ghee	Walnut oil



DAIRY

(raw, aged and grass-fed)

Goat cheese (aged 60+ days)	Raw sheep cheese (aged 60+ days)	Raw cows cheese (aged 60+ days)	Raw cows amasai, kefir and yogurt (fermented 24+ hours)
Kefir (cultured goat milk, fermented 24+ hours)	Sheep yogurt (fermented 24+ hours)		



MEAT

(organic, grass-fed)

Beef	Chicken	Lamb	Quail and other wild game
Bison	Duck	Turkey	Venison and other wild game
Bone broth	Eggs (free-range)		

FRUITS

(in moderation)



Apple	Coconuts	Mango	Plums
Apricot	Figs	Nectarine	Pomegranate
Banana	Grapefruit	Orange	Raspberries
berries	Grapes	Papaya	Rhubarb
Blueberries	Kiwi	Peaches	Strawberries
Cantaloupe	Lemon	Pears	Watermelon (no seeds)
Cherries	Lime	Pineapple	



SPICES & HERBS

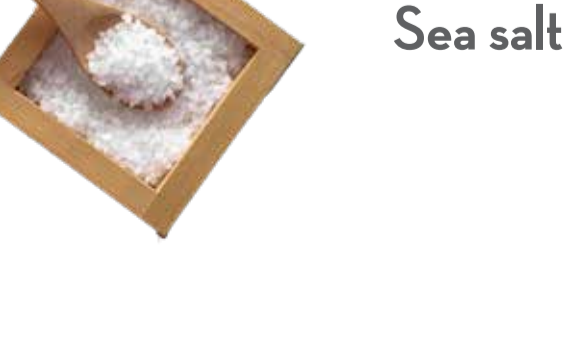
(organic, grass-fed)

Basil	Cinnamon	Ginger	Sage
Black pepper	Cumin	Mint	Sea salt
Cilantro	Dill	Parsley	Tarragon
Coriander seeds	Fennel	Peppermint	Thyme
	Garlic	Rosemary	Turmeric

CONDIMENTS

BEVERAGES

Apple cider vinegar	Almond milk	Sparkling water
Coconut vinegar	Coconut kefir	Spring water (or filtered)
Sea salt	Coconut milk	Wine, in moderation
	Herbal teas	
	Raw vegetable juices	



SWEETENERS

SUPPLEMENTS

FLOURS

Raw honey	Digestive enzymes	Coconut flour
Dates made into paste	Fish oil or fermented cod liver oil	Almond flour
	L-Glutamine powder	

