

GAPS DIET

Apples (all types)	Kiwi	Cabbage	Coconut milk Full cream	Beef (Roast with bone and lean ground)
Celery	Oranges	Onions	Organic garlic	Sliced Turkey breast
Artichokes	Lemons	Carrots	Raw Dairy Milk	Fish (wild caught)
Asparagus	Limes	Cauliflower	Ginger	Liver
Avocados	Lettuce	Herbs	cinnamon	Gelatin
Bananas	Mangos	Cucumbers	Turmeric	Collagen
Berries (all types)	Melons (all types)	Turnips	Herbs	Sausage (clean ingredient list)
Peppers (all types)	Brussel sprouts	Collards	Coffee	Organic Gluten free Rolled Oats
Peaches	Pears	Peas (all types)	Eggs	Cocoa
Pineapples	Spinach	Squash (all types)	Honey	Mint
Tomatoes (all types)	Pumpkin	Mushrooms	Maple syrup	Olive oil
Bok choy	Kale	Cherries	Nuts (all kinds)	Salt and pepper
Lima beans	Green beans	Lentils	Chia seeds	Stew Meat
Broccoli	Apricots	Coconut (unsweetened)	Flax seed/meal	Fruit juice
Dates	olives	Prunes	Teas	Nut crackers
Raisins	Kimchi	sauerkraut	Pumpkin seeds	Relish
Pickles	Almond butter	Avocado oil	Yogurt	mayo
Balsamic vinegar	Apple cider vinegar	White vinegar	Wine	Coconut sugar
Coconut oil	Butter	Cheddar	Chicken (whole & legs)	Vanilla extract