



GAPS Full Diet

Food Shopping Guide

Based on the work of Dr. Natasah Campbell-McBride, M.D.

PROTEINS, ORGANIC & PASTURE RAISED (ANTIBIOTICS FREE, NON GMO FEED)

Beef
Bison
Bone Broth & Meat Stock
Chicken
Duck
Eggs (free-range and organic)
Lamb
Organ meats: liver, kidney, heart
Pork
Turkey
Wild game: quail, venison, kangaroo, boar

WILD CAUGHT FISH (NO FARM RAISED)

Anchovies
Bass
Cod
Haddock
Halibut
Hake
Herring
Mackerel
Mahi Mahi
Red Snapper
Salmon
Sardines
Seabass
Trout
Tuna
Shellfish: calamari, shrimp,
octopus, oyster, muscles

DAIRY

Home made yoghurt, sour cream, kefir from
goat, sheep, or cows milk (fermented 24+ hours)
Cheese aged 60+ days: asiago cheese,
blue cheese, brick cheese, brie cheese,
camembert cheese, cheddar, edam, gouda

VEGETABLES

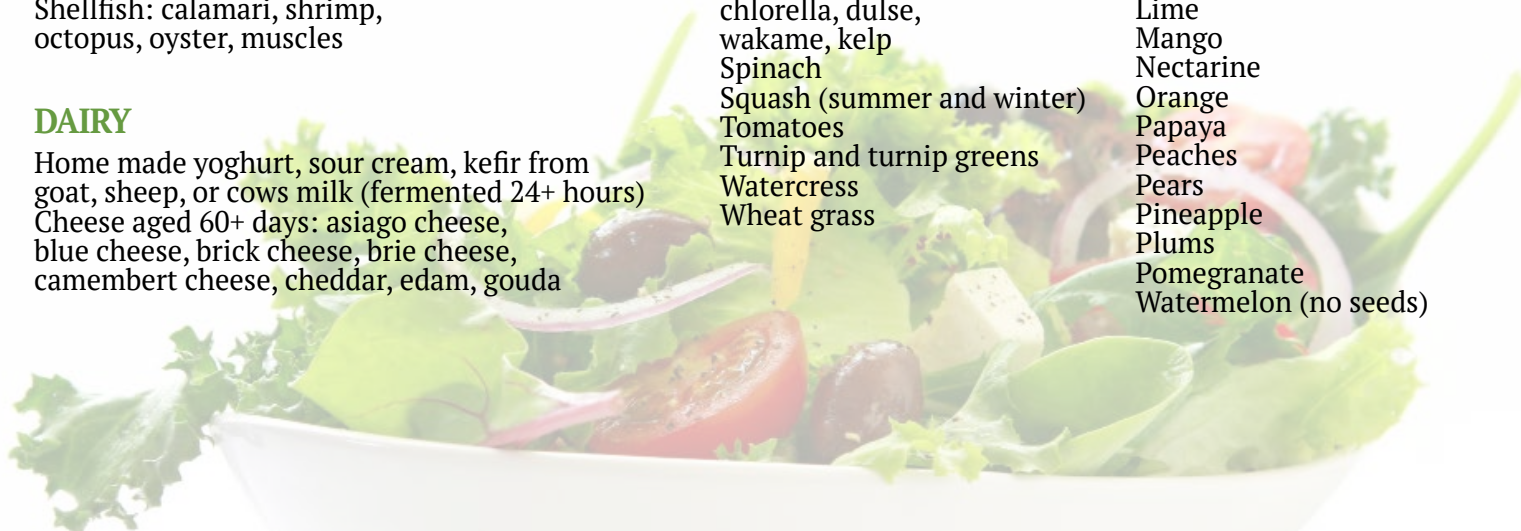
Artichoke
Arugula
Asparagus
Avocados including oil
Beetroot and beet tops
Bell Peppers
Bok Choy
Broccoli
Brussels Sprouts
Cabbage
Carrot and carrot tops
Capers
Celery
Chard
Collard Greens
Cucumbers
Dandelion Greens
Eggplant
Green Beans
Kale
Lettuce of all kinds
Mushrooms: shiitake,
portobello, crimini,
oyster, enoki
Olives
Onions
Parsnip
Pumpkin
Radish
Rhubarb
Seaweeds: spirulina,
chlorella, dulse,
wakame, kelp
Spinach
Squash (summer and winter)
Tomatoes
Turnip and turnip greens
Watercress
Wheat grass

FATS & OILS (ORGANIC UNREFINED)

Avocado Oil
Almond Oil
Butter (pastured)
Coconut Oil
Flaxseed Oil
Ghee
Goose or duck fat
Hempseed Oil
Lard of lamb, beef, pork
Macadamia Oil
Olive Oil
Sesame Oil

FRUIT (IN MODERATION)

Apple
Apricot
Banana ripe withdrawn
spots on skin
Berries all kinds: blackberries,
blueberries, strawberries,
raspberries, cherries
Cantaloupe
Coconuts
Custard apple
Figs
Grapefruit
Grapes
Kiwi
Lemon
Lime
Mango
Nectarine
Orange
Papaya
Peaches
Pears
Pineapple
Plums
Pomegranate
Watermelon (no seeds)





NUTS, SEEDS & LEGUMES (IDEALLY SPROUTED OR SOAKED)

Almonds (sprouted or as raw nut butter)
Brazil Nuts
Coconut, fresh or dried, milk and oil
Cashew, fresh only
Hazelnuts
Lima Beans (soaked)
Lentils
Macadamia
Navy Beans (soaked)
Pecans
Pine Nuts
Pumpkin
Sesame
Sunflower
Walnuts
Nut Butters
Nut flours: coconut and almond
(no more than 1/4 cup a day)

SUPPLEMENTS

Keep vitamin and mineral supplements
to a complete minimum
Betain HCl
Probiotics
Digestive Enzymes
Fermented Cod Liver Oil
Fish Oil (DHA & EPA)

SPICES & HERBS

Basil
Bay leaf
Black and white Pepper,
ground peppercorns
Cayenne
Cilantro
Coriander
Cinnamon
Cumin
Dill
Fennel
Garlic
Ginger
Lemongrass
Mint
Mustard Seeds
Nutmeg
Parsley
Peppermint
Rosemary
Sage
Sea Salt
Stevia
Tarragon
Thyme
Turmeric

FERMENTED FOODS (PREFERABLY HOMEMADE)

Beet Kvass
Cultured Vegetables
Fermented Ketchup
Fermented cold water fish
Milk Kefir
Sauerkraut
Sourcream (homemade)
Yoghurt

CONDIMENTS

Apple cider vinegar
Coconut vinegar
Homemade fermented ketchup
Homemade mayyonaise

SWEETENERS (IN MODERATION)

Raw honey
Dates made into paste

BEVERAGES

Nut and seed milks: almond,
sunflower, pumpkin, pine
nut, cashew (homemade)
Coconut Kefir
Coconut Milk
Coffee, weak and freshly
made, organic NOT instant, in
moderation
Fresh fruit smoothies
Herbal Teas: ginger,
mint, chamomile
Raw Vegetable Juices
Sparkling Water
Spring Water (or filtered)
Vodka, gin, scotch, occasionally
Wine, in moderation

