

FULL GAPS DIET FOODS TO EAT

- Almonds, including almond butter and almond oil
- Apples
- Apricots, fresh or dried
- Artichoke, French
- Asiago cheese
- Asparagus
- Avocados, including avocado oil
- Bananas (ripe only with brown spots on the skin)
- Beans, dried white (navy), string beans and lima beans
- Beef, fresh or frozen
- Beetroot or beets
- Berries, all kinds as tolerated
- Black, white and red pepper: ground and pepper corns
- Black radish
- Blue cheese
- Bok Choy
- Brazil nuts
- Brick cheese
- Brie cheese
- Broccoli
- Brussels 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 sharifa)
- Cherries
- Chicken, fresh or frozen
- Cinnamon
- Citric acid
- Coconut, fresh or dried (shredded) without any additives
- Coconut milk (pure, nothing added)
- Coconut oil
- Coffee, weak and freshly made, not instant
- Collard greens
- Colby cheese
- Courgette (zucchini)
- Coriander, fresh or dried
- Cucumber
- Dates, fresh or dried without additives (not soaked in syrup)
- Dill, fresh or dried
- Duck, fresh or frozen
- Edam cheese
- Eggplant (aubergine)
- Eggs, fresh filberts
- Fish, fresh or frozen, canned in its juice or olive oil
- Game, fresh or frozen
- Garlic
- Ghee.- homemade is best, but pure storebought is fine too.
- Gin, occasionally
- Ginger root, fresh
- Goose, fresh or frozen
- Gorgonzola cheese
- Gouda cheese
- Grapefruit
- Grapes
- Haricot beans, properly prepared
- Havarti cheese
- Hazelnuts
- Herbal teas
- Herbs, fresh or dried without additives
- Honey, natural
- Juices (freshly pressed from permitted fruit and vegetables)
- Kale
- Kiwi fruit
- Kumquats
- Lamb, fresh or frozen
- Poultry, fresh or frozen
- Prunes, dried or in its own juice
- Pumpkin
- Quail, fresh or frozen
- Raisins
- Rhubarb
- Roquefort cheese
- Romano cheese
- Satsumas
- Scotch, occasionally
- Seaweed fresh and dried
- Shellfish, fresh or frozen
- Spices, single and pure
- Spinach
- Squash (summer and winter)
- Stilton cheese
- String beans
- Swedes
- Swiss cheese
- Tangerines
- Tea, weak, freshly made, not instant
- Tomato puree, salted or unsalted is ok
- Tomato juice, salted or unsalted is ok
- Tomatoes
- Turkey, fresh or frozen
- Turnips
- Ugly fruit
- Uncreamed cottage cheese (dry curd)
- Vinegar (cider or white); if tolerated
- Vodka, very occasionally
- Walnuts
- Watercress
- White navy beans, properly prepared
- Wine dry: red or white
- Yogurt, homemade
- Zucchini (courgette)

✘ FULL GAPS DIET FOODS TO AVOID

- Acesulphame
- Acidophilus milk
- Agar-agar
- Agave syrup – the main carb is a complex form of fructose
- Algae – can aggravate an already disturbed immune system
- Aloe Vera (refer to the GAPS books for more info on when it can be re-introduced)
- Amaranth – is a grain substitute, contains starches
- Apple juice (from concentrate and commercially prepared ones suck)
- Arrowroot (is a mucilaginous herb and loaded with starch)
- Aspartame - avoid for eternity
- Astragalus – contains polysaccharides
- Baked beans
- Baker's yeast – contains saccharamyces cerevisiae
- Baking powder and raising agents of all kind (baking soda can be used for specific medical/health issues too, just check out the FAQ section in the GAPS book)
- Balsamic vinegar (most found in stores have added sugar and heaps of other garbage)
- Barley
- Bean flour and sprouts
- Bee pollen – can be irritating to a damaged gut
- Beer
- Beyond Burgers
- Bhindi or okra
- Bicarbonate of soda
- Bitter Gourd
- Black-eye beans
- Bologna
- Bouillon cubes or granules
- Brandy
- Buckwheat
- Bulgur
- Burdock root – contains FOS and mucilage
- Butter beans
- Buttermilk
- Canellini beans
- Canned vegetables and fruit
- Carob
- Carrageenan – it's a seaweed high in polysaccharides
- Cellulose gum
- Cereals, including all breakfast cereals
- Cheeses, processed and cheese spreads
- Chestnuts and chestnut flour
- Chevre cheese
- Chewing gum – contain sugars or sugar substitutes, I would even stay away from chewing gum with stevia or xylitol
- Chick peas
- Chickory root – contains high amounts of FOS
- Chocolate
- Cocoa powder – see FAQs” for more information
- Coffee, instant and coffee substitutes.
- Cooking oils - avoid all seed oils
- Cordials
- Corn
- Cornstarch
- Corn syrup
- Cottage cheese
- Cottonseed
- Cous-cous
- Cream – contains lactose
- Cream of Tartar
- Cream cheese
- Dextrose – in commercial products it is not the pure form
- Drinks, soft
- Faba beans
- Feta cheese
- Fish, preserved, smoked, salted, breaded and canned with sauces
- Flour, made out of grains
- FOS (fructooligosaccharides)
- Fructose – as an additive
- Fruit, canned or preserved
- Garbanzo beans
- Gjetost cheese
- Grains, all
- Gruyere cheese
- Ham
- Hot dogs
- Ice-cream, commercial trash
- Impossible burgers
- Jams
- Jellies
- Jerusalem artichoke (starchy)
- Ketchup, commercially available stuff - full of rubbish... myo!
- Lactose
- Liqueurs
- Margarine and butter replacements
- Meats, processed, preserved, smoked and salted
- Millet
- Milk... From any animal, soy, rice, oat, grain, and also canned coconut milk with additives
- Milk, dried
- Molasses
- Mozzarella cheese
- Mungbeans
- Neufchatel cheese
- Nutra-sweet (aspartame)
- Nuts, salted, roasted and coated
- Oats
- Okra – mucilaginous food
- Parsnips
- Pasta, of any kind. Sad face.
- Pectin
- Postum
- Potato white. Another sad face.
- Potato sweet
- Primost cheese
- Quinoa – it's like 60% starch
- Rice
- Ricotta cheese
- Rye
- Saccharin
- Sago
- Sausages, commercially available ones are full of rubbish and preservatives. Try get a good one with natural casing.
- Semolina
- Sherry
- Soda soft drinks
- Sour cream, commercially made
- Soy
- Spelt
- Starch
- Sugar or sucrose of any kind
- Tapioca – starch
- Tea, instant
- Triticale
- Turkey loaf
- Vegetables - canned or preserved
- Wheat
- Wheat germ
- Whey, powder or liquid.
No whey protein shakes, sorry bro.
- Yams
- Yogurt, commercial

Rory's Kitchen

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