

# GAPS Introduction Diet - Food Re-Introduction Diary

Food	Day 1	Day 2	Day 3	Day 4
<b>STAGE 2</b>				
Raw egg yolks	Date: Notes:	Date: Notes:	Date: Notes:	Date: Notes:
Stews/casseroles	Date: Notes:	Date: Notes:	Date: Notes:	Date: Notes:
Inc Stage 1 probiotic	Date: Notes:	Date: Notes:	Date: Notes:	Date: Notes:
Introduce 2nd probiotic	Date: Notes:	Date: Notes:	Date: Notes:	Date: Notes:
<hr style="border: 0.5px solid black;"/>				
Ghee	Date: Notes:	Date: Notes:	Date: Notes:	Date: Notes:
Fermented fish	Date: Notes:	Date: Notes:	Date: Notes:	Date: Notes:
Soft-boiled eggs	Date: Notes:	Date: Notes:	Date: Notes:	Date: Notes:

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<b>STAGE 3</b>				
Avocado	Date: Notes:	Date: Notes:	Date: Notes:	Date: Notes:
Pancake	Date: Notes:	Date: Notes:	Date: Notes:	Date: Notes:
Scrambled eggs	Date: Notes:	Date: Notes:	Date: Notes:	Date: Notes:
Sauerkraut	Date: Notes:	Date: Notes:	Date: Notes:	Date: Notes:
Probiotic vegetables	Date: Notes:	Date: Notes:	Date: Notes:	Date: Notes:

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<b>STAGE 4</b>				
Roasted/grilled meats	Date: Notes:	Date: Notes:	Date: Notes:	Date: Notes:
Cold-pressed olive oil	Date: Notes:	Date: Notes:	Date: Notes:	Date: Notes:
Fresh carrot juice	Date: Notes:	Date: Notes:	Date: Notes:	Date: Notes:
Other juice	Date: Notes:	Date: Notes:	Date: Notes:	Date: Notes:
Nut bread	Date: Notes:	Date: Notes:	Date: Notes:	Date: Notes:

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Food	Day 1	Day 2	Day 3	Day 4
<b>STAGE 5</b>				
Cooked apple puree	Date: Notes:	Date: Notes:	Date: Notes:	Date: Notes:
Raw lettuce	Date: Notes:	Date: Notes:	Date: Notes:	Date: Notes:
Raw peeled cucumber	Date: Notes:	Date: Notes:	Date: Notes:	Date: Notes:
Other raw vegetables	Date: Notes:	Date: Notes:	Date: Notes:	Date: Notes:
Add fruit to juice	Date: Notes:	Date: Notes:	Date: Notes:	Date: Notes:

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STAGE 6				
Peeled raw apple	Date: Notes:	Date: Notes:	Date: Notes:	Date: Notes:
Raw fruit	Date: Notes:	Date: Notes:	Date: Notes:	Date: Notes:
Increase honey	Date: Notes:	Date: Notes:	Date: Notes:	Date: Notes:
Baked goods (GAPS)	Date: Notes:	Date: Notes:	Date: Notes:	Date: Notes: