

The Paleo Way

Paleo GAPS Food List

The term GAPS is abbreviated from Gut And Psychology Syndrome. Conditions include, but are not limited to, the following: multiple sclerosis, rheumatoid arthritis, diabetes type one, celiac disease, osteoarthritis, lupus and any other autoimmune conditions. The introduction of GAPS diet consists mostly of homemade rich bone broths and vegetable soups, boiled meats and stews with high fat content.

We have put together a Paleo-friendly list of foods that are suited to the GAPS diet.



Vegetables

Organic is best

EAT

Artichoke (French)
Asparagus
Avocado
Beets
Beetroot
Broccoli
Brussels sprouts
Cabbage (green, purple)
Cauliflower
Capsicums (All colours)
Carrots
Celeriac
Celery
Chilli
Collard greens
Cucumber
Eggplant
Garlic
Ginger
Kale
Lettuce
Mushroom
Olives (preserved without sugar)
Onion
Pumpkin
Spinach
Tomato
Turnip (purple, white)
Watercress (leafy green)
Zucchini

Fruits

Keep to a minimum, organic is best

EAT

Apricot (fresh or dried)
Apple
Banana (ripe with brown spots)
Berry (all kinds)
Capers
Cherry
Coconut (fresh, including milk)
Custard apple
Date (fresh or dried with no additives)
Grapefruit
Grapes
Kiwi-fruit
Kumquat
Lemon
Lime
Mango
Nectarine
Orange
Papaya/Paw Paw
Peach
Pear
Pineapple (fresh)
Rhubarb
Satsuma (citrus fruit)
Tangerine
Ugli fruit (citrus fruit)

NOTE:

The Paleo Way 10 Week Activation Program takes a low-fruit approach. So if having fruits, we suggest keeping to a minimum.

Herbs

Organic is best

EAT

Fresh or dried
Cayenne Pepper
Cinnamon
Citric acid
Coriander
Dill
Nutmeg
Oregano
Parsley

Protein

EAT

Meat and Poultry

Naturally pasture fed and sustainably raised

Beef

Buffalo

Chicken

Duck

Eggs (organic free range)

Goat

Goose

Lamb

Kangaroo

Organ Meats (liver, kidney)

Pigeon

Pork

Quail

Broth

Sausage (No MSG)

Select sausages made from pure meat

Fish

Wild caught is best

Herring

Mackerel

Salmon

Sardines

Shellfish (fresh, frozen, Sulphite free)

Nuts/Seeds

EAT

Nuts (Activated)

Avoid roasted, salted or coated

Cashew nuts (fresh or raw only)

Chestnuts

Hazelnuts

Macadams

Peanuts (fresh or roasted in their shells)

Pecans

Pine nuts

Walnuts

Seeds (Activated)

Flax seeds (can be too fibrous for some)

Mustard seeds (pure powder & gourmet)

Pumpkin seeds

Sesame seeds

Sunflower seeds

General

EAT

Nut butter (no additives)

Almond flour, other nut flour or seed flour

Canned fish (in oil or water)

Coconut milk or cream

Coconut (fresh or dried)

Honey (minimal and rarely, if any)

Coconut oil (cold pressured, organic, virgin)

Almond oil

Avocado oil

Pepper (black, white, red or peppercorns)

Pickles (without sugar)

Prunes (dried, without any additives)

Raisins (dried, without any additives or oils)

Tomato puree

Vinegar (unpasteurised apple cider vinegar)

Himalayan salt

Young green coconut water

Beverages

DRINK

Almond milk

Tea (herbal, not instant)

Tomato juice (homemade)

Beet Kvass

Sauerkraut juice

Apple cider vinegar

Pure Bicarbonate of Soda (aluminum free)

Kefir – Coconut

Cleaning/Hygiene

USE

Bicarbonate of soda

Dish liquid (eco-friendly)

Eucalyptus Oil

Tea Tree oil

Manuka Honey

Vinegar (home brand)

Wash powder (eco friendly)

Eco Balls

Wash nuts

Epsom salts

Apple cider vinegar

Safe alternatives for soap, shampoo etc

Fluoride free toothpaste

Foods to Avoid

AVOID

Alcohol

Coffee

All grains

Barley

Buckwheat

Bulger

Couscous

Corn

Maize

Millet

Oats

Rye

Rice

Sorghum

Spelt

Triticale

Tapioca

Quinoa

Wheat

Starchy beans and peas

Beans

Bean sprouts

Chickpeas

Faba beans

Garbonza beans

Lima beans

Mungbeans

Peas

Soybeans

Lactose

Dairy milk

All cheeses

Custard

Ice cream

Yogurt

Condensed milk

Margarine (cow, goat, sheep)

Soy

To be avoided

Sugars

Agave

All artificial sweeteners

Beet sugar

Brown sugar

Coconut nectar

Corn syrup

Honey (Manuka)

Maple syrup

Raw sugar

Rice syrup

Sugar cane

White table sugar

10 week activation program
with Pete Evans, Nora Gedgudas
Luke Hines and expert guests

- ✓ Hundreds of delicious and simple recipes
- ✓ Comprehensive meal plans and shopping lists
- ✓ Paleo-tailored fitness workouts (for all levels)
- ✓ Expert articles to empower your mind
- ✓ Discovering how to be the best version of yourself



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