



## The Introduction Diet – Stage 2

Continue with the soups, meat stock, teas and probiotic juices and add in some bone broth slowly.

If at any time during stage two you find some of the negative symptoms that were improving have returned then you need to take a step back to stage one again.

Things to add at this stage:

- Add in Bone Broth
- Raw organic egg yolks, start gradually adding to every serve of soup and meat stock, start with 1 egg yolk daily and increase slowly until you're having one egg yolk with every serve of soup and every cup of meat stock.
- If there are concerns regarding egg allergy do Sensitivity Testing before consuming (go to section in folder for instructions). **If there's an allergy avoid and possibly retest much later into the diet**
- Fermented Fish (optional)
- Home made organic Ghee (Clarified Butter) – if introducing dairy
- Once the egg yolks are being tolerated, softly boil the eggs so the white is just cooked and the yolk is still runny and add the soft-boiled eggs to the soups. **(not relevant if allergy is present)**
- Start making stews and casseroles using meat, vegetables and adding bone broth and meat stock for gorgeous flavour and healing properties.