



The Introduction Diet – Stage 5

Continue with everything from the previous stages.

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

- Continue with all of the previous foods once it's been shown they're well tolerated and there have been no adverse reactions
- Add some cooked apple as apple puree using generous amounts of animal fat (ghee),
- When adding the apples start with just a few spoonful's per day and slowly increase
- Raw vegetables can be included at this stage slowly, starting with softer parts of the lettuce and peeled cucumber (without the seeds).
- Once softer raw vegetables are well tolerated gradually begin to include other raw vegetables such as carrot, tomato (assuming no reaction to nightshades), onion, cabbage etc.
- If vegetable juice containing lettuce, carrot, celery, cabbage, mint and some beetroot is tolerated add some apple, pineapple and pear or other fruit
- GAPS Milkshakes can be introduced
- At this point there may be some reactions from indicating you're not quite ready to move to this stage. If so return to stage four and move between the two stages until all new foods have been well tolerated.