

**AT-A-GLANCE FOODS BY CATEGORY RECOMMENDED ON GAPS™ GUT AND PSYCHOLOGY SYNDROME  
NUTRITIONAL PROTOCOL - DAIRY FREE**

**MEATS (Fresh or Frozen)**

- Beef
- Chicken
- Duck
- Fish
- Fish, canned in its juice or oil
- Game
- Goose
- Lamb
- Liver
- Pheasant
- Pigeon
- Pork
- Poultry
- Quail
- Shellfish
- Turkey

**FATS**

- Almond Oil
- Avocado Oil
- Chicken Fat
- Coconut Oil
- Duck Fat
- Ghee, home-made
- Goose Fat
- Lamb Fat
- Lard
- Olive oil, virgin cold-pressed
- Pork Dripping
- Tallow

**VEGETABLES**

- Artichoke, French
- Asparagus
- Black radish
- Bok Choy

- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Celeric
- Celery
- Collard Greens
- Cucumber
- Eggplant (Aubergine)
- Garlic
- Kale
- Lettuce, all kinds
- Mushrooms
- Onions
- Peppers, green, yellow, red, orange
- Rhubarb
- Spinach
- Summer Squash
- String Beans
- Turnips
- Watercress
- Zucchini (courgette)

**“SWEET” VEGETABLES**

- Winter Squash
- Beets or beetroot
- Carrots
- Peas, dried split and fresh green
- Pumpkin

**FERMENTS**

- Beet Kvass
- Cabbage Rejuvelac
- Cortido (Latin American Sauerkraut)
- Fermented Beets
- Fermented Carrots

- Fermented Garlic
- Fermented Green Beans
- Fermented Guacamole
- Fermented Onion Relish
- Fermented Peppers
- Fermented Turnips
- Fermented Ketchup
- Fermented Mayonnaise
- Fermented Radishes
- Fermented Salsa
- Kefir, Milk
- Kefir, Water
- Kimchi
- Kombucha
- Mead (made with honey not sugar)
- Pickles, no sugar or NAI
- Sauerkraut
- Soured Milk (homemade only)
- Young Coconut Kefir

**SPICES (pure powder – no NAI\*)**

- Black, white and red pepper (ground and pepper corns)
- Cayenne pepper
- Cinnamon
- Citric Acid
- Coriander, fresh or dried
- Dill, fresh or dried
- Nutmeg
- Parsley
- Mustard Seeds
- Spices, single

**BEANS/LEGUMES**

- (soaked and properly prepared)
- Navy Beans, dried, white
- Lima beans (dried and fresh)
- Lentils

**MISCELLANEOUS**

- Capers
- Cellulose in supplements
- Eggs, fresh
- Juices, freshly pressed from permitted fruit and vegetables
- Olives preserved, no sugar, no NAI
- Pure Bicarbonate of Soda (for baking)
- Apple Cider Vinegar
- Raw Coconut Sap

**BEVERAGES**

- Coconut milk
- Coffee, weak/freshly made, not instant
- Gin, occasionally
- Herbal teas
- Scotch, occasionally
- Tea, weak/freshly made, not instant
- Vodka, very occasionally
- Wine, dry: red or white
- Nettle Tea
- Tequila, occasionally with no added ingredients

- Licorice Root Tea

**NUTS**

- Almonds
- Almond Butter
- Brazil nuts
- Cashew nuts, fresh only
- Chestnuts
- Coconut, fresh or dried (shredded) no additives
- Filberts
- Hazelnuts
- Pecans
- Nut flour or ground nuts (usually ground blanched almonds)
- Nuts, all kinds freshly shelled, not roasted, salted or coated
- Walnuts
- Peanut Butter, without additives
- Peanuts, fresh or roasted in their shells

**FRUITS**

- Apples
- Apricots, fresh or dried
- Bananas (ripe only with brown spots on the skin)
- Berries, all kinds
- Cherimoya (custard apple or sharifa)
- Cherries
- Dates, fresh or dried without any additives (not soaked in syrup)
- Grapefruit
- Grapes

- Kiwi fruit
- Kumquats
- Lemons
- Limes
- Mangoes
- Melons
- Nectarines
- Oranges
- Papayas
- Peaches
- Pears
- Pineapples, fresh
- Prunes, dried no additives or in their own juice
- Raisins
- Tangerines
- Tomato puree, pure , no additives apart from salt
- Tomato juice, no additives apart from salt
- Tomatoes
- Ugly fruit
- Satsumas

**ADVANCED FOODS (with advanced healing)**

- Chia Seed
- Cocoa/Cacao Powder, pure
- Flax Seed

*\*NAI (Not Allowed Ingredients)*