

GAPs Diet Meal Plan #3

GAPS stands for Gut and Psychology Syndrome which is a temporary healing diet combined with lifestyle changes. This protocol addresses the three underlying factors in a myriad of diseases: leaky gut, gut flora imbalance, and nutrient deficiencies.

Grains, starchy vegetables and refined carbohydrates are all eliminated from the diet and replaced with nutrient dense foods that are easy to digest.

Weight Loss For Women with Kim Dawn MoreLifeFreedom.com

	Total	Average	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Vitamin K (phylloquinone) (µg)	2619	374	595	542	125	557	138	560	102
Fatty acids, total saturated (g)	154	21.9	10.6	35.4	21.3	21.3	20.7	24.0	20.3
Fatty acids, total monounsaturated (g)	197	28.2	22.9	32.2	27.9	28.2	24.6	34.1	27.2
Fatty acids, total polyunsaturated (g)	135	19.3	17.8	20.3	21.6	19.0	23.0	12.2	21.0
18:2 n-6 c,c (g)	60.2	8.6	3.9	11.9	9.3	10.6	9.6	6.3	8.5
18:2 CLAs (g)	0.06	0.01	0	0.02	0.0	0.01	0.0	0.02	0.0
18:3n-3c,c,c (ALA) (g)	15.9	2.3	1.6	2.4	2.9	2.3	3.2	0.71	2.9
20:5 n-3 (EPA) (g)	5.8	0.83	1.2	0.28	1.2	0.28	1.5	0.01	1.2
22:6 n-3 (DHA) (g)	20.4	2.9	4.3	1.1	4.3	1.0	5.3	0.12	4.3
Fatty acids, total trans (g)	0.31	0.04	0	0.11	0.03	0.02	0.02	0.1	0.03
Cholesterol (mg)	2890	413	320	656	376	270	423	494	351
Phytosterols (mg)	586	83.7	61.1	62.1	118	68.3	49.1	88.1	139
Alcohol, ethyl (g)	4.5	0.65	0	0.2	0	0	0	0.2	0

Dietary Servings:

	Total	Average	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fruit	17.2	2.5	4.1	2.0	0.46	5.7	0.46	0.03	4.5
Grain	1.1	0.15	0	0.53	0	0	0	0.53	0
Meat	27.0	3.9	6.0	2.3	4.7	2.3	5.6	1.8	4.3
Meat Alternative	10.7	1.5	0.45	3.4	0.99	1.3	0.86	2.7	0.99
Milk Alternative	1.5	0.21	0.49	0	0	0.49	0	0	0.49
Vegetables	44.3	6.3	7.1	7.2	5.1	7.2	6.7	6.5	4.4

Macro-Nutrient Balance:

	Total	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Alcohol	0.3	0	0.94	0	0	0	1.1	0
Carbohydrates	28.4	33.1	26.4	20.8	42.8	13.8	27.0	33.5
Fat	44.2	29.2	52.4	48.0	38.8	50.6	48.0	41.7
Protein	27.1	37.8	20.3	31.2	18.4	35.6	23.9	24.8

Monday

Breakfast



Mango Berry Smoothie

Lunch



Baked Salmon and Veggies

Dinner



Chicken, Bean & Veggie Soup

Snack



Easy Chicken Zucchini Soup to Go

Tuesday

Breakfast



Coconut Almond Pancakes

Lunch



Chicken, Bean & Veggie Soup
(leftovers)

Dinner



One Pan Roasted Salmon and Veggies

Snack



Grain Free Banana Nut Muffins
(Gaps)

Apple
1 large

Wednesday

Breakfast



Grain Free Banana Nut Muffins (Gaps)

Lunch



Braised Lentil Salad with Roasted Kabocha

Dinner



Baked Salmon and Veggies (leftovers)

Snack



Easy Chicken Zucchini Soup to Go (leftovers)

Thursday

Breakfast



Mango Berry Smoothie (leftovers)

Lunch



One Pan Roasted Salmon and Veggies (leftovers)

Dinner



Chicken, Bean & Veggie Soup (leftovers)

Snack



Grain Free Banana Nut Muffins (Gaps) (leftovers)

Pear
1 large

Friday

Breakfast



Grain Free Banana Nut Muffins (Gaps) (leftovers)

Lunch



Baked Salmon and Veggies (leftovers)

Dinner



One Pan Roasted Salmon and Veggies (leftovers)

Snack



Easy Chicken Zucchini Soup to Go (leftovers)

Saturday

Breakfast



Coconut Almond Pancakes
(leftovers)

Lunch



Chicken, Bean & Veggie Soup
(leftovers)

Dinner



**Braised Lentil Salad with
Roasted Kabocha** (leftovers)

Snack



**Easy Chicken Zucchini Soup to
Go** (leftovers)

Sunday

Breakfast



Mango Berry Smoothie (leftovers)

Lunch



Braised Lentil Salad with Roasted Kabocha (leftovers)

Dinner



Baked Salmon and Veggies (leftovers)

Snack



Grain Free Banana Nut Muffins (Gaps) (leftovers)



Mango Berry Smoothie



Prep	Cook	Ready in	Servings
2 min	0 min	2 min	3

Ingredients for 3

- 3 cup **Frozen mango**
- 3 medium **Apple**
- 1 1/2 cup **Frozen berries**
- 1 1/2 medium **Pear (ripe)**
- 1 1/2 cup **Almond milk, unsweetened (or rice milk)**

Instructions

Combine ingredients in blender and blend until smooth.

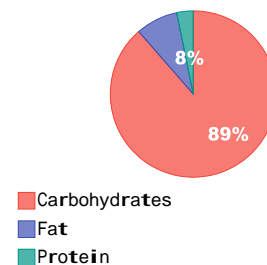
Nutrition Facts	
Per Portion	
Calories	320
Calories from fat	26.8
Calories from saturated fat	1.4
Total Fat	3.0 g
Saturated Fat	0.2 g
Trans Fat	0
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	1.0 g
Cholesterol	0
Sodium	103 mg
Potassium	606 mg
Total Carbohydrate	71 g
Dietary Fiber	11.9 g
Sugars	61 g
Protein	2.6 g

Dietary servings

Per Portion

Fruit	4.0
Milk Alternative	0.5

Energy sources





Baked Salmon and Veggies



Prep	Cook	Ready in	Servings
10 min	25 min	35 min	4

Ingredients for 4

4 fillet (384g)	Atlantic salmon, wild
1/4 cup	Apple cider vinegar
2 tsp	Garlic (minced)
1 tsp	Dill, fresh (chopped)
4 medium	Carrots (peeled and sliced)
454 gm	Asparagus (washed and ends trimmed)

Instructions

- 1. Preheat oven to 350 degrees F. Season fillets with salt, pepper and lemon zest and set aside.**
- 2. On a parchment lined sheet pan, lay fish skin side down. In a small bowl, combine apple cider vinegar, 1 teaspoon of minced garlic, dill, salt and pepper and begin to brush the mixture all over the tops.**
- 3. In another bowl, combine asparagus and carrots. Drizzle the oil over the vegetables and season with salt and pepper and your other teaspoon of minced garlic. Mix them around until they are all coated.**
- 4. Place veggies on the pan around the salmon.**
- 5. Bake in the oven for 20 – 25 minutes or until the fish is cooked thoroughly and vegetables are tender.**

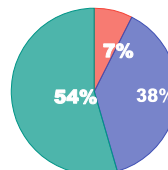
Nutrition Facts Per Portion

Calories	583
Calories from fat	222
Calories from saturated fat	35
Total Fat	24.6 g
Saturated Fat	3.8 g
Trans Fat	0
Polyunsaturated Fat	9.9 g
Monounsaturated Fat	8.1 g
Cholesterol	211 mg
Sodium	214 mg
Potassium	2324 mg
Total Carbohydrate	10.9 g
Dietary Fiber	3.9 g
Sugars	5.1 g
Protein	79 g

Dietary servings Per Portion

Meat 4.3
Vegetables 2.5

Energy sources



Carbohydrates
Fat
Protein



Chicken, Bean & Veggie Soup



Prep	Cook	Ready in	Servings
5 min	20 min	25 min	4

Ingredients for 4

1 1/3 cup	Navy beans, canned (drained, rinsed)
2 2/3 cup shredded	Chicken, cooked (or strips)
4 cup	Kale
2 2/3 large stalk(s)	Celery
2/3 medium pepper(s)	Red bell pepper
1 1/3 cup	Cauliflower
2/3 cup	Cremini (Italian) mushroom
2 2/3 clove(s)	Garlic
4 cup	Chicken broth (stock) (organic)
2 2/3 cup	Vegetable stock/broth (organic)

Instructions

Combine chicken and vegetable broth in a large pot and bring to a boil. Prepare vegetables and shred/slice cooked chicken and set aside.

Once boiling, reduce heat, drain and rinse navy beans and add to the pot. Add prepared vegetables, shredded chicken and allow to simmer for about 15 minutes. Stir occasionally.

Remove from heat and season to taste.

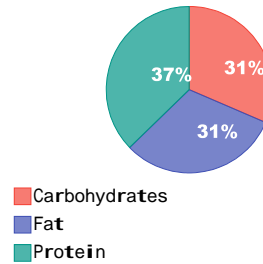
Serve and enjoy!

Nutrition Facts	
Per Portion	
Calories	419
Calories from fat	129
Calories from saturated fat	50
Total Fat	14.3 g
Saturated Fat	5.5 g
Trans Fat	0
Polyunsaturated Fat	6.6 g
Monounsaturated Fat	12.7 g
Cholesterol	84 mg
Sodium	1942 mg
Potassium	1190 mg
Total Carbohydrate	34 g
Dietary Fiber	9.8 g
Sugars	3.5 g
Protein	39 g

Dietary servings Per Portion

Meat	1.4
Meat Alternative	0.4
Vegetables	3.8

Energy sources





Easy Chicken Zucchini Soup to Go



Prep	Cook	Ready in	Servings
20 min	5 min	25 min	4

Ingredients for 4

3 1/4 cup	Bone broth (or magic mineral broth)
3/4 small	Zucchini (spirilized or peeled into ribbons)
3/4 cup shredded	Chicken, cooked (thighs & breast)
1/4 tsp	Lime peel (zest)
3/4 tbsp	Lime juice (fresh)
3/4 dash	Salt and pepper (to taste)
3/4 clove(s)	Garlic (minced)
3/4 cup whole	White mushrooms (sliced thinly)
1/4 tsp minced	Ginger root
2 1/3 head	Baby bok choy
3 1/4 leaf	Basil, fresh
3/4 green onion (stem)	Green onion, scallion, ramp (thinly sliced)
1/4 tsp	Sesame oil

Instructions

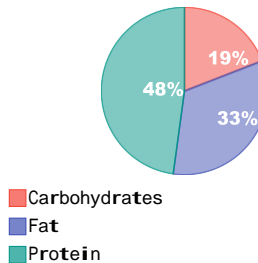
1. Place a large handful of zucchini spirals/ribbons in the bottom of your jar.
2. Add in the shredded chicken, then sprinkle in rest of the ingredients.
3. When ready to eat, just pour over heated broth and turn a few times to mix the ingredients. Then let sit for 5 minutes. Enjoy!

Nutrition Facts	
Per Portion	
Calories	343
Calories from fat	130
Calories from saturated fat	46
Total Fat	14.4 g
Saturated Fat	5.2 g
Trans Fat	0
Polyunsaturated Fat	1.1 g
Monounsaturated Fat	1.6 g
Cholesterol	67 mg
Sodium	292 mg
Potassium	370 mg
Total Carbohydrate	23.5 g
Dietary Fiber	3.2 g
Sugars	1.9 g
Protein	29.8 g

Dietary servings
Per Portion

Meat 0.4
Vegetables 0.8

Energy sources





Coconut Almond Pancakes

Indulge happily in the ultimate allergy-friendly comfort food -- these fluffy, grain-free pancakes topped with sweet strawberries! Makes 6 pancakes.



Prep	Cook	Ready in	Servings
5 min	5 min	10 min	2

Ingredients for 2

- 1 1/3 tbsp **Coconut flour**
- 1/2 cup **Almond meal/flour**
- 2 2/3 tbsp **Arrowroot flour**
- 2/3 tsp **Baking soda**
- 2/3 tsp **Salt (sea)**
- 4 large egg **Egg (room temperature)**
- 1 tbsp **Vanilla extract, pure**
- 1 1/3 tbsp **Coconut oil (barely melted)**
- 1 1/3 tsp **Cinnamon**

Instructions

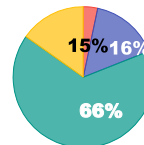
1. **Stir together coconut flour, almond flour, arrowroot powder, and sea salt in a medium-sized bowl. Set aside.**
2. **Mix together eggs, vanilla extract, and melted coconut oil in blender on high until mixture is frothy.**
3. **Pour dry mix into the blender, and mix well.**
4. **Let batter sit for about 2 to 3 minutes so the coconut flour will soak up more of the liquid.**
5. **Add baking soda to blender and give it a quick whirl.**
6. **Pour about 1/4 cup of batter onto a hot, lightly greased griddle.**
7. **When the pancake batter forms bubbles, and the batter looks like it's starting to dry a bit (about 1 to 2 minutes), flip the pancake over and cook on the other side.**
8. **Once the second side is lightly browned, remove from heat onto a plate covered with a tea towel.**
9. **Repeat with the rest of the batter.**
10. **Serve pancakes topped with mashed strawberries. Enjoy!**

Nutrition Facts	
Per Portion	
Calories	394
Calories from fat	228
Calories from saturated fat	122
Total Fat	25.3 g
Saturated Fat	13.6 g
Trans Fat	0.1 g
Polyunsaturated Fat	2.4 g
Monounsaturated Fat	7.1 g
Cholesterol	385 mg
Sodium	1355 mg
Potassium	394 mg
Total Carbohydrate	18.3 g
Dietary Fiber	1.8 g
Sugars	2.0 g
Protein	19.5 g

Dietary servings
Per Portion

Grain 0.5
MeatAlternative 2.1

Energy sources



- Alcohol
- Carbohydrates
- Fat
- Protein



One Pan Roasted Salmon and Veggies

An easy week night meal or food prep option. Double the recipe for leftovers.



Prep	Cook	Ready in	Servings
10 min	30 min	40 min	3

Ingredients for 3

3 cup	Broccoli florets (bite size)
1/3 medium pepper(s)	Red bell pepper (sliced long)
1/3 medium pepper(s)	Yellow bell pepper (sliced long)
3/4 large mushroom(s)	Portobello mushroom (sliced long)
256 gm	Atlantic salmon,wild, boneless (oz; fillet)
1 1/2 pinch	Salt and pepper (to taste)
3 tbsp	Avocado oil (divided between salmon and veggies)
3/4 tbsp	Garlic powder (to taste, divided between veggies and salmon)
6 cup	Arugula

Instructions

Preheat oven to 375 degrees.

Prepare veggies, add to a bowl and toss in half of the oil and seasonings.

Add a small amount of oil to the pan where you want to add salmon and then add salmon to pan, then add the rest of the oil and seasonings to the top of the salmon.

Place veggies around salmon and place in pre heated oven.

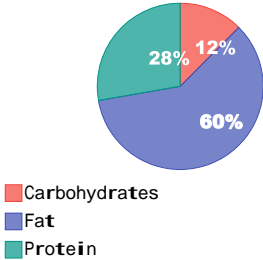
Cook for 20-30 minutes; shaking or flipping vegetables half way through. Ready to eat out of the oven. Serve on a bed of your choice of greens.

Nutrition Facts	
Per Portion	
Calories	307
Calories from fat	183
Calories from saturated fat	23.2
Total Fat	20.3 g
Saturated Fat	2.6 g
Trans Fat	0 g
Polyunsaturated Fat	4.4 g
Monounsaturated Fat	11.8 g
Cholesterol	47 mg
Sodium	112 mg
Potassium	984 mg
Total Carbohydrate	9.8 g
Dietary Fiber	1.5 g
Sugars	2.1 g
Protein	21.3 g

Dietary servings
Per Portion

Meat 0.9
Vegetables 3.4

Energy sources





Grain Free Banana Nut Muffins (Gaps)



Prep	Cook	Ready in	Servings
10 min	25 min	35 min	3

Ingredients for 3

- 1/3 cup **Coconut flour (scant cup)**
- 1 1/8 large **Banana (very ripe)**
- 2 large egg **Egg**
- 2 tbsp **Butter, grass fed, unsalted**
- 1/3 tsp **Cinnamon**
- 1/8 tsp **Salt**
- 3/4 tbsp **Honey**
- 1/3 cup **Walnuts**

Instructions

Preheat oven to 350 degrees

Mix everything other than the walnuts. I used a food processor, but a mixer would work just fine too. Add in the walnuts at the end, reserving 12 to place on top if you'd like. Grease muffin pans well to prevent sticking. I used a stoneware muffin pan and greased it well with palm kernel oil; butter or coconut oil is fine to use too.

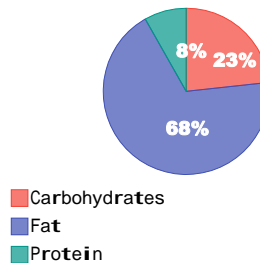
Fill muffin pans, evenly distributing the batter among all 12. Top with walnut if desired. Bake for 25 minutes, cool a couple minutes, then remove.

Nutrition Facts	
Per Portion	
Calories	371
Calories from fat	254
Calories from saturated fat	121
Total Fat	28.3 g
Saturated Fat	13.4 g
Trans Fat	0.0 g
Polyunsaturated Fat	7.7 g
Monounsaturated Fat	3.1 g
Cholesterol	140 mg
Sodium	195 mg
Potassium	355 mg
Total Carbohydrate	21.5 g
Dietary Fiber	4.0 g
Sugars	12.2 g
Protein	7.6 g

Dietary servings Per Portion

Fruit 0.4
MeatAlternative 0.9

Energy sources





Grain Free Banana Nut Muffins (Gaps)



Prep	Cook	Ready in	Servings
10 min	25 min	35 min	2

Ingredients for 2

- 1/4 cup **Coconut flour (scant cup)**
- 3/4 large **Banana (very ripe)**
- 1 1/4 large egg **Egg**
- 1 1/4 tbsp **Butter, grass fed, unsalted**
- 1/4 tsp **Cinnamon**
- 1/8 tsp **Salt**
- 1/2 tbsp **Honey**
- 1/4 cup **Walnuts**

Instructions

Preheat oven to 350 degrees

Mix everything other than the walnuts. I used a food processor, but a mixer would work just fine too. Add in the walnuts at the end, reserving 12 to place on top if you'd like. Grease muffin pans well to prevent sticking. I used a stoneware muffin pan and greased it well with palm kernel oil; butter or coconut oil is fine to use too.

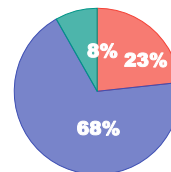
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Nutrition Facts	
Per Portion	
Calories	371
Calories from fat	254
Calories from saturated fat	121
Total Fat	28.3 g
Saturated Fat	13.4 g
Trans Fat	0.0 g
Polyunsaturated Fat	7.7 g
Monounsaturated Fat	3.1 g
Cholesterol	140 mg
Sodium	195 mg
Potassium	355 mg
Total Carbohydrate	21.5 g
Dietary Fiber	4.0 g
Sugars	12.2 g
Protein	7.6 g

Dietary servings
Per Portion

Fruit 0.4
MeatAlternative 0.9

Energy sources



Carbohydrates
Fat
Protein



Braised Lentil Salad with Roasted Kabocha

This is the perfect way to use leftover braised lentils and roasted squash. Feel free to add whatever seeds or vegetables you have on hand.



Prep	Cook	Ready in	Servings
10 min	35 min	45 min	3

Ingredients for 3

- 3/4 cup **Lentil medley, raw (or 1/2 cup dry)**
- 1 1/2 cup **Arugula (large handful)**
- 1/3 squash **Kabocha squash (roasted & cubed)**
- 3/4 avocado(s) **Avocado (sliced)**
- 1/8 cup **Pumpkin seeds (handful)**
- 3/4 pinch **Sea salt, fine (to taste)**
- 3/4 tsp **Dijon mustard (for dressing)**
- 1 1/2 tbsp **Red wine vinegar (for dressing)**
- 1/8 cup **Olive oil (for dressing)**
- 3/4 pinch **Salt and pepper (to taste; for dressing)**

Instructions

Combine lentils, arugula, squash, and avocado in a large bowl. Sprinkle with toasted pumpkin seeds and sea salt, and serve with dressing.

Advanced Preparation

1 - 3 days prior [optional], Lentil medley, raw 3/4 cup

Instructions:

Add lentils to a small pot with 1 1/2 cups water. Bring to a boil, cover with a lid and reduce heat. Simmer until they are tender (15-20 minutes). Store in the fridge until ready to use.

1 - 3 days prior [optional], Kabocha squash 1/3 squash

Instructions:

Cut squash in half and scoop out seeds. Bake flash side down for 35 minutes at 400°F until soft and tender. Store in the fridge until ready to use.

1 - 3 days prior [optional], Dijon mustard 3/4 tsp

Instructions:

To make the dressing, whisk together Dijon mustard, red wine vinegar, and salt and pepper. In a steady stream, whisk in the olive oil. Store in the fridge until ready to use.

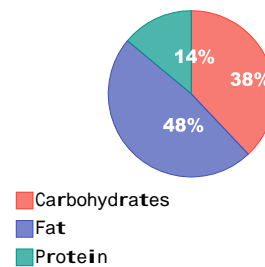
Nutrition Facts	
Per Portion	
Calories	431
Calories from fat	207
Calories from saturated fat	29.4
Total Fat	23.0 g
Saturated Fat	3.3 g
Trans Fat	0.0 g
Polyunsaturated Fat	3.0 g
Monounsaturated Fat	15.7 g
Cholesterol	0
Sodium	85 mg
Potassium	848 mg
Total Carbohydrate	41 g
Dietary Fiber	20.2 g
Sugars	3.1 g
Protein	15.2 g

Dietary servings

Per Portion

Meat Alternative 0.1
Vegetables 1.9

Energy sources



Notes:

Advanced Preparation for “GAPs Diet Meal Plan #3”

1 - 3 days prior *[optional]*, **Dijon mustard 3/4 tsp** [for [Braised Lentil Salad with Roasted Kabocha](#) on Wed]

Instructions:

To make the dressing, whisk together Dijon mustard, red wine vinegar, and salt and pepper. In a steady stream, whisk in the olive oil. Store in the fridge until ready to use.

1 - 3 days prior *[optional]*, **Lentil medley, raw 3/4 cup** [for [Braised Lentil Salad with Roasted Kabocha](#) on Wed]

Instructions:

Add lentils to a small pot with 1 1/2 cups water. Bring to a boil, cover with a lid and reduce heat. Simmer until they are tender (15-20 minutes). Store in the fridge until ready to use.

1 - 3 days prior *[optional]*, **Kabocha squash 1/3 squash** [for [Braised Lentil Salad with Roasted Kabocha](#) on Wed]

Instructions:

Cut squash in half and scoop out seeds. Bake flash side down for 35 minutes at 400°F until soft and tender. Store in the fridge until ready to use.

Grocery List

Snacks & Nuts

Almond meal/flour	0.3 cup
Pumpkin seeds	12.0 gm
Walnuts	75.3 gm

Beverage

Almond milk, unsweetened	375.0 ml
Lime juice (fresh)	11.8 ml

Fruits

Apple	4.5 medium
Avocado	0.8 avocado(s)
Banana	2.2 medium
Lime peel (zest)	0.2 tsp
Pear	2.8 medium

Condiments

Apple cider vinegar	62.5 ml
Avocado oil	46.2 ml
Coconut oil	18.4 gm
Dijon mustard	3.9 gm
Olive oil	46.9 ml
Red wine vinegar	22.4 ml
Sesame oil	1.0 ml
Vanilla extract, pure	15.0 ml

Baking

Arrowroot flour	21.3 gm
Baking soda	3.1 gm
Coconut flour	66.9 gm
Honey	26.9 gm

Vegetables

Arugula	158.5 gm
	28.3 medium
Asparagus	spear(s)
Baby bok choy	2.4 head
Basil, fresh	3.2 leaf
Broccoli florets	1.6 bag (16 oz)
Carrots	4 medium
Cauliflower	140.9 gm
	4.3 medium
	stalk(s)
Celery	3.5 mushroom(s)
Cremini (Italian) mushroom	0.7 bulb
Garlic	<0.1 piece, 2- inch
Ginger root	0.1 bunch
Green onion, scallion, ramp	0.4 squash
Kabocha squash	0.5 bunch
Kale	1.1 medium
Portobello mushroom	mushroom(s)
	1.0 medium
Red bell pepper	pepper(s)
	1.2 package, sliced (8 oz)
White mushrooms	0.4 medium
Yellow bell pepper	pepper(s)
Zucchini	0.5 medium

Seafood

Atlantic salmon, wild	1536.5 gm
Atlantic salmon, wild, boneless	255.1 gm

Canned Food

Bone broth	800 ml
Chicken broth (stock)	1000.0 ml
Vegetable stock/broth	0.7 box

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Dairy & Cheese

Butter, grass fed, unsalted	45.0 gm
Egg	8.1 medium egg

Various Groceries

Chicken, cooked	0.8 whole chicken
Lentil medley, raw	105 gm

Spices & Herbs

Cinnamon	4.6 gm
Dill, fresh	0.2 gm
Garlic powder	6.4 gm
Salt	6.0 gm
Salt and pepper	1.2 gm
Sea salt, fine	0.3 gm

Frozen & Refrigerated Foods

Frozen berries	210 gm
Frozen mango	523.0 gm

Other

Navy beans, canned	0.9 can (15oz)
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