

A black tablet with a white screen. The screen displays the text "30 DAY GAPS Prep Guide" in large, bold, orange letters. Below this, in smaller grey letters, is the subtitle "How to 'Skill Up' for the GAPS™ Protocol in 30 Simple Ways". The tablet has a small circular camera lens at the top center and a square home button at the bottom center.

30 DAY  
**GAPS**  
**Prep Guide**

How to "Skill Up" for the  
GAPS™ Protocol in 30  
Simple Ways

# *Introduction*

Hello, and welcome to your free gift for signing up to the GAPS Class mailing list!

I created this checklist as a starting point for those who are implementing, or considering, the GAPS dietary protocol for healing.

G.A.P.S. is an acronym for the Gut and Psychology Syndrome, and it is about making a connection between the condition of the gut health and the condition of the rest of the body & brain. The GAPS system of Diet, Supplementation, and Detoxification, rebalances the intestinal ecosystem so that the body can be deeply nourished. The removal of toxic overload, the addition of helpful microbes, and the deep dietary nourishment, have the capabilities to reverse autoimmune conditions, clean up the neurological system and promote health and growth on the cellular level.

The GAPS Protocol was designed by neurologist, Dr. Natasha Campbell-McBride, who was passionate in her quest to heal her small autistic son. It has since grown into an internationally known success story...for her family, and the thousands of people she has helped, both directly and indirectly.

This list I have created is not exhaustive. It is meant to be a sort of “skill-up” list if you will. It will help you put together the different skills that you will need to successfully implement the GAPS protocol for your own family. Skills both in the kitchen, and skills to take care of yourself and your loved ones. The skills are broken up into four weeks + a few bonus days, with one step for each day.

Don't forget to look around on the [GAPSCCLASS.COM](http://GAPSCCLASS.COM) website. There is plenty of great information, FAQ's, and class details. If anything is not answered on the website please feel free to [ask me directly](#). I am happy to answer your questions.

The GAPS protocol involves new skills to learn and challenges to overcome, but I promise you that if you follow through, and keep it fun, your life is going to change for the better. So, hold on to your girdles Gladys. It's going to be a great ride.

with *love* and *warmth*,

*Melanie*

## Week One Checklist ~

### DAY 1

- Set a date to start the GAPS Protocol. If you do not have a copy of [The Gut and Psychology Syndrome](#) book, please buy or borrow...if you want to get the most out of this then you'll want the book in order to make sense of the physiology behind the food choices. For a list of GAPS foods go [here](#)

### DAY 2

- Purchase the following basic equipment, if they are not already a part of your kitchen. Treat yourself to the proper tools to make cooking fun, easy, & more effective
  - Heavy stockpot or crock-pot (I recommend both)
  - Chef knife/cutting boards
  - Blender (handheld or otherwise)
  - Mason jars of various sizes - pint, quart, 1/2 gallon
  - Containers with lids for leftovers
  - *Optional* - dehydrator (like Excalibur) and juicer (like Omega)

### DAY 3

- Get ready for grain free baking - buy [coconut flour](#) & blanched [almond flour](#). (If no allergy)

### DAY 4

- Find three to four suppliers or farmers who sell organic grass-fed meat & bones. Write their contact info in the worksheets at the bottom of this guide

### DAY 5

- Purchase a quantity of bones, 4 - 8 pounds, and put them in your freezer (Start asking around for bulk meat prices...making bulk purchases can really cut costs)

### DAY 6

- Fruits & veggies - Find a store, supplier, farmer, or buyer's club for organic & high quality produce. Local farmers can be less expensive. Write their contact info in the worksheets

### DAY 7

- Healing fats - Locate & purchase three to four sources for the following: organic unrefined coconut oil, ghee, extra virgin olive oil, animal fats (such as duck fat, chicken fat, & beef tallow). Local grass based farmers can be a great source for animal products. If not, check out [US Wellness Meats](#), [Tropical Traditions](#), [Amazon](#), [Fatworks](#), [Pure Indian Foods](#)

## *Week Two Checklist ~*

### DAY 8

- Take a luxurious, warm *detox* bath. Fill a tub for a bath, and add *one* of the following detox agents:
  - Bicarbonate of soda (baking soda, 1 cup)
  - Seaweed powder (great for eczema and minerals, 2 - 5 tablespoons)
  - Epsom salt (1 cup)
  - Raw apple cider vinegar (1/2 to 1 cup)
  - Bentonite clay (1 cup)

### DAY 9

- From the freezer, pull out enough beef bones to fill your stockpot roughly 2/3 - 3/4 full, and thaw them in fridge.

### DAY 10

- BONE BROTH DAY - Place bones in stockpot or crock-pot with cold water to cover and a generous splash of raw apple cider vinegar. Bring to just a boil & skim the foam that rises. Then cover with a lid and let gently simmer for the rest of the day. Beef bones can be simmered anywhere from 3 - 48 hours. (Optional taste booster...roast bones at 450 degrees for 20 minutes before making broth) When broth is cooled, strain and ladle into containers for freezing. I use 1 qt. mason jars, making sure broth is cool and not filled to the top before freezing. (This will prevent jars from cracking in the freezer)

### DAY 11

- Source organic and preferably pastured whole chickens. Purchase at least one and refrigerate for the next day's use.

### DAY 12

- Prepare a chicken broth. For directions check out this post from [HealthHomeHappy](#)

### DAY 13

- Make a GAPS snack like [Pumpkin Raisin Muffins](#)

### DAY 14

- Make a GAPS soup like [Roasted Garlic Soup](#). The roasted garlic soup & muffins make a great combo! Savor your dinner & enjoy the nourishment

## *Week Three Checklist ~*

## DAY 15

- Make a jar of sauerkraut and set it in a warm place to ferment. For instructions on this, read page 197 of the GAPS book, or watch this [youtube video](#). There are *many* sauerkraut videos on youtube. If making your own is totally out of the question, I heartily recommend [Fab Ferments](#), who produce their krauts & kvass with love and tradition, and ship by the case!

## DAY 16

- Practice mindful awareness of how your body feels after each meal. Have fun with your kids talking about where the meal's food comes from and how it makes them feel in their tummies. This will be an important skill later because food is powerful and new food combinations can trigger healing reactions

## DAY 17

- If you plan to supplement source the basic supplements recommended for GAPS people on page 243:
  - Probiotics
  - Essential Fatty Acids
  - Cod liver oil
  - Digestive Enzymes
  - Vitamin & Mineral Supplements

## DAY 18

- MENU PLAN DAY - Set a menu plan and food buying day for every week. e.g. I spend at least 15 minutes jotting down the week's dinners on Wed., & making a grocery list. The next day I buy all my food for the week. Even if it is the same weekly menu rotated all month...dinner will "magically" appear on the table when you have a plan

## DAY 19

- Treat yourself to [Shrimp & Fennel Soup](#) for dinner

## DAY 20

- Order an enema kit (your shortcut to *deep* detoxification) Here are four enema sources: [EnemaSupply.com](#), [PureLifeEnema.com](#), [Amazon.com](#), [OptimalHealthNetwork.com](#)

## DAY 21

- Pick one meal of the day to consistently do GAPS style. Start with breakfast first for best results. As a special breakfast try sugar free bacon topped with micro-greens, poached eggs, and easy [blender hollandaise](#)

## *Week Four Checklist ~*

## DAY 22

- With a clean fork, scoop out a teaspoon of your homemade sauerkraut to nibble on. Refrigerate your sauerkraut. If you have never eaten it before, this will take some getting used to. Your taste buds will soon acclimate again to healthy sour tastes and see it as a valuable food

## DAY 23

- Find the highest quality pasture based raw dairy near you. For help finding one you can use [www.realmilk.com](http://www.realmilk.com)

## DAY 24

- Add in consistent GAPS snacks to your diet (there are quite a few GAPS friendly recipes [here](#), just double check ingredients because not all are GAPS legal)

## DAY 25

- Enjoy a cup of [Ginger Tea](#) with a little bit of raw honey and make friends with the changes to come

## DAY 26

- Add in consistent GAPS lunches, for ideas check out [this e-book](#) or this line-up of [GAPS recipes](#)

## DAY 27

- You've done good work...take another luxurious detox bath (in fact, make it a nightly practice)

## DAY 28

- You now have a handle on breakfasts, snacks, & lunches, it's time to move into consistent dinners. If you are lost for ideas I can recommend [Well Fed Homestead's](#) meal plans that easily feed a family of six...which can be downsized to fit your family size

## *Bonus Days Checklist ~*

## DAY 29

- If you have a juicer, *boost* your day and *detox* your hard working liver with [Pink Power](#).  
Note: “Juicing” can be done with a blender and then straining the pulpy juice through cheesecloth. Trickier, but doable.

## DAY 30

- Take some good quality butter and [make ghee](#), or purchase the high quality ghee from [Pure Indian Foods](#)

## DAY 31

- You have tried out many new *healing diet* skills...good job. You rock. Relax with a cup of tea and plan for the next adventure

*Gaps Prep Worksheets ~*

G r a s s - f e d , O r g a n i c M e a t / B o n e S u p p l i e r s :

Farm/Store	Phone

O r g a n i c F r u i t s a n d V e g e t a b l e s :

Farm/Store	Phone

O t h e r S u p p l i e s :

Farm/Store	Phone



# Melanie Christner



*I AM a GAPS & Nutritional Therapy Practitioner Mama*

*I GET EXCITED about grocery lists, menus, & anything organized and simple*

*GREAT FOOD doesn't have to be complicated or compromise on taste*

*EVERY BITE should be nourishing*

*You can find me online at [HonestBody.com](http://HonestBody.com) , as well as [GAPSCLASS.COM](http://GAPSCLASS.COM) , and  
on...*

*:facebook :twitter :pinterest :instagram*

# WANT MORE?

D I D Y O U L I K E T H I S G A P S C H E C K L I S T ?

*there is more where this came from ...*

Three things you can do next:

1. Head over to my main *w e b s i t e* and explore recipes, see how I apply healing foods to daily life, and get info that can help both you and your babies
2. Sign up for my email newsletter at *H o n e s t B o d y* and you won't miss a delicious bit. If you received this checklist as a result of signing up at *G a p s C l a s s* you will be notified of upcoming GAPS courses on natural gut healing. I also have an online class called *A C a l m M i n d* put together with three fellow nutritional therapists, which is on natural mental health
3. Treat yourself to some grain free goodness at my *S h o p*

*A N D !*

If this e-guide put a smile on your face, or a grin in your tummy...I would love to *hear about it!*

with *love* and *warmth*,

*Melanie*

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I just ask that you use my full name and  
kindly link back to my website *HonestBody.com* or *GAPSClass.com*

Thank you!