

Be Well Clinic Baby GAPS Weaning Protocol

Week 1	<u>Meat Stock</u> 1-2 tsp daily <u>Fresh Juice</u> 1-2 tsp diluted daily					
Week 2	<u>Meat Stock</u> 1 tsp before each feeding <u>Fresh Juice</u> 1-2 tsp diluted daily	<u>Probiotic Juice</u> 1/2 tsp daily (alternate whey and sauerkraut juice) <u>Veggie Soup</u> 2-4 tsp daily - purée and add fat liberally				
Week 3	<u>Meat Stock</u> 1 tsp before each feeding <u>Fresh Juice</u> 1-2 tsp diluted daily	<u>Probiotic Juice</u> 1 tsp in every cup of stock or soup. If whey is tolerated, replace with yogurt. <u>Veggie Soup</u> Increase as tolerated	<u>Boiled Meats</u> Small pieces to chew or blend into stock. Include organ meats! <u>Avocado</u> 1-2 tsp daily			
Week 4	<u>Meat Stock</u> Increase as tolerated <u>Fresh Juice</u> 2-4 tsp daily	<u>Probiotic Juice</u> 1 tsp in each cup of stock or soup. If yogurt is tolerated, try crème fraîche. <u>Veggie Soup</u> Increase as tolerated	<u>Boiled Meats</u> Small pieces to chew or blend into stock. Include organ meats! <u>Avocado</u> 1-2 tsp daily	<u>Raw Egg Yolk</u> Add 1 yolk to stock or soup daily. <u>Cooked Apple</u> 1 tsp daily, sautéed in fat		
Week 5	<u>Meat Stock</u> Increase as tolerated <u>Fresh Juice</u> 2-4 tsp daily, add crème fraîche if tolerated	<u>Probiotic Juice</u> 1 tsp sauerkraut juice or crème fraîche in each cup of stock <u>Veggie Soup</u> Increase as tolerated	<u>Boiled Meats</u> Increase as tolerated, include organ meats. <u>Avocado</u> Increase as tolerated	<u>Raw Egg Yolk</u> Add 1 yolk to stock or soup throughout the day. <u>Cooked Apple</u> 1-2 tsp daily, sautéed in fat		
Week 6	<u>Meat Stock</u> 1/4-1/2 cup daily as tolerated <u>Fresh Juice</u> 2-4 tsp daily, add crème fraîche if tolerated	<u>Probiotic Juice</u> Increase yogurt to 2-3 tsp per meal. 1 tsp sauerkraut juice daily. <u>Veggie Soup</u> Continue increasing amount	<u>Boiled Meats</u> Increase throughout day as tolerated, include organ meats. <u>Avocado</u> Increase as tolerated	<u>Raw Egg Yolk</u> Add 1-2 yolks to stock or soup throughout the day. <u>Cooked Apple</u> 1-2 tsp daily, sautéed in fat		
Week 7	<u>Meat Stock</u> 1/4-1/2 cup daily as tolerated <u>Fresh Juice</u> 2-4 tsp daily, add crème fraîche if tolerated	<u>Probiotic Juice</u> Increase yogurt to 3 tsp per meal. 1 tsp sauerkraut juice daily. <u>Veggie Soup</u> Use to replace milk feedings	<u>Boiled Meats</u> Increase throughout day as tolerated, include organ meats. <u>Avocado</u> Increase as tolerated	<u>Raw Egg Yolk</u> Add 2 yolks to stock or soup throughout the day. <u>Cooked Apple</u> 2-4 tsp daily, sautéed in fat		
Week 8	<u>Meat Stock</u> 1/2-1 cup daily as tolerated <u>Fresh Juice</u> Increase previous juice, add 1 tsp fresh apple juice	<u>Probiotic Juice</u> Increase yogurt to 3 tsp per meal. 1 tsp sauerkraut juice daily. <u>Veggie Soup</u> Continue replacing milk	<u>Boiled Meats</u> Increase throughout day as tolerated, include organ meats. <u>Avocado</u> Increase as tolerated	<u>Raw Egg Yolk</u> Add 2 yolks to stock or soup throughout the day. <u>Cooked Apple</u> 2-4 tsp daily, sautéed in fat	<u>Pancakes</u> 1 small nut butter pancake per day <u>Raw Veggies</u> 1 tsp blended veggies daily	
Week 9	<u>Meat Stock</u> 1-2 cups daily as tolerated <u>Fresh Juice</u> Same as previous week	<u>Probiotic Juice</u> Increase yogurt to 3 tsp per meal. 1 tsp sauerkraut juice daily. <u>Veggie Soup</u> Continue replacing milk	<u>Boiled Meats</u> Increase throughout day as tolerated, include organ meats. <u>Avocado</u> Increase as tolerated	<u>Raw Egg Yolk</u> Add 2 yolks to stock or soup throughout the day. <u>Cooked Apple</u> 2-4 tsp daily, sautéed in fat	<u>Pancakes</u> 1 small nut butter pancake per day <u>Raw Veggies</u> 1 tsp blended veggies daily	
Week 10+	<u>Meat Stock</u> 1-2 cups daily as tolerated <u>Fresh Juice</u> Same as previous week	<u>Probiotic</u> Continue sauerkraut juice. Add 1 tsp cottage cheese made from your yogurt. <u>Veggie Soup</u> Continue replacing milk	<u>Boiled Meats</u> Increase throughout day as tolerated, include organ meats. <u>Avocado</u> Increase as tolerated	<u>Eggs</u> 1 raw egg yolk as previous week, 1 whole egg scrambled (white included). <u>Raw Fruit</u> 1-2 bites raw, ripe, peeled	<u>Pancakes</u> Same as previous week <u>Raw Veggies</u> 1-2 tsp, add variety	You made it to Full GAPS! Continue on with these and more homemade, properly prepared foods!

<p>Week 1</p> <p>Give your baby 1-2 teaspoons of meat stock before each time you breastfeed (as possible).</p> <p>Introduce 1-2 teaspoons of freshly pressed (homemade) vegetable juice mixed with warm filtered water once daily, between meals. Start with just carrot juice for a few days, then add cabbage, celery or lettuce to the juicer. Use the juice within 1 hr of pressing it.</p> <p><i>*Remember that no commercial juices should ever be given to a baby, as these are often rotten and full of sugar!</i></p> <p><i>*Remember to leave all of the fat in the stock. Your baby needs this for proper growth and development.</i></p>	<p>Week 2 (In addition to previous foods)</p> <p>Add ½ teaspoon per day of a probiotic juice: either homemade whey or homemade sauerkraut juice.</p> <p>Vegetable soup - 2-4 tsp daily! This consists of non-fibrous, non-starchy vegetables that are peeled and de-seeded, cooked in the meat stock until very soft. Good vegetables to use include: carrot, squash, onion, and stem-less broccoli or cauliflower. Once cooked, cool until just warm and mix with a fat. Good fats to use include: any animal fat such as tallow, lard, butter, ghee; coconut oil, olive oil, 5 drops of fermented cod liver oil. You should alternate between these fats each day to introduce different fats into your baby's diet. This "soup" can be given in chunks (large enough for your baby to try to handle but small enough so they don't choke), or puréed into a thick soup and spoon-fed to your baby.</p>	<p>Week 3 (In addition to previous foods)</p> <p>Add organic meats that have been boiled in the meat stock to your baby's meals. These should consist of all the different parts of the animal - the meats close to the bone are the best nutrition (example: darker meats, skin, bits from the legs/wings/carcass from poultry). You can also give your baby organ meats that are blended into the stock or eaten in small bits!</p> <p>Add ripe avocado, starting with 1-2 teaspoons the first couple of times, and increasing as your baby wants it.</p> <p>If your baby tolerates whey, introduce homemade yogurt: 1 tsp in each cup of stock. Continue to add 1 teaspoon of sauerkraut juice to each cup of soup/stock.</p> <p><i>*This week, if your baby has been using formula, start replacing the formula with soups. If you have been breastfeeding, continue to top off with breastmilk after each meal.</i></p>
<p>Weeks 4-5 (In addition to previous foods)</p> <p>After doing a sensitivity test, add 1 raw organic egg yolk to your baby's stock or vegetable purée.</p> <p>If your baby tolerates the homemade yogurt, add or replace with creme fraiche.</p> <p>Try 1 tsp cooked ripe apple, sautéed in a generous amount of fat.</p>	<p>Weeks 6-7 (In addition to previous foods)</p> <p>Increase the homemade yogurt to 3 teaspoons per meal (you can even add it to your baby's fresh juice)! Increase to 2 raw egg yolk in soup/stock per day. Increase the amount of meat your baby is consuming throughout the day.</p> <p><i>*In this stage, if your baby has been on formula, stop using the formula all together. If your baby is breastfeeding, you can continue breast milk following meals (or adjust to mornings and evenings as your baby is asking for it).</i></p>	<p>Weeks 8-9 (In addition to previous foods)</p> <p>Nut Butter Pancakes! Use soaked or sprouted almond or hazelnuts to make your nut butter. Mix with squash and eggs, fry in a generous amount of fat, and give 1 small pancake to your baby per day.</p> <p>Increase the amount of fresh juice, and start to add a small amount of apple to the juice. Keep adding yogurt or creme fresh in with the juice.</p> <p>Try some raw veggies! Start with blended lettuce or peeled cucumber. If tolerated, add blended raw carrot, celery and cabbage one at a time.</p>

Weeks 10 and beyond. (In addition to all of the foods your baby has eaten in the last 9 weeks...)

Give your baby 1 whole egg (whites included) with a generous amount of fat per day. Increase to 2 as tolerated.

Introduce raw fruit: raw apple, without the skin, and ripe banana. Make sure your baby is eating the fruit away from meals, as it could affect the digestion of proteins if eaten together. Start with 1 tsp and increase as tolerated.

Make cottage cheese from your homemade yogurt, and give your baby 1 tsp. Increase this amount as tolerated.