

Family-Approved GAPS Diet Meal Plan

From learning disabilities to eczema, more parents are turning to GAPS diet recipes for solutions. Otherwise known as the gut and psychology syndrome diet, GAPS soothes inflammation and mends a leaky gut, getting rid of a variety of health problems linked to unhappy digestion. But the GAPS protocol is very specific and sometimes limiting.

Which means that cooking GAPS diet recipes can be demanding. And repetitive.

If you'd rather not slave away in the kitchen or bore your kids to tears, you must meal plan. Once you get a handful of GAPS diet recipes in rotation, you'll find you obsess about food a little less. And you will have more free time. Something moms can always use a little more of, yes?

Below I've put some of my favorite GAPS diet recipes into a five-day meal plan. These meals are appropriate for the full GAPS diet. Not sure what that means? [Read more about it here.](#)

Your meal plan

Monday

- Confetti chicken noodle salad

Tuesday

- Dill and garlic baked salmon with zucchini noodles

Wednesday

- Best lentil soup

Thursday

- Delicious bean-free chili

Friday

- Veggie frittata

Your timeline

Monday night

- Prepare confetti chicken noodle salad.

Tuesday morning

- Defrost salmon, if frozen.

Tuesday evening

- Prepare dill and garlic baked salmon with zucchini noodles.
- Soak lentils.
- Make bone broth, if using.

Wednesday evening

- Prepare best lentil soup.
- Defrost ground turkey or beef in fridge, if frozen

Thursday

- Prepare delicious bean-free chili.

Friday afternoon

- Prepare veggie frittata.

Saturday morning

- Hit your local farmer's markets and shops to pick up necessary ingredients for the week.

Your shopping list

Produce

- carrots - 8
- coconut - 2/3 cup
- collard greens - 2 cups
- fresh dill - 12 sprigs
- fresh ginger - 1 inch
- garlic - 3 heads
- green onions - 6
- kale - 4 cups
- limes - 4
- mushrooms - 3 cups
- onions - 6
- purple cabbage - 1/2
- red peppers - 5
- spinach - 4 cups
- sugar snap peas - 4 cups
- vegetable broth - 2 quarts
- yellow onion - 1

Meat and seafood

- chicken - 2 pounds boneless/skinless
- ground turkey or beef- 2 pounds
- salmon - 3 pounds

Spices

- chili powder
- curry powder
- dried thyme

- ground black pepper
- ground cumin
- oregano
- red pepper flakes
- sea salt

Vinegar and oils

- apple cider vinegar
- coconut oil
- extra virgin olive oil
- sesame oil

Bulk

- brown lentils - 2 cups

Eggs and dairy

- eggs - 16
- cheese - garnish
- yogurt - garnish

Asian

- fish sauce - 1 teaspoon
- kelp noodles - 1 package

Canned and jarred goods

- almond butter - 6 tablespoons
- diced tomatoes - 6 28-oz cans

- hot sauce - 4 teaspoons
- lemon juice - 4 tablespoons
- tomato paste - 2 cans
- tomato sauce - 2

Confetti Chicken Noodle Salad

Ingredients

- 2 cups sugar snap peas, coarsely chopped
- 1/4 purple cabbage, thinly sliced
- 1 red pepper, thinly sliced
- 1 yellow pepper, thinly sliced
- 2 carrots, cut into tiny cubes
- 3 green onions, just the white and light green parts, thinly sliced
- 1 cucumber, seeds removed and cut into thin strips

For the kelp noodles:

- 1 package Kelp Noodles
- 2 quarts warm water
- 1 lime, juiced

For the dressing:

- 3 tablespoons almond butter
- 1/3 cup coconut amios
- 1/3 teaspoon fish sauce
- 1 tablespoon sesame oil
- 1 tablespoon apple cider vinegar
- 1/2 inch fresh ginger, finely diced
- 2 cloves garlic, crushed
- 2 teaspoons Tobasco sauce or other hot sauce
- 1 lime, juiced

For the grilled chicken:

- 2 tablespoons sesame oil if cooking on stovetop
- 1 pound chicken tenders or boneless/skinless chicken

- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon sea salt

Instructions

1. Slice veggies as indicated above. Place in a large salad bowl.
2. To prepare kelp noodles, open kelp noodle package and dump out water.
3. Place kelp noodle 'block' on cutting board and cut through with a large knife. I like to cut into quarters.
4. Place cut kelp noodle block in a mixing bowl and cover with warm water. Squeeze lime juice over water and allow to soften while you prepare the Almond-Lime Dressing.
5. Mix all dressing ingredients in a blender or with a whisk. Reserve until after the salad is put together.
6. To cook the chicken, sprinkle both sides with salt and pepper, add sesame oil to a skillet and cook over medium-high heat for 7-10 minutes on each side or until golden brown and cooked through.
7. Alternatively, grill over a hot grill after seasoning for 5-8 minutes on each side, again until cooked through.
8. Remove chicken and set aside to cool.
9. Drain kelp noodles after 10-20 minutes soaking in the water. Add to the vegetables and toss with your hands or salad tongs.
10. Cut chicken in bite-sized pieces and add to salad.
11. Add dressing and toss again.
12. Serve now or chill, covered overnight.

Dill and Garlic Baked Salmon

Ingredients

- 1 1/2 pounds salmon (skin on), cut into 6 filets
- 1 tablespoon extra virgin olive oil
- 3 cloves garlic, finely grated
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon ground black pepper
- 6 sprigs fresh dill

Instructions

1. Place the salmon filets on a parchment paper-lined rimmed baking sheet. Drizzle the top with the olive oil and then run an equal amount of garlic into each filet top.
2. Sprinkle the tops with the salt and pepper. Place a piece of dill over each filet.
3. Bake at 350 F for 7 to 10 minutes, or until desired doneness (more time for a more well-done fish).

Best Lentil Soup

Ingredients

- 1/4 cup extra virgin olive oil
- 1 medium yellow or white onion, chopped
- 2 carrots, peeled and chopped
- 4 garlic cloves, pressed or minced
- 2 teaspoons ground cumin
- 1 teaspoon curry powder
- 1/2 teaspoon dried thyme
- 1 large can (28 ounces) diced tomatoes, drained
- 1 cup brown or green lentils, picked over and rinsed
- 4 cups vegetable broth
- 2 cups water
- 1 teaspoon salt, more to taste
- Pinch red pepper flakes
- Freshly ground black pepper
- 1 cup chopped fresh collard greens or kale, tough ribs removed
- Juice of 1/2 to 1 medium lemon, to taste

Instructions

1. Warm the olive oil in a large Dutch oven or pot over medium heat. One-fourth cup olive oil may seem like a lot, but it adds a lovely richness and heartiness to this nutritious soup
2. Once the oil is shimmering, add the chopped onion and carrot and cook, stirring often, until the onion has softened and is turning translucent, about 5 minutes. Add the garlic, cumin, curry powder and thyme. Cook until fragrant while stirring constantly, about 30 seconds. Pour in the drained diced tomatoes and cook for a few more minutes, stirring often, in order to enhance their flavor.

3. Pour in the lentils, broth and the water. Add 1 teaspoon salt and a pinch of red pepper flakes. Season generously with freshly ground black pepper. Raise heat and bring the mixture to a boil, then partially cover the pot and reduce heat to maintain a gentle simmer. Cook for 30 minutes, or until the lentils are tender but still hold their shape.
4. Transfer 2 cups of the soup to a blender. Protect your hand from steam with a tea towel placed over the lid and purée the soup until smooth. Pour the puréed soup back into the pot and add the chopped greens. Cook for 5 more minutes, or until the greens have softened to your liking.
5. Remove the pot from heat and stir in the juice of half of a lemon. Taste and season with more salt, pepper and/or lemon juice until the flavors really sing. Serve immediately. Leftovers will keep well for about 4 days in the refrigerator, or can be frozen for several months (just defrost before serving).

Bean Free Chili

Ingredients

- 2 lbs ground turkey or beef, scrambled and seasoned with cumin and other desired seasonings
- 2 cans diced tomatoes
- 1 small can tomato sauce
- 1 can tomato paste
- 2 onions, finely chopped
- 1 large red pepper, chopped (optional)
- cumin, chili powder, garlic and other desired seasonings

Instructions

1. Scramble the meat until browned, season as desired with cumin, chili powder, garlic, etc.
2. Dice onions and sauté in same pan until slightly tender.
3. Do the same with pepper if using it.
4. Add all to larger pot.
5. Add diced tomatoes, tomato sauce and tomato paste and more seasonings to taste.
6. Simmer 10-15 minutes until well warmed.
7. Serve with sour cream and cheese if desired

Veggie Frittata

Ingredients

- 1/2 medium yellow onion, finely chopped
- 1/2 red bell pepper, finely chopped
- 1 1/2 cups mushrooms, thinly sliced
- 2 cups fresh kale, chopped
- 2 cups fresh spinach, chopped
- 8 eggs, beaten
- 1 Tbsp butter or coconut oil

Instructions

1. Heat an oven proof skillet (I like to use my cast iron frying pan) over medium high heat and turn on broiler (on high) to preheat oven.
2. Add oil to pan. Add onion, pepper and mushroom and sauté, stirring occasionally, until vegetables are starting to soften (3-4 minutes).
3. Add kale and continue to sauté, until all vegetables are cooked (8-10 minutes).
4. Add spinach, and stir until spinach is wilted.
5. Add beaten eggs. Let cook on stove top 1-2 minutes, stirring a couple of times.
6. Place skillet in oven and broil until eggs are completely cooked, puffed up and starting to brown on top. Serve and enjoy!