

The following is what works best for my body at this point (11 months into GAPS). It is influenced by regular GAPS stuff, plus the liver cleansing tips provided in *The Body Ecology Diet* book.

7-9am	9-11am	11-2pm	2-4pm	5-7pm	8-10pm
<p>Juice of a freshly squeezed lemon in a cup of warm, filtered water. Drink slowly, "chewing" the drink.</p>	<p>Green drink. (I juice chard or kale and add dried chlorella and my EFA supplement. Sometimes I add another veggie, like carrot.)</p> <p>Over the next hour or so, sip Apple Cider Vinegar in water.</p>	<p>Any protein, plus liver pills, fermented veggies, raw veggie(s).</p> <p>If I'm going to have animal protein (cheese or meat) I try to have it at this point.</p> <p>Upon finishing the meal, and between this and the next meal, sip Apple Cider Vinegar in water.</p>	<p>Non-animal protein, such as nuts or seeds. fermented veggies (absolutely crucial), a raw veggie, soup (optional).</p> <p>Upon finishing the meal, and between this and the next meal, sip Apple Cider Vinegar in water.</p> <p>Often my body needs to rest in the late afternoon, so I do that.</p>	<p>A light dinner that will be digested by bedtime: Veggies (raw or cooked, plus fermented) and, if I feel I need it, a light protein.</p> <p>Upon finishing the meal, and until about 8pm, sip Apple Cider Vinegar in water.</p>	<p>Detox bath</p> <p>Kefir</p> <p>If I feel unbearably hungry, I will have a handful of almonds.</p> <p>I don't drink much (if anything) during this period so I won't have to pee in the night!</p>
		<p>Sample Proteins:</p> <ul style="list-style-type: none"> ● Shepherd's Pie ● Nori rolls (or lettuce or chard leaf) filled with nut/seed pate ● Soup and cheese ● Veggie-egg scramble ● Salmon and veggies 	<p>Example Non-Animal Proteins:</p> <ul style="list-style-type: none"> ● Nut/seed burgers ● Nori rolls filled with nut/seed pate ● Cabbage rolls stuffed with nut/seed/veggie mixture ● Occasionally, pancakes. 	<p>Example Foods:</p> <ul style="list-style-type: none"> ● Soup ● Salad with or without nuts ● Veggie 'Cous Cous' Medley 	

My blog offers many meal ideas, including many delicious soups. See: <http://gapsguide.com/category/recipes/>