

FOOD TRACKER WORKSHEET

DISCOVER FOOD SENSITIVITIES BY TRACKING WHAT YOU EAT AND HOW IT AFFECTS YOU

Congrats, you made it 4 weeks without gluten, dairy, highly processed soy, corn, alcohol, and artificial sweeteners. Now it's time to start reintroducing these foods/food components and track any sensitivities. One food will be added back at a time, over the course of three days. Add the food to 1 meal the first day, and wait and track any reactions for the next 48 hours (days 2 and 3). Make sure to note anything that seems out of the ordinary. After the 48 hours, reintroduce the second food to 1 meal, and track any sensitivities for the next 48 hours. Only move onto introducing the next food if you had no reactions to the food introduced right before. If you did experience a reaction, wait another 48 hours before moving on to reintroducing the next food. Continue this process

until all food/food components have been added back. If you are unsure whether you had a response, retest the same food in the same manner. Reintroduce the foods in this order: gluten, dairy, corn, highly processed soy, alcohol, and artificial sweeteners. I'm leaving reintroducing artificial sweeteners up to you. Reintroduce them last if you choose to do so. Just keep in mind things like organic tempeh and tofu are ideal sources of soy. If you don't want to reintroduce something, you don't have to. If you end up being sensitive to a food, you don't need to remove the food from your intake permanently. Give your body some time (a couple months) and try to reintroduce the food again in the future, if you wish.

FOOD	GLUTEN			DAIRY			CORN		
DAY	1	2	3	1	2	3	1	2	3
TIME									
DIGESTION (excessive foul-smelling gas, excessive bloating, diarrhea, constipation, cramping, etc.)									
MOOD									
MILD HEADACHE									
ENERGY LEVEL									
SLEEP									
OTHER ISSUES									

FOOD TRACKER WORKSHEET (cont.)

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FOOD	HIGHLY PROCESSED SOY			ALCOHOL			ARTIFICIAL SWEETENERS		
DAY	1	2	3	1	2	3	1	2	3
TIME									
DIGESTION (excessive foul-smelling gas, excessive bloating, diarrhea, constipation, cramping, etc.)									
MOOD									
MILD HEADACHE									
ENERGY LEVEL									
SLEEP									
OTHER ISSUES									