

WHOLE30 REINTRODUCTION FOODS

LOWER
REACTION
RISK



HIGHER
REACTION
RISK

LEGUMES

- PEANUTS
- LENTILS
- SOY
- PEAS
- BEANS

NON-GLUTEN GRAINS

- CORN
- RICE
- GF OATS
- QUINOA
- MILLET

DAIRY

- MILK
- CHEESE
- BUTTER
- CREAM
- YOGURT

GLUTEN GRAINS

- WHEAT
- BARLEY
- RYE
- MALT
- YEAST

SUGAR

- HONEY
- MAPLE SYRUP
- CANE SUGAR
- STEVIA
- AGAVE

ALCOHOL

- BEER
- SPIRITS
- WINE
- CIDER
- LIQUEURS

WHOLE30 REINTRODUCTION TRACKER

WEEK OF: _____

M	Food I'm trying: _____ How much I ate: _____ How I'm feeling: _____ Cause of any symptoms? _____
T	Food I'm trying: _____ How much I ate: _____ How I'm feeling: _____ Cause of any symptoms? _____
W	Food I'm trying: _____ How much I ate: _____ How I'm feeling: _____ Cause of any symptoms? _____
T	Food I'm trying: _____ How much I ate: _____ How I'm feeling: _____ Cause of any symptoms? _____
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