

REINTRODUCTION FOODS SCHEDULE

	SUN	MON	TUE	WED	THU	FRI	SAT
WEEK 1	ADD 1 FOOD	MONITOR YOUR SYMPTOMS		ADD 1 FOOD	MONITOR YOUR SYMPTOMS		ADD 1 FOOD
WEEK 2	MONITOR YOUR SYMPTOMS		ADD 1 FOOD	MONITOR YOUR SYMPTOMS		ADD 1 FOOD	MONITOR YOUR SYMPTOMS
WEEK 3	MONITOR YOUR SYMPTOMS	ADD 1 FOOD	MONITOR YOUR SYMPTOMS		ADD 1 FOOD	MONITOR YOUR SYMPTOMS	
WEEK 4	ADD 1 FOOD	MONITOR YOUR SYMPTOMS		ADD 1 FOOD	MONITOR YOUR SYMPTOMS		ADD 1 FOOD

WELLNESS COACH

Carmen

CARRION



SYMPTOM CHART

FOOD

SYMPTOM							
BLOATING							
HEADACHE							
JOINT PAIN							
HOT FLASHES							
YOUR SYMPTOM: _____							
YOUR SYMPTOM: _____							