

Phase II Food Reintroduction Chart

Introduce a new food group each day. If you experience a reaction, wait 3 days to introduce another new food group.

Type	Food	Date of Ingestion	A.M. Weight		Symptoms/Reactions
			Day of Ingestion	Day after Ingestion	
Vegetable					
Protein					
Dairy					
Fruit					
Carbohydrate					
Nuts and Seeds					
Oils					
Other					



SHAPE
ReClaimed