

Food Log

Date _____

Directions: Jot down everything you consume with as much detail as possible. Write one entry per line to keep track of each individually.

Time	Food, Drink or Supplement (one item per line)	How did you feel BEFORE?	How did you feel AFTER?	Notes
<i>Eg: 9am</i>	<input type="checkbox"/> 1 Hard-boiled egg (organic)	<i>Hungry, groggy</i>	<i>Good, still a little hungry</i>	

Symptoms/ Reaction Log

Date _____

Directions: Take a moment and reflect on how your body feels. We often miss subtle signals from our body that can help us understand the best foods for us. In the last column, you can add any specific symptoms personal to you.

Skin	Brain/ CNS	Gastro-intestinal	Respiratory	Cardio-vascular	Other			Your symptoms
Rash/ hives	Brain fog/ Focus	Bloating	Congestion	Heart rate	Aches & Pains			_____
Itch	Dizzy	Reflux/ Heartburn	Sneezing	Blood pressure	Tinnitus- ringing in ears			_____
Swelling	Headache	Upset stomach	Running nose					_____
Pain	Migraine	Nausea/ vomiting	Cough					_____
	Insomnia	Stomach cramps						_____
	Fatigue	Diarrhea/ constipation						_____

Your Insights:	<input type="checkbox"/> Need to drink more water							

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Time	Test Food, Drink or Supplement: One at a time	Day 1 Symptoms?	Day 2 Symptoms?	Day 3 Symptoms?	Safe? No symptoms for 2-3 days afterwards
Eg, 9 am	Eggs, plain, hardboiled	None	None	None	<input checked="" type="checkbox"/> Yes

Directions:

Test one food, drink or supplement at a time, in purest form (not mixed with other foods or spices).
 Keep track of your symptom for 3 days.
 If no reaction, then this food is likely safe and can be added to your diet.

For foods that are more likely to cause allergy (Peanuts, Dairy, Eggs, Wheat (and other gluten foods), Soy, Nuts and Shellfish), even if you tolerate these foods, rotate them through your week. This means if you have them one day, avoid having them for the next 3 days.

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Test Food, Drink or Supplement:	How did you feel before?	How did you feel after?	Safe?
Egg yolk			<input type="checkbox"/>

Directions:

Jot down everything you eat, drink, or take (supplements, medicine, etc.) with as much detail as possible. Write one entry per line to keep track of each individually.