



Whole30 Reintroduction

Choose the category you are missing the most. Introduce small-ish amounts of that category at each meal for one day. Go back to the whole 30 for the next 2 full days and document how you feel.

If you have a “reaction” take the food out, wait 5 days so the reaction can clear out of your system and add another category.

If you do not have a reaction, still leave the “okay category” out for now and choose the next food to try.

Categories

(OPTIONAL) Added sugar: cane sugar in coffee, honey with sweet tea or drizzled on a sweet potato, salmon glazed with maple syrup, maple chicken sausage, honey ham.

(OPTIONAL) Gluten-free alcohol: gluten-free beer or cider, wine, and unflavored vodka, tequila, gin, rum, or any distilled (unflavored) spirits.

Legumes: hummus, tofu, black beans, lentils, natural peanut butter, dry roasted peanuts,

Non-gluten grains: corn on the cob, homemade popcorn, 100% corn tortillas, gluten-free oatmeal, white or brown rice, quinoa.

Dairy: heavy cream or full-fat milk, butter, plain yogurt or kefir, cheese, cottage cheese, cream cheese, whey protein powder.

Gluten-containing grains: whole-grain bread, wraps, or tortillas; pasta or couscous; crackers; low-sugar whole-grain cereals
Gluten-containing alcohol: beer



Category: _____

Symptoms	Headache	Breathing/asthma/congestion	Allergies
Digestion	Energy	Sleep	Cravings
Mood	Attention/Focus	Skin	Self confidence
Pain	Inflammation	Athletic performance/Recovery	other

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