

# My Reintroduction Plan

Make a list of all of the foods you want to reintroduce, ordering them from greatest desire to least desire.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
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9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_

## Quick Reference

| Reintroducing | Food                                                                                                         | Quantity              |
|---------------|--------------------------------------------------------------------------------------------------------------|-----------------------|
| Lactose       | milk                                                                                                         | 1 cup                 |
| Casein        | Cheddar or parmesan cheese<br>(cheddar = more of a blend between casein and lactose, parmesan = more casein) | 1-2oz                 |
| Whey          | whey protein powder                                                                                          | 1-2 scoops            |
| Gluten        | 100% whole wheat noodles or whole wheat bread                                                                | 1 cup<br>1 slice      |
| Corn          | frozen corn<br>or fresh corn on the cob                                                                      | 3/4 to 1 cup<br>1 cob |
| Egg white     | white omelet                                                                                                 | 1 egg white           |
| Egg yolk      | yolk-scrambled omelet                                                                                        | 1 egg yolk            |
| Soy           | soy milk, unsweetened                                                                                        | 1 cup                 |
| Sugar         | pure cane sugar                                                                                              | 1 Tbsp                |

# Reintroduction Journal

| Date | Time | Foods Eaten | Feelings, emotions, mood,<br>observations of body | Digestive symptoms<br>(bowels, gas, urination, etc.) | Major activities<br>(stress, work, exercise, etc.) |
|------|------|-------------|---------------------------------------------------|------------------------------------------------------|----------------------------------------------------|
|------|------|-------------|---------------------------------------------------|------------------------------------------------------|----------------------------------------------------|

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