

THE  
HEALTH  
FORMULA

## My Food Reintroduction Plan

Use the "Food Reintroduction List" to determine which foods you will reintroduce, and in what order. Then, list the sequence below.

Remember to use a Food Diary to track your symptoms, and to reintroduce only one food every 3 days.

Category (i.e. dairy, caffeine, etc.)	Food

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