My food list — sheet 1

Name (optional) _____

One row per food you try. Note how it was prepared and how much, then how you felt over the next 24 hours. Your verdict is about your own body, for now; retest later.

Food	How prepared	Portion	Date	Symptoms within 24 h	My verdict
					fine · test again · avoid for now
					fine · test again · avoid for now
					fine · test again · avoid for now
					fine · test again · avoid for now
					fine · test again · avoid for now
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					fine · test again · avoid for now
					fine · test again · avoid for now
					fine · test again · avoid for now
					fine · test again · avoid for now
					fine · test again · avoid for now

My food list — sheet 2

Name (optional) _____

One row per food you try. Note how it was prepared and how much, then how you felt over the next 24 hours. Your verdict is about your own body, for now; retest later.

Food	How prepared	Portion	Date	Symptoms within 24 h	My verdict
					fine / test again / avoid for now
					fine / test again / avoid for now
					fine / test again / avoid for now
					fine / test again / avoid for now
					fine / test again / avoid for now
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					fine / test again / avoid for now
					fine / test again / avoid for now
					fine / test again / avoid for now