

# Reintroduction Schedule

**The 3-Day Rule:** Introduce ONE new food at a time. Eat a small amount on Day 1, a normal amount on Day 2, and a large amount on Day 3. Then wait 2-3 days (“Washout”) before introducing the next food. If symptoms return, STOP immediately.

Phase	Food to Test	Day 1 (Small)	Day 2 (Normal)	Day 3 (Large)	Washout (Days 4-6)	Result (Safe/Trigger)
1	Dairy (Yogurt)	<input type="checkbox"/> No Symptoms	<input type="checkbox"/> No Symptoms	<input type="checkbox"/> No Symptoms	<input type="checkbox"/> Symptom Free	
2	Gluten (Bread)	<input type="checkbox"/> No Symptoms	<input type="checkbox"/> No Symptoms	<input type="checkbox"/> No Symptoms	<input type="checkbox"/> Symptom Free	
3	Eggs	<input type="checkbox"/> No Symptoms	<input type="checkbox"/> No Symptoms	<input type="checkbox"/> No Symptoms	<input type="checkbox"/> Symptom Free	
4	Soy	<input type="checkbox"/> No Symptoms	<input type="checkbox"/> No Symptoms	<input type="checkbox"/> No Symptoms	<input type="checkbox"/> Symptom Free	
5	Corn	<input type="checkbox"/> No Symptoms	<input type="checkbox"/> No Symptoms	<input type="checkbox"/> No Symptoms	<input type="checkbox"/> Symptom Free	
6	Nuts	<input type="checkbox"/> No Symptoms	<input type="checkbox"/> No Symptoms	<input type="checkbox"/> No Symptoms	<input type="checkbox"/> Symptom Free	
7	Nightshades	<input type="checkbox"/> No Symptoms	<input type="checkbox"/> No Symptoms	<input type="checkbox"/> No Symptoms	<input type="checkbox"/> Symptom Free	

**Notes:**

- **Small Amount:** 1 teaspoon or one bite.
- **Normal Amount:**  $\frac{1}{2}$  cup or one standard serving.
- **Large Amount:** 1 cup or a generous serving.

### **Symptom Checklist:**

- Bloating / Gas
- Headache / Migraine
- Fatigue / Brain Fog
- Skin Rash / Eczema
- Joint Pain
- Mood Swings

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