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Standard Diet Journal

List all foods and drinks you consume over the course of the next 2 weeks. Note any symptoms you have after eating each meal. Do not restrict what you eat, the purpose of this exercise is to determine which foods are trigger foods.

Date / Time	List all foods, beverages, medications consumed.	Date / Time	Symptoms experienced including bloating, gas, heart burn, cramping, headaches, mood changes, energy levels, etc.

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