

Whole30 Reintroduction Timeline



Day	What am I eating?	Evaluation
Day 1: <i>circle one</i> Legumes Dairy Non Gluten Grains Gluten Non Grain Alcohol	B: L: D:	
Days 2&3 Strict Whole30-monitor your progress		
Day 4: <i>circle one</i> Legumes Dairy Non Gluten Grains Gluten Non Grain Alcohol	B: L: D:	
Days 5&6 Strict Whole30-monitor your progress		
Day 7: <i>circle one</i> Legumes Dairy Non Gluten Grains Gluten Non Grain Alcohol	B: L: D:	
Days 8&9 Strict Whole30-monitor your progress		
Day 10: <i>circle one</i> Legumes Dairy Non Gluten Grains Gluten Non Grain Alcohol	B: L: D:	
Days 11&12 Strict Whole30-monitor your progress		
Day 13: <i>circle one</i> Legumes Dairy Non Gluten Grains Gluten Non Grain Alcohol	B: L: D:	
Days 14&15 Strict Whole30-monitor your progress		