

# Therapeutic Diet Transition & Reintroduction Tracker

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

Current Phase: [ ] Stabilization [ ] Therapeutic/Fat Adaptation [ ] Reintroduction [ ] Sustainability

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## Section 1: Clinical Strategy & Genetic Guardrails

*Before starting, identify the "Clinical Cast" and genetic factors to prevent long-term depletion.*

1. Primary Therapeutic Protocol: [ ] Elemental (14–21 days) | [ ] Low FODMAP (4–6 weeks) | [ ] Keto (3–6 months) | [ ] AIP (30–90 days)
  2. Genetic Considerations (Nutrigenomic Profile): \* **APOE4 Status:** [ ] Positive (Prioritize MUFA/Olive Oil over Saturated Fats) \* **MTHFR Status:** [ ] Variant (Ensure 5-MTHF/Leafy Green intake is high) \* **FTO Status:** [ ] Risk Allele (Aim for 30% Protein for satiety support)
  3. Target End Date for Restrictive Phase: \_\_\_\_\_
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## Section 2: Metabolic Flexibility & Phase Tracking

*Track the transition from "Metabolically Stiff" to "Metabolically Flexible."*

Phase	Goal	Key Actions	Completion Date
1. Stabilization	Circadian Reset	12:12 Fast; No processed sugars/seed oils.	_____
2. Adaptation	Fuel Switching	< 50g Net Carbs (or protocol specific).	_____
3. Switching	Sustainability	Intro Carb Cycling or Feast-Famine cycles.	_____

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## Section 3: The 'Step-Down' Reintroduction Log

*Use the 3-Day Rule: Introduce ONE food. Day 1: Small portion. Day 2: Large portion. Day 3: Observe.*

Food Item	Date	Reaction (Gas, Bloat, Brain Fog, Pain, Skin)	Pass/Fail
Ex: Almonds	Oct 1	<i>Slight bloating on Day 2; cleared by Day 3.</i>	PASS
			[ ]
			[ ]
			[ ]
			[ ]

**Reintroduction Hierarchy Reminder:** Seeds \$\rightarrow\$ Nuts \$\rightarrow\$ Nightshades \$\rightarrow\$ Eggs \$\rightarrow\$ Dairy \$\rightarrow\$ Gluten.

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## Section 4: Deficiency & Sustainability Check

*Monitor every 90 days to prevent "The Hidden Hunger."*

**Biomarker Checklist (Check if tested/optimized):** - [ ] **B12/Folate:** (High priority for Vegan/Low FODMAP) - [ ] **Magnesium/Potassium:** (High priority for Keto/Fat Adaptation) - [ ] **Vitamins A, D, E, K:** (High priority for Low-Fat/Gallbladder protocols) - [ ] **Zinc/Copper:** (High priority for long-term AIP)

**Sustainability Score (1-10):** \_\_\_\_\_

*(1 = Feeling restricted/fatigued; 10 = Diet feels effortless and varied)*

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## Practitioner Observations & Next Steps:

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**Next Appointment Date:** \_\_\_\_\_

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*AccrediPro Standards Institute Certified Tool*

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