

Therapeutic Diet Transition & Reintroduction Tracker

Client Name: _____ Date: _____

Current Phase: ☐ Stabilization ☐ Therapeutic/Fat Adaptation ☐ Reintroduction ☐

Sustainability

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 MUFAs/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: _____

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.	_____

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	Slight bloating on Day 2; cleared by Day 3.	PASS
			[]
			[]
			[]
			[]

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

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)

Practitioner Observations & Next Steps:

Next Appointment Date: _____

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