

# THE ELIMINATION DIET

## Daily Food Log

1

DATE : \_\_\_\_\_

FOOD LOG

SYMPTOMS

⋮

⋮

⋮

2

DATE : \_\_\_\_\_

FOOD LOG

SYMPTOMS

⋮

⋮

⋮

3

DATE : \_\_\_\_\_

FOOD LOG

SYMPTOMS

⋮

⋮

⋮

4

DATE : \_\_\_\_\_

FOOD LOG

SYMPTOMS

⋮

⋮

⋮