

Plant-Fat Symptom Fit Tracker

Use this for seven days when avocado, nuts, seeds, oils, tahini, or nut butter seem connected to reflux, fullness, bloating, urgency, or stool changes.

Day	Plant fat tested	Portion	Meal size	Timing	Main symptom	Onset	Notes
1							
2							
3							
4							
5							
6							
7							

Review

- Did symptoms follow one plant fat or only rich meals?
- Did reflux/fullness differ from lower-belly bloating?
- Was constipation, diarrhea, coffee, alcohol, or carbonation involved?
- What is the smallest next test?