

Plant-Based Meal Test Tracker

Use this for one plant-based meal at a time. Do not test five new ingredients in one bowl.

Meal Setup

- Date:
- Meal:
- Main symptom you are watching:
- Bowel pattern before meal:
- Stress, sleep, cycle, or illness context:

Meal Details

Part of meal	Food	Portion	Notes
Protein			
Grain or starch			
Vegetables or fruit			
Fat source			
Extras			

Symptom Log

Time window	Gas or bloating	Pain or cramps	Stool change	Fullness or reflux	Notes
0 to 2 hours					
2 to 6 hours					
Next day					

Next Decision

- Repeat same meal
- Lower serving size
- Cook or soften plant foods
- Reduce legume or FODMAP stacking
- Lower fat concentration
- Choose a different protein anchor
- Pause and ask a clinician or dietitian