

# Plant-Food Flare Reset Tracker

Use this for a short flare window when plant foods feel louder than usual.

## Day and Context

- Date:
- Main symptom: bloating / pain / urgency / constipation / reflux / other
- Stool pattern:
- Stress, sleep, or cycle context:

## Meal Log

Meal	Plant foods included	Grain or starch	Portion notes	Symptoms within 6 hours	Next-day symptoms
Breakfast					
Lunch					
Dinner					
Snacks					

## What Changed?

- One food added:
- One food reduced:
- Serving size changed:
- Texture changed: raw / cooked / blended / whole
- Bowel pattern changed:

## Next Step

- Keep this serving
- Reduce dose
- Change grain or fiber type
- Review FODMAP stacking
- Pause and ask a clinician or dietitian