

# PHASE 3: MAINTENANCE LOG

Personalized Nutrition Strategy

Week of: \_\_\_\_\_

| FODMAP GROUP  | SAFE FOODS & THRESHOLDS | SYMPTOM NOTES |
|---|-------------------------|---------------|
| <b>FRUCTOSE</b><br>Honey, Mango,<br>Asparagus, Snap<br>Peas |                         |               |
| <b>LACTOSE</b><br>Milk, Yogurt,<br>Soft Cheeses             |                         |               |
| <b>FRUCTANS</b><br>Garlic, Onion,<br>Wheat, Pasta           |                         |               |
| <b>GOS</b><br>Legumes,<br>Lentils, Cashews                  |                         |               |
| <b>POLYOLS</b><br>Mushrooms,<br>Cauliflower,<br>Stone Fruit |                         |               |

## Weekly Summary & Lifestyle Factors

Stress/Sleep Impact:

Overall Wellness Score:

*Note: This is a personalization template. Re-introduce varied fibers regularly to support gut microbiome diversity.*