**CustomizedLEAP Food Introduction Plan – Phases 1 & 2**

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| **Name:** |  | **Date:** |  |

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| Phase 1  (Calming) | Phase 2  (Systematic Diet Expansion – lower to higher PVD) | | | |
| **10-14 Days (25-35 items <1.1 when possible or up to 1.5)** | **Remainder of MRT tested foods-Time frame-4-6 more weeks; Add 1 new food/day; check off if works (no symptoms) Generally do not add yellow foods for 3 months and reds for 6 months** | | | |
| **Proteins** | | | | |
|  |  |  |  |  |
| **Grains & Starches** | | | | |
|  |  |  |  |  |
| **Vegetables** | | | | |
|  |  |  |  |  |
| **Fruits** | | | | |
|  |  |  |  |  |
| **Dairy & Miscellaneous** | | | | |
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| **Nuts & Seeds & Oils** | | | | |
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| **Flavor Enhancers** | | | | |
|  |  |  |  |  |
| **Other** | | | | |
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