









Whole30 Reintroduction

- CALENDAR -

<p>DAY 1</p> <p>Evaluate legumes. Peanut butter, soy sauce, black beans—try a serving of legumes at each meal.</p>	<p>DAY 2</p> <p></p>	<p>DAY 3</p> <p></p>
<p>DAY 4</p> <p>Evaluate non-gluten grains. Oatmeal, white rice, tortilla chips, gluten-free bread.</p>	<p>DAY 5</p> <p></p>	<p>DAY 6</p> <p></p>
<p>DAY 7</p> <p>Evaluate dairy. Yogurt, milk, cream, cheese, butter—try a serving of dairy at each meal.</p>	<p>DAY 8</p> <p></p>	<p>DAY 9</p> <p></p>
<p>DAY 10</p> <p>Evaluate gluten-containing grains. Whole grain bread, crackers, cereal, beer.</p>	<p>DAY 11</p> <p></p>	<p>DAY 12</p> <p></p>