

Food Substitution & Grocery List

Use this chart to track cleared foods, food substitutions, and food that you are temporarily avoiding.

NAME: _____

CLEARED FOODS	FOOD SUBSTITUTIONS	FOODS TO AVOID
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

GROCERY LIST

WEEK OF: _____

<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
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