

## 5-Day Food & Reaction Tracker (Plant Paradox-Inspired)

Log what you eat/drink and note reactions. Use codes for speed. Prep tips (to lower lectins): peel & deseed nightshades, pressure-cook legumes, soak/ferment where appropriate. Favour leafy greens, wild-caught fish, pasture-raised meats, olive/avocado oil, lower-lectin nuts (macadamias, walnuts). Hydrate well; adjust to your own tolerance. This tracker isn't medical advice.

Legend — Triggers: L=lectin (G=grains, Lg=legumes, N=nightshades, NSd=nuts/seeds), Ox=oxalate. Reactions: D=digestive, S=skin, M=mood/brain-fog, E=energy crash, J=joint/muscle, R=respiratory, G=gallbladder, K=kidney. Severity: 0–5. Onset: mins after, Duration: mins/hrs.

Day	Time	Food & Prep (brand / how prepared)	Trigger (L/G/Lg/N/NSd/Ox)	Reaction codes (D/S/M/E/J/R/G/K)	Sev (0–5)	Onset (min)	Duration	Notes (context: stress, sleep, supplements)
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								

Daily prompts: water intake \_\_\_\_\_ sleep quality \_\_\_\_\_ bowel/urine changes \_\_\_\_\_ supportive fats used (olive/avocado oil)  legume pressure-cooked  nightshades peeled/deseeded