

## BUTYRATE FOODS

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Month	:	
Week	:	

Food Consumed	M	Т	W	Т	F	S	S
Cold Potatoes/Rice							
Apple							
Onion/Garlic/Leek							
Legumes							
Oats							
Yams/Sweet Potato							
Citrus Fruit							
Veggies							
Nuts							



## OMEGA FOODS

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Month	:	
Week	:	

Food Minimized/Avoided	M	Т	W	Т	F	S	S
Salmon							
Sardines/Anchovies							
Spirulina		la s					
Walnuts							
Flax Seeds/Oil							
Chia Seeds							
Soybeans/Tofu							
Navy Beans							
Brussels Sprouts							
Avocado							
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