

# Detection Diet Journal

## TABLE OF CONTENTS

### Frequently Asked Questions

### THE DETECTION DIET GUIDE TABLE

- 1) PRELIMINARY REVIEW PHASE
- 2) CONTROL PHASE (Yellow)
- 3) RESTRICTION PHASE (Red)

### RESULTS ANALYSIS

- Exercise 1
- Exercise 2
- Exercise 3

- 4) TEST PHASE (Green)

### FINAL CONCLUSION

- Exercise 4

*Lose the symptoms and live a normal life using the Guides and journals exclusive to the [Tuesday Club](#). [More info](#)*