

7-Day Food Variety & Oxalate Awareness Tracker



Notice repeated foods, concentrated ingredients, supplements, hydration, and symptom patterns without creating food fear.

For seven days, track your normal routine before changing it. The goal is awareness. Look for frequency, amount, concentration, combinations, and repetition.

Common higher-oxalate or concentrated sources to notice: spinach, Swiss chard, beet greens, rhubarb, almonds/almond flour, cacao/dark chocolate, beets, sweet potatoes, greens or beet powders, and concentrated turmeric. Also note high-dose vitamin C supplements. **Seeing a food here does not mean it is causing a problem.**

DAY	MAIN FOODS / REPEATED FOODS	SMOOTHIES, POWDERS & SUPPLEMENTS	HYDRATION	SYMPTOMS + TIMING
1	Meals, greens, nuts, starches, snacks _____ _____ _____	Product + amount if known _____ _____ _____	Water, heavy sweating _____ _____ _____	What + when it happened _____ _____ _____
2	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____
3	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____
4	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____
5	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____
6	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____
7	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____

Remember: repetition is a clue, not a diagnosis. Track first. Notice patterns. Rotate where practical. Investigate when appropriate.

What Did Your 7 Days Reveal?



The goal is not perfect eating. It is learning what your normal routine may be telling you.

1

Look for repetition

Which foods, powders, or supplements appeared **five or more days**?

2

Look for stacking

Did the same ingredient appear several times in one day, or did you combine multiple concentrated sources in smoothies, snacks, and supplements?

3

Look at quantity and form

One serving of a whole food is different from repeatedly using large portions, powders, juices, or concentrated supplements.

4

Look for symptom timing

Did urinary, digestive, muscle, joint, or other symptoms consistently appear or worsen during certain patterns? Timing is a clue, not proof of cause.

5

Find one easy rotation

Where can you replace just one ingredient next week while keeping the meal itself simple?

Keep the Structure. Rotate the Ingredient.

GREENS

Spinach → arugula → kale →
romaine → mixed greens

PROTEIN

Eggs → chicken → fish → lean meat
→ tofu or legumes

FIBER-RICH CARBOHYDRATES

Berries → apples → squash → potatoes →
beans/lentils → quinoa or wild rice

Variety does not mean cooking something completely different every day.

Keep the meal structure you already know and rotate a few ingredients over time.

You Tracked the Pattern. Now What?

If you noticed heavy repetition, concentrated food or supplement use, or symptoms that still do not make sense, do not start eliminating nutritious foods on your own. A comprehensive review can help clarify what deserves attention and whether food rotation, additional investigation, functional testing, or medical evaluation makes sense.

[Schedule a FREE Health & Performance Assessment → BeFabBeYou.com/assessment](https://www.BeFabBeYou.com/assessment)