

# Dietary Consultation Follow-Up

Date: [Insert Date]

Dear [Client's Name],

Thank you for attending your dietary consultation on [Consultation Date]. Based on our discussion and your provided dietary habits, we have identified potential food intolerances that may be affecting your health.

As part of your follow-up plan, I recommend the following:

- Maintain a food diary for at least two weeks, noting any symptoms that arise in relation to specific foods.
- Consider eliminating [specific food items] from your diet for a period of [specific duration].
- Schedule a follow-up appointment on [Proposed Date] to discuss your progress and adjustments needed in your dietary plan.

Please do not hesitate to reach out if you have any questions or require further support as you implement these recommendations.

Looking forward to your feedback and progress.

Sincerely,

[Your Name]

[Your Title]

[Your Contact Information]