

FOUR-DAY FOOD ROTATION PLAN

DAY 1			
Starches	Veggies	Protein	Miscellaneous
White Potato	Artichoke	Anchovy	Allspice
	Carrot ¹	Beef	Caraway
Fruits	Celery ¹	Buffalo	Cashew
Banana	Chicory	Cheese	Cayenne pepper
Currant	Eggplant	Codfish	Chili pepper
Gooseberry	Fennel	Eel	Clove
Grapes	Green Peppers	Goat Cheese	Coffee
Guava	Parsley ¹	Herring	Coriander ¹
Kiwi	Parsnip ¹	Lamb	Cows Milk
Litchi	Romaine Lettuce	Liver (beef)	Cumin ¹
Mango	Tomato	Sturgeon	Dill ¹
Papaya		Tarpon	Hops
		Veal	Fennel ¹
			Goats Milk
			Honey
			Mint
			Paprika
			Pistachio
			Safflower oil
			Sunflower
			Tapioca

DAY 2			
Starches	Veggies	Protein	Miscellaneous
Millet	Boston Lettuce	Chicken	Bakers Yeast
Oats	Cabbage	Duck	Basil ²
Rye	Cauliflower	Egg	Bay leaves
Wheat	Collard Greens	Goose	Brewers Yeast
Barley	Broccoli	Ostrich	Cane Sugar
	Brussels Sprouts	Prairie Chicken	Cardamom
Fruits	Kale	Turkey	Cinnamon
Apple	Mushrooms	Tuna	Coconut
Avocado	Mustard	Quail	Ginger
Blueberries	Radish		Hazelnuts
Cranberries	Turnip		Lavender ²
Dates			Malt
Fig			Molasses
Mulberry			Nutmeg
Persimmon			Oregano ²
Pear			Poppy seeds
Pomegranate			Rosemary ²
			Sage ²
			Spearmint ²
			Thyme ²
			Turmeric

DAY 3			
Starches	Veggies	Protein	Miscellaneous
Corn	Alfalfa sprouts	Abalone	Almonds
Sweet Potato	Asparagus	Bass	Brazil Nuts
	Beans (all)	Clam	Carob
Fruits	Chives	Crab	Cottonseed Oil
Apricot	Garlic	Grouper	Garlic
Blackberries	Jicama	Lobster	Licorice
Boysenberries	Leek	Mackerel	Peanuts
Cherries	Onion	Mussel	Pepper (black/white)
Loganberries	Peas	Oyster	Vanilla
Nectarine	String beans	Salmon	Yerba mate
Peach	Sweet Potato	Scallop	
Plum	Watercress	Shrimp	
Pineapple	Yams	Snail	
Raspberries	Yucca	Snapper	
Strawberries		Squid	
		Trout	

DAY 4			
Starches	Veggies	Protein	Miscellaneous
Buckwheat	Beets	Chick Pea	Beet Sugar
Rice ³	Chard	Deer	Chamomile
	Cucumber	Flounder	Cocoa
Fruits	Okra	Halibut	Fructose
Cantaloupe	Pumpkin	Kidney Beans	Maple syrup
Casaba	Rhubarb	Lentil Beans	Olive
Grapefruit	Sorrel	Lima Beans	Pecans
Honeydew	Spinach	Mung Beans	Sesame
Kumquat	Squashes	Navy Beans	Tea
Lemon		Pinto Beans	Walnut
Lime		Pork	
Orange		Rabbit	
Tangelo		Sole	
Tangerine		Soybean	
Watermelon			

¹These items are all from the same family. If you wish to switch the spices to another day, make sure to switch the entire family.

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³You may switch rice to day one. Shark and swordfish can be substituted for meats if allergies are present. (Modified from Chek, 2003)