

Your 4-Day Rotation

Day 1	Day 2	Day 3	Day 4
Protein Sources Arctic char, Chicken, Chickpea, Duck, Egg (Duck), Pinto Bean, Salmon, Sardine, Trout	Protein Sources Black beans, Catfish, Coconut yogurt, Codfish, Crab, Crayfish, Haddock, Hake, Kidney Bean, Lobster, Perch, Pork, Rabbit, Red Bean, Shrimp, Walleye Pike	Protein Sources Abalone, Bass, Cashew butter, Clam, Egg (Turkey), Flounder, Grouper, Halibut, Hemp seed, Lentil, Moose, Mussel, Oyster, Pistachio butter, Scallop, Sole, Venison, Walnut butter, Whitefish	Protein Sources Beef, Bison, Bonito, Buffalo, Fava beans, Goat, Lamb, Lima Bean, Mackerel, Navy Bean, Ostrich, Ostrich egg, Soy cheese, Soybean, Swordfish, Tilapia, Tofu, Tofu yogurt, Tuna
Grains & Starches Cellophane noodles, Garbanzo flour, Jerusalem artichoke flour, Malanga flour, Poi flour, Wild rice	Grains & Starches Coconut flour, Oatmeal, Oats (Gluten free), Rice (Brown), Sago flour	Grains & Starches Coffee flour, Corn, Corn flour, Corn meal, Corn tortillas, Grits, Hemp, Hominy, Kanima, Manioc, Pistachio flour, Popcorn (Plain), Tapioca	Grains & Starches Amaranth, Amaranth flour, Buckwheat, Groats, Jobs Tears, Kasha, Lotus root flour, Quinoa, Soba noodles, Soy flour, Soybean flour, Water chestnut flour
Vegetables Broccoli, Broccoli, Brussels sprouts, Cabbage, Carrot, Cauliflower, Celery, Celery, Collard greens, Escarole, Fennel, Jerusalem artichoke, Kai-lan, Kale, Lettuce, Parsnip	Vegetables Arugula, Asparagus, Bamboo shoots, Cucumber, Leeks, Onion, Pumpkin, Radish, Scallion, Shallot, Squash, Watercress, Yucca, Zucchini	Vegetables Agar, Bell pepper, Bokchoy, Capsicum, Cassava, Eggplant, Green Bean, Heart of Palm, Kohlrabi, Radicchio, Rutabaga, Seaweed, Tomato, Turnip, Wax beans	Vegetables Baby spinach, Beet greens, Beets, Chard, Chicory, Lamb's quarters, Lotus root, Potato, Sweet, Rhubarb, Spinach, Swiss Chard, Water chestnut
Fruits Grapefruit, Kumquat, Lemon, Lime, Orange, Papaya, Tangerine	Fruits Casaba melon, Chayote, Coconut, Persimmon, Pomegranate	Fruits Acai berry, Apple, Blueberry, Chokeberry, Cranberry, Kiwi, Loganberry, Mango, Medlar Fruit, Pear, Quince, Raspberry, Strawberry	Fruits Apricot, Avocado, Cherry, Guava, Nectarine, Peach, Plum
Fats & Oils Flaxseed oil, Hazelnut oil, Safflower oil, Sesame oil, Sunflower oil	Fats & Oils Babassu oil, Coconut oil, Olive oil, Pumpkin seed oil, Rice bran oil	Fats & Oils Acai oil, Corn oil, Pistachio oil, Walnut oil	Fats & Oils Amaranth oil, Apricot oil, Avocado oil, Canola oil, Cocoa butter, Ghee, Soy oil
Nuts & Seeds Filbert, Flaxseed, Hazelnut, Sesame, Sunflower seed	Nuts & Seeds Pine nut, Poppy seed, Pumpkin seed	Nuts & Seeds Cashew, Chia seed, Hemp seed, Pecan, Pistachio, Walnut	Nuts & Seeds Brazil nut, Cola, Lotus seeds, Macadamia, Soy nuts
Spices, Herbs & Flavorings Anise, Caraway, Caraway seed, Card, Celery seeds, Coriander, Cumin, Dill, Fennel seed, Fenugreek, Lemon juice, Licorice, Lime juice, Lovage, Oil of Wintergreen, Parsley, Stevia, Tarragon	Spices, Herbs & Flavorings Cardamom, Chives, Cilantro, Garlic, Ginger, Lemon grass, Saffron, Turmeric	Spices, Herbs & Flavorings Basil, Ginseng, Lavender, Marjoram, Oregano, Paprika, Pepper (Cayenne), Pepper (Chili), Peppermint, Rosemary, Savory, Spearmint, Thyme	Spices, Herbs & Flavorings Bay leaf, Black Pepper, Caper, Cloves, Cream of tartar, Pepper (White)
Beverages Fennel tea, Green tea, Hazelnut milk, Spring water	Beverages Coconut milk, Coconut water, Ginger tea, Rice milk	Beverages Cashew nut milk, Club soda, Coffee, Ginseng tea, Hemp milk, Mint tea, Pistachio milk, Tomato juice	Beverages Seltzer water, Soy milk

Rotation Diet

Nicolette M. Dumke



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