Food Rotation Chart

Based on the “Meta Metrics Food Rotation Chart by Food Families”

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|  | **Day 1** | **Day 2** | **Day 3** | **Day 4** |
| **Quick Reference** | Chicken/Turkey deli meat, hot dogs, fresh  Breakfast sausages  Broccoli  Brussel sprouts  Cauliflower  Kale  Cabbage  Smoothies with allowed fruit/milk  Raspberry/Strawberry  Figs  Pine nuts  Macadamia nuts  Sesame seeds/Tahini  Quinoa  Cocoa/Chocolate (pure) | Ham/Bacon/Pork, pork bratwursts  Carrots  Celery  Spinach  Beet  Smoothies with allowed fruit/milk  Pineapple  Kiwi  Mango  Coconut  Date  Pistachios/Cashews  Brazil nuts/Hazelnuts  Oatmeal  Rice/Wild Rice/Rice noodles  Millet  Rice noodles | Fish (Tilapia, Salmon)  Shrimp/Scallops  Sweet potatoes/yams/fries/puffs  Cucumber/Pickles  Squashes/Pumpkin/Zucchini/Okra  Mushrooms  Olives  Smoothies with allowed fruit/milk  Bananas/Plantains  Prunes  Pomegranates  Almonds  Walnuts  Pecans  Pumpkin seeds  Amaranth | Hamburgers/Ground beef  Beef breakfast sausages, bratwursts  Tomatoes  Potatoes/Hashbrowns  Bell peppers/Asparagus  Lettuce  All beans, Chickpeas, peas  Peanuts  Bean threads  Sunflower seeds  Avocado  Guacamole, homemade salsa  Hummus  Tortilla chips/corn tortillas  Smoothies with allowed fruit/milk  Blueberry & Orange |
| **Primary Protein** | **Bird:** chicken, turkey, eggs, duck, pheasant **Ovis:** lamb, mutton, goat, sheep | **Swine:** pork, ham, bacon | **Fish:** tuna, salmon, tilapia, cod, flounder, bass, trout, etc.  **Crustacean:** shrimp, lobster, crayfish, crab  **Mollusk:** snail, squid, clam, oyster, scallop | **Bovine:** beef/bison, beef/ bison products, milk and dairy products, such as butter, cheese, ice cream  **Legume:** tofu (soy) |
| **Vegetables** | **Mustard:** broccoli, Brussels sprouts, cabbage, cauliflower, kale, watercress, turnip, radish, mustard greens **Algae:** dulse, kelp | **Parsley:** carrots, celery, parsley, parsnips, fennel  **Sedge:** water chestnuts  **Goosefoot:** spinach, beet, chard, beetroot, sugar beet | **Morning Glory:** sweet potato, yam **Gourd:** cucumber, squashes, pumpkin, zucchini, casaba, marrow  **Mallow:** okra  **Fungi:** mushrooms, truffle  **Olive:** green, black olives | **Nightshade:** eggplant, hot peppers, tomato, potato, bell peppers, green chilies **Lily:** onion, asparagus, chives, garlic, leek  **Aster:** lettuce, artichoke, endive, Jerusalem artichoke, escarole, chicory, stevia  **Legume:** green beans, peas, navy beans, black beans, lima bean, peanut, etc.  **Grass:** bamboo shoots, corn  **Laurel:** avocado |
| **Fruit** | **Rose Berries:** raspberry, strawberry, blackberry  **Mulberry:** figs, breadfruit | **Pineapple:** pineapple  **Actinidiaceae:** kiwi  **Cashew:** mango  **Palm:** coconut, date, sago  **Myrtle:** guava  **Rose Pomes:** apple, applepear, quince, loquat  **Papaya:** papaya  **Soapberry:** litchi  **Honeysuckle:** elderberry  **Ebony:** persimmons | **Banana:** banana, plantain  **Pomegranate:** pomegranate  **Myrtle:** guava  **Plum:** apricot, cherry, peach, plum, nectarine, prune, chokecherry **Saxifrage:** currant, gooseberry  **Ebony:** persimmons  **Custard Apple:** custard apple, paw-paw | **Heath:** blueberry, cranberry  **Citrus:** orange, grapefruit, lemon, lime, kumquat, tangerine, tangelo **Grape:** grape, raisins, wine, wine vinegar  **Gourd:** cantaloupe, honeydew, melons, watermelon |
| **Nuts/Seeds** | **Conifer:** pine nut  **Protea:** macadamia  **Pedalium:** sesame seeds, tahini | **Cashew:** pistachio, cashew  **Sapucaya:** brazil nut  **Birch:** hazelnut | **Rose Stone:** almond  **Walnut:** walnut, pecan, butternut **Beech:** chestnut  **Gourd:** pumpkin seeds | **Aster:** sunflower seed, cilantro  **Legume:** peanut |
| **Grains** | **Buckwheat:** buckwheat flour  **Arum:** arrow root  **Goosefoot:** quinoa | **Ginger:** east India arrowroot starch **Grass:** oats, rice, wild rice, millet, corn starch, popcorn, sorghum, corn meal | **Spurge:** cassava flour, tapioca starch **Amaranth:** amaranth seeds and flour  **Rose stone:** Almond flour | **Grain:** spelt, bulgar, rye, barley, kamut, wheat (durham, selemon, graham)  **Grass:** corn (tortilla chips, taco shells, corn tortillas)  **Nightshade:** potato flour  **Composite:** artichoke flour  **Legume:** chickpeas (hummus), lentil flour, carob, soy (tofu), bean sprouts |
| **Oils** | **Bird:** bird fat  **Mustard:** canola oil  **Pedalium:** sesame oil | **Palm:** coconut oil  **Flax:** flaxseed oil | **Mallow:** cotton seed oil  **Rose stone:** apricot and almond oil  **Walnut:** walnut oil **Olive:** olive oil | **Aster:** sunflower oil, safflower oil  **Bovine:** butter **Grass:** corn oil  **Legume:** vegetable oil (soy), peanut oil |
| **Seasoning & Condiments** | **Mustard:** mustard seed  **Mint:** mint, basil, oregano, rosemary, sage, summer, savory, thyme  **Orchid:** vanilla  **\*Sterculiaceae**: Chocolate (cacao); cocoa; cocoa butter; cola nut | **Parsley:** dill, caraway, celery seed, coriander, cumin, parsley  **Rose Pomes:** apple cider vinegar  **Ginger:** ginger, cardamom, turmeric  **Tea:** black and green | **Myrtle:** allspice, clove, paprika, pimiento **Rose Stone:** almond extract  **Nutmeg:** nutmeg, mace  **Madder:** coffee  **Poppy:** poppy seed | **Aster:** chamomile, chicory, goldenrod  **Nightshade:** cayenne, paprika, pimiento, chili peppers  **Laurel:** cinnamon, bay leaf  **Grass:** corn syrup, corn sugar  **Legume:** fenugreek, clover honey, licorice, carob **Pepper:** peppercorns, pepper  **Citrus:** orange blossom honey  **Fungi:** baker’s and brewer’s yeast |