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, freshBreakfast sausagesBroccoliBrussel sproutsCauliflowerKaleCabbageSmoothies with allowed fruit/milkRaspberry/StrawberryFigsPine nutsMacadamia nutsSesame seeds/TahiniQuinoaCocoa/Chocolate (pure)  | Ham/Bacon/Pork, pork bratwurstsCarrotsCelerySpinachBeetSmoothies with allowed fruit/milkPineappleKiwiMangoCoconutDatePistachios/CashewsBrazil nuts/HazelnutsOatmealRice/Wild Rice/Rice noodlesMilletRice noodles | Fish (Tilapia, Salmon)Shrimp/ScallopsSweet potatoes/yams/fries/puffsCucumber/PicklesSquashes/Pumpkin/Zucchini/OkraMushroomsOlivesSmoothies with allowed fruit/milkBananas/PlantainsPrunesPomegranatesAlmondsWalnutsPecansPumpkin seedsAmaranth | Hamburgers/Ground beefBeef breakfast sausages, bratwurstsTomatoesPotatoes/HashbrownsBell peppers/AsparagusLettuceAll beans, Chickpeas, peasPeanutsBean threads Sunflower seedsAvocadoGuacamole, homemade salsaHummusTortilla chips/corn tortillasSmoothies with allowed fruit/milkBlueberry & 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  |