

Your 4-Day Rotation Diet Template

Fill in the blank diet form below to create your own personal rotation diet that includes foods appropriate to your tests results, excluding any high reaction foods. Try to include 2-4 fruits, 3-5 vegetables, 2-4 protein foods, and 2-3 whole grains per day. (Refer to the “4-Day Rotation of Foods by Groups and Families” for lists of related foods within food groups from which to pick.) Fresh fruits, nuts, seeds, and raw veggies make great snacks.

Day 1

Breakfast:

Water (8-16 oz)

Lunch:

Water (8-16 oz)

Dinner:

Water (8-16 oz)

Day 2

Breakfast:

Water (8-16 oz)

Lunch:

Water (8-16 oz)

Dinner:

Water (8-16 oz)

Day 3

Breakfast:

Water (8-16 oz)

Lunch:

Water (8-16 oz)

Dinner:

Water (8-16 oz)

Day 4

Breakfast:

Water (8-16 oz)

Lunch:

Water (8-16 oz)

Dinner:

Water (8-16 oz)

Day 1

Breakfast:

Water (8-16 oz)

Lunch:

Water (8-16 oz)

Dinner:

Water (8-16 oz)

Day 2

Breakfast:

Water (8-16 oz)

Lunch:

Water (8-16 oz)

Dinner:

Water (8-16 oz)

Day 3

Breakfast:

Water (8-16 oz)

Lunch:

Water (8-16 oz)

Dinner:

Water (8-16 oz)

Day 4

Breakfast:

Water (8-16 oz)

Lunch:

Water (8-16 oz)

Dinner:

Water (8-16 oz)