

## Day 1

### Starches

White Potato

### Fruits

Banana  
Currant  
Gooseberry  
Grapes  
Guava  
Kiwi  
Litchi  
Mango  
Papaya  
Paw Paw

### Veggies

Artichoke  
Bell Peppers  
Carrot<sup>1</sup>  
Celery<sup>1</sup>  
Chicory  
Eggplant  
Fennel  
Lettuce (all types)  
Parsley<sup>1</sup>  
Parsnip<sup>1</sup>  
Tomato  
White Potato  
Yuca

### Protein

Anchovy  
Beef  
Buffalo  
Cheese  
Codfish  
Eel  
Goat Cheese  
Herring  
Lamb  
Liver (beef)  
Sturgeon  
Tarpon  
Veal

### Miscellaneous

Allspice  
Caraway  
Cashew  
Cayenne pepper  
Chili pepper  
Clove  
Coffee  
Coriander<sup>1</sup>  
Cows Milk  
Cumin<sup>1</sup>  
Dill<sup>1</sup>  
Hops  
Fennel<sup>1</sup>  
Goats Milk  
Honey  
Mint  
Paprika  
Pistachio  
Safflower oil  
Sunflower  
Tapioca

## Day 2

### Starches

Millet  
Oats  
Rye  
Wheat  
Barley

### Fruits

Apple  
Avocado  
Blueberries  
Cranberries  
Dates  
Fig  
Mulberry  
Persimmon  
Pear  
Pomegranate

### Veggies

Cabbage  
Cauliflower  
Collard Greens  
Broccoli  
Brussel Sprouts  
Kale  
Mushrooms  
Mustard  
Radish  
Turnip  
Watercress

### Protein

Chicken  
Duck  
Egg  
Goose  
Ostrich  
Prairie Chicken  
Turkey  
Tuna  
Quail

### Miscellaneous

Bakers Yeast  
Basil<sup>2</sup>  
Bay leaves  
Brewers Yeast  
Cane Sugar  
Cardamon  
Cinnamon  
Coconut  
Ginger  
Hazelnuts  
Lavender<sup>2</sup>  
Malt  
Molasses  
Nutmeg  
Oregano<sup>2</sup>  
Poppyseeds  
Rosemary<sup>2</sup>  
Sage<sup>2</sup>  
Spearmint<sup>2</sup>  
Thyme<sup>2</sup>  
Turmeric

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

<sup>2</sup> These items are all from the same family. If you wish to switch the spices to another day, make sure to switch the entire family. Salt and most oils do not need to be rotated.

## Day 3

### Starches

Corn  
Sweet Potato

### Fruits

Apricot  
Blackberries  
Boysenberries  
Cherries  
Loganberries  
Nectarine  
Peach  
Plum  
Pineapple  
Raspberries  
Strawberries

### Veggies

Alfalfa sprouts  
Asparagus  
Beans (all)  
Chives  
Garlic  
Jicama  
Leek  
Onion  
Peas  
String beans  
Sweet Potato  
Yams  
Yucca

### Protein

Chick Pea  
Deer  
Flounder  
Halibut  
Kidney Beans  
Lentil Beans  
Lima Beans  
Mung Beans  
Navy Beans  
Pinto Beans  
Pork  
Rabbit  
Sole  
Soybean

### Miscellaneous

Almonds  
Brazil Nuts  
Carob  
Cottonseed Oil  
Garlic  
Licorice  
Peanuts  
Pepper (black/white)  
Vanilla  
Yerba mate

Shark and swordfish can be substituted for meats if allergies are present.

## Day 4

### Starches

Buckwheat  
Rice<sup>3</sup>

### Fruits

Cantaloupe  
Casaba  
Grapefruit  
Honeydew  
Kumquat  
Lemon  
Lime  
Orange  
Tangelo  
Tangerine  
Watermelon

### Veggies

Beets  
Chard  
Cucumber  
Okra  
Olive  
Pumpkin  
Rhubarb  
Sorrel  
Spinach  
Squashes

### Protein

Albalone  
Bass  
Clam  
Crab  
Grouper  
Lobster  
Mackerel  
Mussel  
Oyster  
Salmon  
Scallop  
Shrimp  
Snail  
Snapper  
Squid  
Trout

### Miscellaneous

Beet Sugar  
Chamomile  
Cocoa  
Fructose  
Maple syrup  
Olive  
Pecans  
Sesame  
Tea  
Walnut

<sup>3</sup> You may switch rice to day one.