

Food Rotation Template

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Protein	Protein	Protein	Protein	Protein	Protein	Protein
Chicken	Fish	Beef	Seafood	Lamb	Fish	Bison
Vegetables:	Vegetables:	Vegetables:	Vegetables:	Vegetables:	Vegetables:	Vegetables:
Zucchini	Yellow Squash	Butternut Squash	Zucchini	Yellow Squash	Butternut Squash	Yellow Squash
Cauliflower	Asparagus	Cabbage	Cauliflower	Asparagus	Cabbage	Asparagus
Carrot	Broccoli	Celery	Carrot	Broccoli	Celery	Broccoli
Brussel Sprouts	Avocado	Bok Choy	Brussel Sprouts	Avocado	Bok Choy	Avocado
Romaine	Lettuce	Acorn Squash	Romaine	Lettuce	Acorn Squash	Lettuce
Fruits:	Fruits:	Fruits:	Fruits:	Fruits:	Fruits:	Fruits:
Apple	Banana	Orange	Apple	Banana	Orange	Apple
Blueberry	Strawberry	Cantalope	Blueberry	Strawberry	Cantalope	Strawberry
Watermelon	Honeydew	Raspberry	Watermelon	Honeydew	Raspberry	Grapes
Cherry	Peach	Pineapple	Cherry	Grapes	Pineapple	Pear
Beans:	Beans:	Beans:	Beans:	Beans:	Beans:	Beans:
Black Beans	Pinto Beans	Lima Beans	Navy Beans	Kidney Beans	Red Beans	Lima Beans
Nuts:	Nuts:	Nuts:	Nuts:	Nuts:	Nuts:	Nuts:
Pecan	Almond	Peanut	Pecan	Almond	Peanut	Walnut
Macadamia	Hazelnut	Cashew	Macadamia	Hazelnut	Cashew	Pine Nut
Seeds:	Seeds:	Seeds:	Seeds:	Seeds:	Seeds:	Seeds:
Sesame	Hemp	Sunflower	Sesame	Chia	Sunflower	Hemp
Desserts:	Desserts:	Desserts:	Desserts:	Desserts:	Desserts:	Desserts:
"Choc. Chip" Cookie	Fronen Ice Cream	Pecans w/ Honey	"Choc. Chip" Cookie	Fronen Ice Cream	Pecans w/ Hpney	"Choc. Chip" Cookie
Almond/coconut milk	Almond/coconut milk	Almond/coconut milk	Almond/coconut milk	Almond/coconut milk	Almond/coconut milk	Almond/coconut milk
Blueberries	Strawberry Smoothie	Raspberry Bars	Blueberries	Strawberry Smoothie	Raspberry Bars	Cinn. Muffins
Drinks:	Drinks:	Drinks:	Drinks:	Drinks:	Drinks:	Drinks:
Tumeric Latte	Tumeric Latte	Tumeric Latte	Tumeric Latte	Tumeric Latte	Tumeric Latte	Tumeric Latte
Stinging Nettle tea	Stinging Nettle tea	Stinging Nettle tea	Stinging Nettle tea	Stinging Nettle tea	Stinging Nettle tea	Stinging Nettle tea
Pecan MALK	Pecan MALK	Pecan MALK	Pecan MALK	Pecan MALK	Pecan MALK	Pecan MALK