

Sample Rotation Meal Plan

**This is an example of what a rotation diet looks like. Note that each day goes from dinner one night to lunch the next day so you can use leftovers. Lunches are not included on the sample menu. They can be leftovers, simple packed lunches for school, etc. Leftovers from a particular day can be stored in the refrigerator or freezer and used again on the corresponding day in the future (i.e. dinner 1 leftovers can be used for lunch 1 a week later). For more details on a rotation diet [check out this post](#).*

Food Rotation:

Day 1: beef, dairy, potato, carrot, lettuce, cucumber, nuts/seeds, apples, tomatoes, eggplant, beets, broccoli, blueberry, strawberry

Day 2: chicken, turkey, duck, eggs, zucchini, peas, sweet potatoes, asparagus, melon

Day 3: pork, beans, oats, squash, pears, teff, pumpkin, cauliflower, brussels sprouts, green beans, cherry, raspberry

Day 4: fish, spinach, rice, mushrooms, cabbage, peppers, grapes, bananas, avocado

B = breakfast

D = dinner

The number next to B/D shows which rotation day it is.

Sunday

B4 - rice pudding with bananas

D1 - crockpot roast beef, mashed potatoes with gravy, roasted carrots

Prep: make broth if using a bone-in roast, thaw chicken

Monday

B1 - blueberry yogurt with granola

D2 - crockpot roast chicken, baked sweet potatoes, peas

Prep: boil eggs for Tuesday, breakfast freeze leftover chicken for Friday, make broth from chicken bones/skin, sprout beans, thaw bacon or ham

Tuesday

B2 - hard boiled eggs, toast, sautéed zucchini or watermelon

D3 - crockpot pork and beans over spaghetti squash, pearsauce

Prep: soak oats for oatmeal, soak flour for muffins, roast spaghetti squash or thaw from freezer stash

Wednesday

B3 - oatmeal with gelatin, cinnamon, lard and maple syrup, raspberries

D4 - pan seared salmon with tartar sauce, seasoned rice, sautéed mushrooms and spinach

Prep: bake muffins

Thursday

B4 - muffins, avocado with olive oil and sea salt

D1 - sloppy joes (on a bun or with chips or crackers to dip), lettuce salad with cucumbers and homemade dressing of choice, roasted potato wedges

Friday

B1 - apple slices with nut or seed butter, granola with milk

D2 - chicken pesto pasta, peas

Prep: make pesto (peas pureed with extra virgin olive oil and sea salt), soak flour for pancakes

Saturday

B2 - scrambled eggs, toast with jam, fresh fruit or vegetables

D3 - pancakes, bacon, roasted cauliflower and brussels sprouts, fresh fruit

Prep: soak teff

Sunday

B3 - teff pumpkin porridge with cherries (optional add butter, gelatin, sea salt, crispy nuts)

MEAL PLAN

Date: _____

Sunday

B1 -

L1 -

D2 -

Prep:

Monday

B2 -

L2 -

D3 -

Prep:

Tuesday

B3 -

L3 -

D4 -

Prep:

Wednesday

B4 -

L4 -

D1 -

Prep:

Thursday

B1 -

L1 -

D2 -

Prep:

Friday

B2 -

L2 -

D3 -

Prep:

Saturday

B3 -

L3 -

D4 -

Prep: