

Rotation Dieting

A rotation diet is an easy, and inexpensive, approach to identifying food intolerances, avoiding symptoms of food intolerance and detoxifying your body, especially your digestive system. It is also a healthy and effective way to lose weight.

The diet plan given here is a four-day rotation. Notice that there are different foods for each day and that no foods are listed on more than one day. A rotation diet is based on taxonomy. Just as there are many species of animals, there are also many species of plants. Foods that are closely related (in the same family) are grouped together in the diet plan because they share similar protein structures and are thus treated similarly by the digestive system. Not all same day foods are in the same family. Each day includes a few different families of plants and animals/fish.

To follow the rotation diet, eat only the foods listed on that particular day. You may have those foods as many times as you like on that particular day, but then you should not consume any of those foods again for the following three days. For example, if you start with day one on Monday, you will not eat any of the day one foods again until Friday. The only exceptions are oils which may be consumed more frequently.

You may start each day at dinner. In this case, you would eat day one foods for dinner (on Monday, for example) and then for breakfast and lunch the following day. You would then switch to day two foods for dinner on Tuesday. This makes it easier if you like to have leftovers for lunch.

If you have a hard time committing to the four-day rotation, start with a “training” rotation diet. Write down everything you eat and drink (excluding water) each day. Do not eat any of the foods you eat on one day for three days following. For example, do not eat the foods you eat on Monday again until Friday. This approach doesn’t require rotating by taxonomy or genetic grouping, but still ensures that you are getting adequate variety in your diet. As you get used to eating a variety of foods, start following the rotation plan provided. You may also start with just rotating your protein sources. These are the foods that people often have problems with, so you will likely feel better by rotating them.

Do you need to follow this plan forever? It is ideal to strictly follow a rotation diet for at least three to six months to achieve the maximum benefit. At this point, you will most likely find that you will naturally rotate the foods you are eating. Many people find it easy to continue with a rotation as it makes cooking easy. Again, it is always a good idea to rotate protein sources, especially seafood, to limit your exposure to potential allergens and toxins. With produce and grains, you may decide not to follow the diet plan, presented here, but, as long as you cycle a variety of different foods, you will basically accomplish the same thing.

If your total score from your nutrition and lifestyle questionnaires was over 260, you should follow the rotation diet plan on the following pages, which is based on taxonomy. This will minimize the load on your immune system which will help reduce your total score and improve your vitality.

(see book: How to eat, move, and be healthy by Paul chek)

Day 1

Carbohydrates	Protein	Miscellaneous
Banana	Anchovy	Allspice
currant	beef	caraway
gooseberry	buffalo	cayenne pepper
grapes	cheese (cow, sheep or goat)	chili pepper
guava	codfish	clove
kiwi	eel	coffee
litchi	herring	coriander*
mango	lamb	milk(cow, sheep or goat)
papaya	liver	cumin*
paw paw	sturgeon	dill
artichoke	tarpon	hops
bell peppers(capsicum)	veal	fennel*
carrot *		honey
celery*		macadamia nuts
chicory		mint
eggplant		paprika
fennel		pistachio
lettuce (all types)		safflower oil
parsley*		sunflower
parsnip*		tapioca
tomato		
white potato		
yuca		

*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. Salts and most oils do not need to be rotated.

Day 2

Carbohydrates	Protein	Miscellaneous
Millet	Chicken	Bakers yeast
oats	duck	basil*
rye	eggs	bay leaves
wheat	goose	brewers yeast
barley	ostrich	cane sugar
apple	prairie chicken	cardamon
avocado	turkey	cinnamon
berries(all)	tuna	coconut
dates	quail	ginger
figs		hazelnuts
persimmon		lavender*
pear		malt
pomegranate		molasses
cabbage		nutmeg
cauliflower		oregano*
collard greens		poppyseeds
broccoli		rosemary*
brussel sprouts		sage*
kale		spearmint*
mushrooms		thyme*
mustard greens		tumeric
radish		
turnip		
watercress		

*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. Salts and most oils do not need to be rotated.

Day 3

Carbohydrates	Protein	Miscellaneous
Apricot blackberries boysenberries cherries loganberries nectarine peach plum pineapple raspberries strawberries alfalfa sprouts asparagus beans(all) chives corn garlic jicama leek onion peas sweet potatoes yams	Chick pea flounder halibut kidney beans lentil beans lima beans mung beans navy beans pinto beans pork rabbit shark swordfish sole soybean venison(deer)	Almonds brazil nuts carob licorice peanuts pepper(black and white) vanilla yerba mate

Day 4

Carbohydrates	Protein	Miscellaneous
Buckwheat	Albalone	Beet sugar
rice*	bass	chamomile
cantaloupe	clam	cocoa
casaba	crab	maple syrup
grapefruit	grouper	pecans
honeydew	lobster	sesame
kumquat	mackerel	tea
lemon	mussel	walnut
lime	oyster	
orange	salmon	
tangelo	scallop	
tangerine	shrimp	
watermelon	snail	
beets	snapper	
chard	squid	
cucumber	trout	
okra		
olive		
pumpkin		
rhubarb		
sorrel		
spinach		
squash(all)		

*you may switch rice to day one