

Rotational Food Plan

Day ____ Foods

Grains, Nongrains & Flours

Day ____ Foods

Grains, Nongrains & Flours

Higher Carbohydrate Vegetables

Higher Carbohydrate Vegetables

Lower Carbohydrate Vegetables

Lower Carbohydrate Vegetables

Animal Protein

Animal Protein

Fruits

Fruits

Sweeteners

Sweeteners

Oils

Oils

Herbs & Spices

Herbs & Spices

Seeds & Nuts

Seeds & Nuts