

# Rotation Chart

Lamb		Chicken		Lentils		Prawns	
Tuna		Sardines		Plaice		Salmon	
Eggs		Yoghurt		Potatoes		Pork	
Apple		Banana		Corn		Wheat	
Couscous		Rice		Rye		Oats	
Mackerel		Tofu		Polenta		Turkey	
Carob		Avocado		Beans		Coconut	
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**Either** choose a colour for a day and colour in the boxes next to the food that you eat. Put your colour in the key on the left below **or** write in the box next to the food the first letter of the day that you eat it. The key on the right below will tell you which day you can eat it again.

Monday	<input type="text"/>	<input type="text"/>	M	eat again on	<input type="text"/>
Tuesday	<input type="text"/>	<input type="text"/>	T	eat again on	<input type="text"/>
Wednesday	<input type="text"/>	<input type="text"/>	W	eat again on	<input type="text"/>
Thursday	<input type="text"/>	<input type="text"/>	Th	eat again on	<input type="text"/>
Friday	<input type="text"/>	<input type="text"/>	F	eat again on	<input type="text"/>
Saturday	<input type="text"/>	<input type="text"/>	S	eat again on	<input type="text"/>
Sunday	<input type="text"/>	<input type="text"/>	Su	eat again on	<input type="text"/>

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## Our Web Sites

[www.junglesale.com](http://www.junglesale.com)

[www.neemtree.info](http://www.neemtree.info)

[www.candidadiet.com](http://www.candidadiet.com)

Courtesy Nutritional Therapist: [pam@candidadiet.com](mailto:pam@candidadiet.com)