

ROTATION PLAN

Your 4-day rotation plan

All the foods you are allowed to eat can be used to create your individual diet in a four-day cycle.

If you eat a certain selection of foods on the first day, you should avoid eating these for the next three days. This helps your body to heal from current IgG food allergies while reducing the possibility of forming new ones. It also ensures that you get all the vitamins and minerals you would expect from a varied diet.

Practical tips:

- Rotating these new groups of foods means that the selection you eat today should be avoided for the next three days. This means you may have less variety in one day but more variety over the week. Similar foods could be included for lunch and supper over a day, raw or cooked.
- Use the Rotation Plan provided to help plan your meals in advance. Write down all ingredients that make up your snacks, drinks and meals. Note how you feel each day and monitor your weight. The important information recorded in the plan will help you if you have any problems during your change in diet (please see example below).
- If you make a mistake, don't worry. An isolated incident won't set you back too much. You may feel a bit worse for a couple of days but continue to avoid all suggested foods and you will get back to normal quickly.
- Drink plenty of water. It helps your circulation and to detoxify.

Example "Rotation plan"

| Day 1 | Day 2 | Day 3 | Day 4 |
|---|--|---|--|
| Breakfast <i>Coffee with milk</i> <i>Cornflakes with milk</i> | Breakfast <i>Tea, black</i> <i>Rice wafers with strawberry jam</i> | Breakfast <i>Tea, green</i> <i>Quinoa bread from my recipes book</i> <i>Provence spinach cream from my recipe book</i> | Breakfast <i>Rooibos tea</i> <i>Millet porridge with raspberries</i> |
| Snack <i>Banana</i> | Snack <i>Nectarine</i> <i>Tea, black</i> | Snack <i>Soy yoghurt (vanilla)</i> | Snack <i>Raspberry quark with coconut milk</i> |

Note: A good way to monitor your new diet – in addition to keeping the rotation food diary – is to weigh yourself every day at the same time under the same conditions. An increase in body weight of approximately 1 kg or more overnight is a significant indicator of an inflammatory process. In this case you probably unknowingly ate a possible trigger food.

ON THE FOLLOWING PAGE YOU WILL FIND A TABLE WHICH YOU CAN USE TO PLAN YOUR ROTATION DIET.

ROTATION PLAN



Name, First name:

Patient no.:

Date from:

Until:

| Day 1 | Day 2 | Day 3 | Day 4 |
|--|--|--|--|
| Breakfast | Breakfast | Breakfast | Breakfast |
| Snack | Snack | Snack | Snack |
| Lunch | Lunch | Lunch | Lunch |
| Snack | Snack | Snack | Snack |
| Dinner | Dinner | Dinner | Dinner |
| I feel... <input type="checkbox"/> good <input type="checkbox"/> unchanged <input type="checkbox"/> bad | I feel... <input type="checkbox"/> good <input type="checkbox"/> unchanged <input type="checkbox"/> bad | I feel... <input type="checkbox"/> good <input type="checkbox"/> unchanged <input type="checkbox"/> bad | I feel... <input type="checkbox"/> good <input type="checkbox"/> unchanged <input type="checkbox"/> bad |