



HASHIMOTO'S PROTOCOL

Rotation Diet Guide

ROOT CAUSE ROTATION DIET GUIDELINES

The rotation diet is helpful for people who have multiple food sensitivities and symptoms and have not found relief from the gluten free, Paleo or autoimmune Paleo diet. This diet is also for those who keep losing foods.

Eating a food only once every 4 days can help reduce food reactions, prevent food sensitivities and accelerate healing.

The food days can be assigned to each calendar day (day 1 foods for breakfast, lunch, dinner), or to each 24-hour period for convenience and variety (day 1 leftovers for breakfast, day 2 foods for lunch and dinner).

The Root Cause Rotation diet should be followed for 30 days, and while following root cause protocols, gut infection protocols, taking systemic enzymes and healing the gut, to heal food sensitivities. Please note, dieting alone will not heal the gut if infections are present!

BASIC GUIDELINES:

- Modeled after the autoimmune diet, but moves food to one time every 4 days, based on food families
- Limits seaweed because of immune modulating properties
- Day 1 food will not be eaten again until day 5
- May consider one day as one calendar day, or one 24 hour period

FOOD FAMILIES EXCLUDED:

- Dairy
- Eggs
- Grains
- Legumes
- Nightshades
- Nuts
- Seeds
- Sugar
- Seaweed
- Caffeine

If you've had symptoms for a long time and have cut back on numerous foods over the last few years, but have not healed your gut with an infection protocol, consider the rotation diet.

The most reactive foods are excluded from the root cause rotation diet, however, additional foods may need to be excluded per the results of your Alletess Food Sensitivity Test and/or Elimination Diet.

****Some foods cross react with other families, for example, a person who is almond sensitive may also cross react with apricots, cherries, nectarines, peaches, plums, raisins and prunes.**

A person who is sensitive to dates, may also react to coconut and heart of palms and vice versa.



ROOT CAUSE 4-DAY ROTATION DIET

CATEGORY	DAY 1	DAY 2	DAY 3	DAY 4
Vegetables	Sweet potato, yam, sorrel, mushrooms, okra, asparagus, green beans	Arugula, broccoli, Brussels sprouts, cabbage, cauliflower, collard greens, daikon, kale, radish, watercress, hearts of palm	Pumpkin, squash, bitter melon, cucumber, zucchini, carrots, celery, fennel, parsley, parsnip, olives	Plantain, avocado, artichokes, dandelion, endive, lettuce, beets, chard, lambs quarters, spinach
Meat, Fish, Fowl	Beef, bison, buffalo, goat, lamb, duck, goose, deer, elk, rabbit, squab	Anchovy, catfish, cod, flounder, grouper, halibut, salmon, sardine, snapper, swordfish, tuna	Chicken, turkey, crab, lobster, shrimp	Clam, scallops, perch, trout, sole, whitefish, pork
Fruit	Rhubarb, blueberry, cranberry, kiwi, persimmon, apricot, cherry, nectarine, peach, plum	Grapefruit, lemon, lime, mandarin, orange, tangerine, pineapple, grapes	Mango, cantaloupe, honeydew melon, elderberry, papaya, pomegranate	Banana, fig, mulberry, apple, pear, blackberry, raspberry, strawberry
Nuts/Seeds		Coconut		
Thickeners	Yam puree, sweet potato puree		Squash puree, arrowroot	Apple sauce
Drinks	Hibiscus tea	Lemon water, coconut water	Ginger tea, mint	Chamomile, chicory, dandelion root coffee
Spices	Garlic, leek, onion, shallot, vanilla, black pepper	Tamarind, carob, horseradish, mustard, wasabi, allspice, cloves	Cardamom, ginger, turmeric, anise, caraway, chervil, cilantro, coriander, cumin, dill, basil, marjoram, mint, oregano, rosemary, thyme	Capers, saffron, bay leaf, cinnamon, tarragon
Sweetner	Honey, prune	Dates	Maple syrup	Black currant, stevia
Fats and Oils	Duck fat, goose fat	Coconut oil	Chicken fat, olive oil	Avocado oil, safflower oil, lard
Sour	Cranberry juice	Lemon juice, sauerkraut	Pickles, pomegranate	Apple cider vinegar, beet kvass



MEAL IDEAS

MEAL TYPE	DAY 1	DAY 2	DAY 3	DAY 4
Breakfast	Beef hash with sweet potatoes, onions, leeks, garlic or from previous day*	Stir fry fish with Kale, or from previous day*	Turkey sausage with parsnip puree	Pork cutlets with avocado and artichokes or from previous day*
Lunch	Portabella mushroom bison burgers with sweet potato fries	Halibut with Brussels sprouts puree	Turkey meatballs with spaghetti squash	Capers, saffron, scallops over a bed of spinach
Dinner	Baked duck with plum sauce and steamed asparagus	Salmon with broccoli and mashed cauliflower	Chicken stew with squash and carrots	Pulled pork, plantains, avocados
Snacks	Beef jerky + blueberries	Sardines, dried coconut flakes	Olives + pickles, papaya	Avocado with beets, plum sauce

RESOURCES:

For customizing your rotation diet, consider www.rotationdietsoftware.com

HELPFUL TOOLS AND RESOURCES:

- Rotation diet template
- Food family list
- 4 different color stickers to label foods
- www.Rotationdietsoftware.com



FOOD FAMILIES

CATEGORY	DAY 1	DAY 2	DAY 3	DAY 4
Dairy	33 casein (isolated) 33 milk, cheese (cow) 33 milk, cheese (goat) 33 milk, cheese (sheep) 69 egg (duck)		34 egg (chicken) 34 egg white (chicken) 34 egg yolk (chicken)	
Grains	1 buckwheat 11 yeast (bakers) 11 yeast (brewers)	15 barley 15 brown rice 15 corn 15 gluten (isolated) 15 millet 15 oats 15 rye 15 wheat	2 amaranth	46 quinoa
Starchy Vegetables	27 eggplant 27 potato	15 corn niblets 43 cassava	4 taro 14 pumpkin 14 squash	5 plantain 23 sweet potato 23 yam 24 breadfruit
Legumes		20 adzuki beans 20 chickpea garbanzo 20 kidney beans 20 lentils 20 lima beans 20 navy beans 20 peas 20 pinto beans 20 soybean		



FOOD FAMILIES (continued)

CATEGORY	DAY 1	DAY 2	DAY 3	DAY 4
Nuts/Seeds	6 brazil nut 51 chestnut 53 hazelnut 54 pine nut 59 poppy seed 65 flax seed 79 macadamia	20 peanut 28 coconut 31 pecan 31 walnut	9 cashew 9 pistachio 14 pumpkin seeds	36 sunflower 60 sesame 63 almond
Thickeners	27 potato puree 66 agar agar	20 chick pea flour 20 lentil flour 20 soy lecithin 43 tapioca	14 squash puree 62 arrowroot	23 sweet potato puree 23 yam puree
Seaweed	3 kelp 66 dulse 66 nori 67 chlorella 68 spirulina			
Drinks	7 black tea 7 green tea 7 oolong 22 hibiscus tea 58 coffee 80 hops (beer)	10 hot lemon water 16 wine,red 28 coconut water	12 ginger tea 38 mint	36 chamomile 36 chicory 36 dandelion root coffee 63 almond milk
Spices, Flavoring	21 garlic 21 leek 21 onion 21 shallot 27 cayenne 27 chili 27 paprika 64 cacao (chocolate) 64 cola nut 70 vanilla 72 black pepper	20 tamarind 25 carob 25 horseradish 25 mustard 25 wasab 26 allspice 26 cloves i	12 cardamom 12 ginger 12 turmeric 29 anise 29 caraway 29 chervil 29 cilantro 29 coriander 29 cumin 29 dill 29 lovage 38 basil 38 marjoram 38 mint spice 38 oregano 38 rosemary 38 thyme	8 capers 18 saffron 19 bay leaf 19 cinnamon 36 tarragon



FOOD FAMILIES (continued)

CATEGORY	DAY 1	DAY 2	DAY 3	DAY 4
Sweets	40 honey 52 sugar 71 agave nectar	15 cane sugar molasses 16 raisins 28 dates	44 maple syrup	13 black currants 36 stevia 63 prune
Fats & Oils	22 cottonseed oil 33 butter (goat) 69 duck fat 69 goose fat 75 lard	16 grape seed oil 25 canola oil 28 coconut oil 31 walnut oil	14 pumpkin seed oil 34 chicken fat	19 avocado oil 36 safflower oil 36 sunflower oil 39 olive oil 60 sesame oil 60 tahini butter 63 almond oil
Sour (ie. for vinaigrette)	17 cranberry juice 33 kefir (goat)	10 lemon juice 15 rice vinegar 16 balsamic vinegar 16 wine vinegars 25 sauerkraut	14 pickles 49 pomegranate juice	30 apple cider vinegar 46 beet kvass



MEAL IDEAS

MEAL	DAY 1	DAY 2	DAY 3	DAY 4
Breakfast	<p>1 cooked buckwheat kasha as cereal</p> <p>7 cup of green tea</p> <p>11 sprinkle nutritional yeast flakes</p> <p>17 1/2 c blueberries</p> <p>33 yogurt (goat)</p> <p>58 cup of coffee</p> <p>65 sprinkle flax meal</p> <p>69 scrambled duck egg</p>	<p>10 (1/2) grapefruit</p> <p>10 lemon in hot water as tea</p> <p>15 tsp brown sugar</p> <p>15 oatmeal</p> <p>15 100% rye toast</p> <p>16 raisins cooked into cereal</p> <p>28 cup coconut milk</p> <p>28 dates cooked</p> <p>31 (3)walnuts</p>	<p>2 cooked (soaked amaranth)</p> <p>9 cashew topping</p> <p>9 mango slices</p> <p>14 dry roasted pumpkin seeds</p> <p>34 softboiled egg</p> <p>34 egg white omelette</p> <p>37 elderberry juice</p> <p>38 mint herbal tea</p>	<p>13 tbsp black currant syrup</p> <p>19 cinnamon spice</p> <p>36 cup dandelion root coffee</p> <p>46 cooked quinoa</p> <p>61 fresh strawberries</p> <p>63 1/2 c almond nuts</p> <p>63 cup almond milk</p> <p>63 stewed prunes</p>
Snack	<p>1 cup rhubarb compote</p> <p>6 handful brazil nuts</p> <p>11 slice yeasted bread</p> <p>40 tsp raw honey</p> <p>47 fresh kiwi</p> <p>64 cacao nibs</p> <p>66 handful dulse crisps</p> <p>69 goose liver (pate)</p>	<p>10 whole mandarin</p> <p>10 orange slices</p> <p>20 peanut butter as dip ie. on crackers or fresh vegetable sticks</p> <p>31 handful pecans</p> <p>41 sardines</p>	<p>9 handful pistachios</p> <p>14 cucumber slices</p> <p>14 honeydew melon slices</p> <p>45 papaya slices</p>	<p>30 fresh apple</p> <p>36 handful sunflower seeds</p> <p>39 1/2 c mixed olives</p> <p>60 tahini as spread</p> <p>61 blackberries</p>
Lunch	<p>17 cranberry sauce</p> <p>21 minced garlic</p> <p>21 stir fried onions</p> <p>22 stewed okra</p> <p>27 paprika spice</p> <p>27 mashed potatoes</p> <p>27 roasted sweet peppers</p> <p>33 lamb chops</p> <p>69 roast duck</p> <p>73 deer stew</p> <p>74 braised rabbit</p> <p>76 grilled squab</p>	<p>20 braised tofu</p> <p>25 braised broccoli</p> <p>25 steamed cauliflower</p> <p>25 tbsp mustard as dressing</p> <p>25 sauerkraut side</p> <p>41 grilled catfish</p> <p>41 salmon filet</p> <p>41 tuna salad vinaigrette</p> <p>43 tapioca to thicken sauce</p>	<p>14 brine pickles</p> <p>14 stir fried zucchini</p> <p>29 fresh dill</p> <p>29 fresh herb lovage</p> <p>29 steamed parsnips</p> <p>34 roast chicken</p>	<p>30 stewed pear as vegetable dressing</p> <p>36 roasted endive</p> <p>42 braised lake trout</p> <p>46 roasted beets</p> <p>46 wilted chard</p> <p>46 wilted spinach</p> <p>60 roasted sesame seeds</p>



MEAL IDEAS (continued)

MEAL	DAY 1	DAY 2	DAY 3	DAY 4
Dinner	11 braised mushrooms 17 cranberry juice dressing 21 roasted leek 27 roasted eggplant 27 stirfried tomatoes 33 beef broth/stock 54 sprinkle pine nuts 71 steamed asparagus 75 pork broth	10 splash lemon juice 15 steamed rice 20 cooked (soaked adzuki beans) 20 cooked (soaked lentils) 20 cooked (soaked lima beans) 20 cooked (soaked navy beans) 20 cooked (soaked pinto beans) 25 fresh arugula salad 25 horseradish as dressing 25 oven roasted kale 28 jar palm hearts 41 grilled halibut	12 fresh ginger 12 turmeric spice 14 panfried butternut squash 29 braised carrots 29 braised celery 29 coriander spice 29 cumin spice 29 fresh parsley garnish 35 stir fry shrimp side dish 49 dressing: pomegranate juice 62 arrowroot as sauce thickener	18 saffron spice 19 avocado cubes top salad 19 bay leaves to flavour sauce 23 sweet potato mash 23 yam mash 32 stir fry scallops side dish 36 fresh romaine lettuce
Sweet	27 goji berries 70 vanilla extract 71 half tsp agave nectar/ syrup	16 cup grapes 50 sliced fresh pineapple	14 cubed cantaloupe 14 pumpkin puree 44 tbsp maple syrup 49 fresh pomegranate	5 one banana 24 stewed figs 36 stevia to sweeten 61 fresh raspberries 63 fresh cherries 63 fresh nectarine

Adapted from www.rotationdietsoftware.com

Use this document as a guide to help you determine which foods may be in the same family and thus cross-reactive.

When planning meals on the rotation diet, batch cooking can be a great way to save time and energy. Batch cooking is where you cook a few meals at the same time. Then, you only have to clean up once.

You can also have your day 1 dinner for day 2 breakfast (important to follow a 24 hour rotation, not necessarily the same day), or freeze leftovers for the next designated day.

