











DineWise™ 4 Day Rotation Diet - Customized Especially for DWLHW

Day 1

Day 2

Day 3

Day 4

**Dairy**

**Fish / Seafood**

Cod Fish  
Halibut

Lobster  
Shrimp

Salmon

Sardine

**Fruit**

Apricot  
Cranberry  
Grape  
Pear  
Plum (Prune)

Blueberry  
Coconut  
Cranberry  
Papaya  
Pineapple

Apple  
Pear

Banana  
Grapefruit

**Grains**

Buckwheat

**Legumes - Beans and Peas**

Lentil

Kidney Bean

**Meat/Fowl**

Beef  
Lamb

Pork

Chicken  
Turkey

Egg White

**Miscellaneous**

Coffee  
Honey  
Mushroom  
Yeast, Bakers \*

**Nuts and Seeds**

Peanut  
Sunflower

Cashews

Almond  
Hazelnut

Walnut

**Vegetables**

Celery  
Pumpkin

Asparagus  
Potato

**SAMPLE  
REPORT**