

Tasty Nutrition Rotation Planner



GLEND A HILL



INTRODUCTION

Welcome to a New Chapter in Your Health Journey!

One of the simplest yet most powerful ways to revitalize your health and lose weight is by adding more variety to your meals.

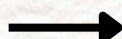
By rotating your foods, shopping seasonally, and exploring new recipes with herbs, you'll enjoy a wide range of nutrients and flavors while avoiding the monotony of repetitive meals.

Beyond weight loss, food variety can also have a dramatic impact on your energy levels. Different foods provide different types of fuel for your body. For example, complex carbohydrates like sweet potatoes and whole grains offer sustained energy, while healthy fats from avocados and nuts help keep you full and energized between meals. By mixing up your diet, you ensure you're fueling your body with everything it needs to stay energized and focused throughout the day. This planner is designed to help you incorporate more variety into your diet effortlessly.

What's inside

1. Rotation Planner
2. Seasonal Produce Guide
3. Herb-Inspired Meal Ideas
4. Success Tips

A study published in the American Journal of Clinical Nutrition highlights the importance of dietary diversity. The research found that individuals with a greater variety of foods in their diet had a lower risk of developing metabolic syndrome—a cluster of conditions including high blood pressure and insulin resistance that are linked to weight gain and fatigue.



Hello I'm Glenda



If you're like me, most likely you are eating the same foods day after day, like oatmeal every morning, yummy. But during my weight loss journey I discovered eating the same foods every day can slowly but surely hinder your health and weight loss goals. Eating the same foods repeatedly can cause your diet to lack essential nutrients. No single food provides all the vitamins, minerals, and antioxidants your body needs to function optimally, Here's why:

1. **Nutritional Gaps:** Repeating the same foods leads to nutritional deficiencies. Relying solely on chicken as your protein source means missing out on the unique benefits of fish, legumes, or tofu.
2. **Slows Down Your Metabolism:** A monotonous diet impacts your metabolism. Your body becomes accustomed to processing the same foods, which can lead to a slowdown in metabolic rate. This leaves you feeling sluggish making weight loss harder.
3. **Food Sensitivities:** Over time, eating the same foods can lead to sensitivities or intolerances, causing inflammation and weight gain.

Breaking the Monotony Cycle: Why It's Worth It

Put an end to diet monotony and embrace variety in your meals to lose weight and feel great with this simple rotation method.

This planner is here to support you as you make this important shift. Let's begin your journey toward a more varied and nourishing diet!

A handwritten signature in black ink that reads "Glenda Hill". The signature is fluid and cursive, with the first letters of "Glenda" and "Hill" being capitalized and prominent.

HEALTHY LIFESTYLE COACH & CHRISTIAN HOLISTIC NUTRITIONIST

How To Effectively Use The Planner

Rotate Your Foods for Balanced Nutrition and Renewed Energy

This section is your tool for categorizing and scheduling meals by food type—proteins, vegetables, fruits, and grains. Rotating your food choices ensures that your body receives the broad spectrum of nutrients it needs, helping to accelerate weight loss, maintain energy levels, and keep meals exciting.

How to Get Started

- **Start Small:** Begin by **rotating just one meal a day**. If you're used to having oatmeal every morning, try swapping it with a new breakfast option once or twice a week, like a quinoa bowl, smoothie with leafy greens, or scrambled tofu.
- **Focus on One Food Group at a Time:** If changing your entire meal plan feels overwhelming, start by rotating your proteins or vegetables first.

The planner enables you to categorize your foods by type—proteins, vegetables, fruits, and grains—and plan your meals with ease.

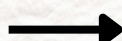
CHECK THE EXTENSIVE 12-PAGE FOOD LIST

Print the planner pages and start rotating foods each day.

Example: Schedule your meals for the week by including different protein sources each day—such as fish, beans, and tofu—and varying your vegetables, grains, and fruits. This ensures a balanced intake of essential nutrients.

Example: If it's the fall season, the planner will remind you to include seasonal produce like pumpkins, apples, and Brussels sprouts in your meals. This way, you maximize both flavor and nutrition.

Example: Try a new recipe each week that highlights a different herb. Imagine rosemary on roasted vegetables or basil in a fresh salad. This keeps your meals exciting and nutritious.



12 pages of *Foods to Enjoy*

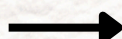
Here's a list of common **tree fruits** that grow in the U.S.:

1. **Apples** (*Malus domestica*)
2. **Pears** (*Pyrus*)
3. **Peaches** (*Prunus persica*)
4. **Plums** (*Prunus domestica*)
5. **Cherries** (*Prunus avium* and *Prunus cerasus*)
6. **Apricots** (*Prunus armeniaca*)
7. **Nectarines** (*Prunus persica* var. *nucipersica*)
8. **Figs** (*Ficus carica*)
9. **Persimmons** (*Diospyros virginiana* and *Diospyros kaki*)
10. **Pomegranates** (*Punica granatum*)
11. **Oranges** (*Citrus sinensis*)
12. **Lemons** (*Citrus limon*)
13. **Grapefruits** (*Citrus × paradisi*)
14. **Limes** (*Citrus aurantiifolia*)
15. **Tangerines** (*Citrus tangerina*)
16. **Olives** (*Olea europaea*)
17. **Avocados** (*Persea americana*)
18. **Pecans** (*Carya illinoensis*)
19. **Walnuts** (*Juglans regia*)
20. **Mulberries** (*Morus*)
21. **Quinces** (*Cydonia oblonga*)
22. **Pawpaws** (*Asimina triloba*)
23. **Almonds** (*Prunus dulcis*)
24. **Chestnuts** (*Castanea*)
25. **Coconuts** (*Cocos nucifera*) – typically in southern Florida and Hawaii



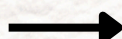
Herbal fruits, often referred to as fruits from herbaceous plants rather than woody trees, are typically smaller and come from plants that die back at the end of the growing season. Here's a list of common herbal fruits found in the U.S.:

1. **Strawberries** (*Fragaria × ananassa*)
2. **Blueberries** (*Vaccinium corymbosum*)
3. **Raspberries** (*Rubus idaeus*)
4. **Blackberries** (*Rubus fruticosus*)
5. **Cranberries** (*Vaccinium macrocarpon*)
6. **Grapes** (*Vitis vinifera*) – While grapevines are woody, they are considered herbaceous because they grow as climbing vines rather than as trees.
7. **Watermelon** (*Citrullus lanatus*)
8. **Cantaloupe** (*Cucumis melo*)
9. **Honeydew melon** (*Cucumis melo*)
10. **Cucumber** (*Cucumis sativus*) – Often categorized as a vegetable, but botanically a fruit.
11. **Pumpkin** (*Cucurbita pepo*)
12. **Zucchini** (*Cucurbita pepo*) – Like cucumbers, often considered a vegetable but botanically a fruit.
13. **Tomato** (*Solanum lycopersicum*) – Another botanical fruit typically used as a vegetable.
14. **Pepper** (*Capsicum annuum*) – Bell peppers, chili peppers, etc., are all fruits botanically.
15. **Eggplant** (*Solanum melongena*) – Like peppers and tomatoes, eggplants are botanically fruits.



Here's a list of common **vine fruits**:

1. **Grapes** (*Vitis vinifera*)
2. **Watermelon** (*Citrullus lanatus*)
3. **Cantaloupe** (*Cucumis melo*)
4. **Honeydew Melon** (*Cucumis melo*)
5. **Passion Fruit** (*Passiflora edulis*)
6. **Kiwi** (*Actinidia deliciosa*)
7. **Cucumbers** (*Cucumis sativus*) – botanically a fruit, though often used as a vegetable
8. **Pumpkin** (*Cucurbita pepo*) – large varieties typically grow on vines
9. **Zucchini** (*Cucurbita pepo*) – another botanical fruit often treated as a vegetable
10. **Bitter Melon** (*Momordica charantia*)
11. **Winter Melon** (*Benincasa hispida*)
12. **Luffa** (*Luffa cylindrica*) – also known as sponge gourd
13. **Chayote** (*Sechium edule*)
14. **Squash** (*Cucurbita* spp.) – including varieties like acorn, butternut, and spaghetti squash
15. **Tomato** (*Solanum lycopersicum*) – commonly considered a vegetable, but botanically a fruit
16. **Pepper** (*Capsicum annuum*) – bell peppers, chili peppers, etc.
17. **Gourd** (*Lagenaria siceraria*, *Cucurbita* spp.) – ornamental types and some edible varieties



Here's a list of common **green leafy vegetables**:

1. **Spinach** (*Spinacia oleracea*)
2. **Kale** (*Brassica oleracea* var. *sabellica*)
3. **Swiss Chard** (*Beta vulgaris* subsp. *vulgaris*)
4. **Collard Greens** (*Brassica oleracea* var. *viridis*)
5. **Mustard Greens** (*Brassica juncea*)
6. **Turnip Greens** (*Brassica rapa* subsp. *rapa*)
7. **Beet Greens** (*Beta vulgaris* subsp. *vulgaris*)
8. **Bok Choy** (*Brassica rapa* subsp. *chinensis*)
9. **Romaine Lettuce** (*Lactuca sativa* var. *longifolia*)
10. **Butterhead Lettuce** (*Lactuca sativa* var. *capitata*)
11. **Arugula** (*Eruca vesicaria*)
12. **Watercress** (*Nasturtium officinale*)
13. **Mizuna** (*Brassica rapa* var. *nipposinica*)
14. **Endive** (*Cichorium endivia*)
15. **Escarole** (*Cichorium endivia* var. *latifolia*)
16. **Dandelion Greens** (*Taraxacum officinale*)
17. **Radicchio** (*Cichorium intybus* var. *foliosum*)
18. **Broccoli Rabe** (*Brassica rapa* subsp. *ruvo*)
19. **Parsley** (*Petroselinum crispum*) – often used as an herb but can also be eaten as a leafy green.
20. **Cilantro** (*Coriandrum sativum*) – similarly used as an herb but can be consumed as a leafy green.
21. **Sorrel** (*Rumex acetosa*)
22. **Malabar Spinach** (*Basella alba*)
23. **Mâche** (*Valerianella locusta*)
24. **Tat Soi** (*Brassica rapa* subsp. *narinosa*)
25. **Callaloo** (*Amaranthus* spp.)

These green leafy vegetables are nutrient-dense and widely used in salads, soups, stir-fries, and other dishes.



Here's a list of common **cruciferous vegetables**:

1. **Broccoli** (*Brassica oleracea* var. *italica*)
2. **Cauliflower** (*Brassica oleracea* var. *botrytis*)
3. **Cabbage** (*Brassica oleracea* var. *capitata*)
4. **Brussels Sprouts** (*Brassica oleracea* var. *gemmifera*)
5. **Bok Choy** (*Brassica rapa* subsp. *chinensis*)
6. **Arugula** (*Eruca vesicaria*)
7. **Collard Greens** (*Brassica oleracea* var. *viridis*)
8. **Turnips** (*Brassica rapa* subsp. *rapa*)
9. **Turnip Greens** (*Brassica rapa* subsp. *rapa*)
10. **Radishes** (*Raphanus sativus*)
11. **Rutabaga** (*Brassica napus* var. *napobrassica*)
12. **Mustard Greens** (*Brassica juncea*)
13. **Horseradish** (*Armoracia rusticana*)
14. **Watercress** (*Nasturtium officinale*)
15. **Napa Cabbage** (*Brassica rapa* subsp. *pekinensis*)
16. **Daikon Radish** (*Raphanus sativus* var. *longipinnatus*)
17. **Kohlrabi** (*Brassica oleracea* var. *gongylodes*)
18. **Mizuna** (*Brassica rapa* var. *nipposinica*)
19. **Broccoli Rabe** (*Brassica rapa* subsp. *ruvo*)

Cruciferous vegetables are known for their health benefits, including high levels of vitamins, minerals, and antioxidants. They are commonly used in a variety of dishes, from salads to stir-fries.



Here's a list of common **cucurbits**, which are members of the gourd family (Cucurbitaceae):

1. **Cucumber** (*Cucumis sativus*)
2. **Zucchini** (*Cucurbita pepo*)
3. **Pumpkin** (*Cucurbita pepo*, *Cucurbita maxima*, *Cucurbita moschata*)
4. **Butternut Squash** (*Cucurbita moschata*)
5. **Acorn Squash** (*Cucurbita pepo*)
6. **Spaghetti Squash** (*Cucurbita pepo*)
7. **Hubbard Squash** (*Cucurbita maxima*)
8. **Kabocha Squash** (*Cucurbita maxima*)
9. **Pattypan Squash** (*Cucurbita pepo*)
10. **Yellow Squash** (*Cucurbita pepo*)
11. **Gourds** (*Lagenaria siceraria*, *Cucurbita pepo*) – ornamental types
12. **Watermelon** (*Citrullus lanatus*)
13. **Cantaloupe** (*Cucumis melo*)
14. **Honeydew Melon** (*Cucumis melo*)
15. **Bitter Melon** (*Momordica charantia*)
16. **Muskmelon** (*Cucumis melo*)
17. **Chayote** (*Sechium edule*)
18. **Winter Melon** (*Benincasa hispida*)
19. **Luffa** (*Luffa cylindrica*) – also known as sponge gourd
20. **Snake Gourd** (*Trichosanthes cucumerina*)

Cucurbits are typically vining plants that produce a wide range of edible fruits, commonly used in various dishes, from salads and soups to desserts.



Here's a list of common **stalk vegetables**:

1. **Celery** (*Apium graveolens*)
2. **Asparagus** (*Asparagus officinalis*)
3. **Rhubarb** (*Rheum rhabarbarum*)
4. **Fennel** (*Foeniculum vulgare*) – specifically the bulb and stalks
5. **Leeks** (*Allium ampeloprasum*)
6. **Kohlrabi** (*Brassica oleracea* var. *gongylodes*) – both the bulbous stem and the stalks are edible
7. **Bamboo Shoots** (*Bambusoideae*)
8. **Green Onions/Scallions** (*Allium fistulosum*)
9. **Cardoon** (*Cynara cardunculus*) – a relative of the artichoke, with edible stalks

Stalk vegetables are often used in soups, stews, stir-fries, and salads, and they add a crunchy texture and a variety of flavors to dishes.

Here's a list of common **tubers**:

1. **Potatoes** (*Solanum tuberosum*)
2. **Sweet Potatoes** (*Ipomoea batatas*)
3. **Yams** (*Dioscorea*)
4. **Cassava** (*Manihot esculenta*) – also known as manioc or yuca
5. **Taro** (*Colocasia esculenta*)
6. **Jerusalem Artichokes** (*Helianthus tuberosus*) – also known as sunchokes
7. **Ginger** (*Zingiber officinale*)
8. **Turmeric** (*Curcuma longa*)
9. **Yacon** (*Smallanthus sonchifolius*)
10. **Jicama** (*Pachyrhizus erosus*)
11. **Beets** (*Beta vulgaris*)
12. **Carrots** (*Daucus carota*)
13. **Rutabagas** (*Brassica napus* var. *napobrassica*)
14. **Turnips** (*Brassica rapa* subsp. *rapa*)
15. **Radishes** (*Raphanus sativus*)
16. **Parsnips** (*Pastinaca sativa*)
17. **Celeriac** (*Apium graveolens* var. *rapaceum*) – also known as celery root
18. **Arrowroot** (*Maranta arundinacea*)
19. **Lotus Root** (*Nelumbo nucifera*)
20. **Water Chestnuts** (*Eleocharis dulcis*)

Tubers are starchy vegetables that **grow underground** and are often used as staple foods in various cuisines worldwide. They can be roasted, boiled, mashed, or used in soups, stews, and a variety of other dishes.

Here's a list of common **whole grains**:

1. **Oats** (*Avena sativa*)
2. **Brown Rice** (*Oryza sativa*)
3. **Quinoa** (*Chenopodium quinoa*)
4. **Barley** (*Hordeum vulgare*)
5. **Farro** (*Triticum dicoccum*)
6. **Millet** (*Panicum miliaceum*)
7. **Bulgur** (*Triticum durum*) – made from cracked whole wheat
8. **Spelt** (*Triticum spelta*)
9. **Rye** (*Secale cereale*)
10. **Buckwheat** (*Fagopyrum esculentum*) – technically a pseudocereal, but commonly used as a whole grain
11. **Amaranth** (*Amaranthus spp.*) – another pseudocereal often treated as a whole grain
12. **Teff** (*Eragrostis tef*)
13. **Sorghum** (*Sorghum bicolor*)
14. **Wild Rice** (*Zizania spp.*)
15. **Kamut** (*Triticum turgidum*) – an ancient variety of wheat
16. **Freekeh** (*Triticum turgidum*) – young, roasted whole wheat
17. **Corn** (*Zea mays*) – when consumed as whole kernels or whole grain cornmeal
18. **Triticale** (*Triticosecale*) – a hybrid of wheat and rye
19. **Einkorn** (*Triticum monococcum*) – one of the oldest cultivated forms of wheat

Whole grains contain all parts of the grain kernel – the bran, germ, and endosperm – which makes them rich in fiber, vitamins, and minerals. They are widely used in various cuisines around the world, both as a staple food and as an ingredient in different dishes.



Here's a list of common **legumes**:

1. **Lentils** (*Lens culinaris*)
2. **Chickpeas/Garbanzo Beans** (*Cicer arietinum*)
3. **Black Beans** (*Phaseolus vulgaris*)
4. **Kidney Beans** (*Phaseolus vulgaris*)
5. **Pinto Beans** (*Phaseolus vulgaris*)
6. **Navy Beans** (*Phaseolus vulgaris*)
7. **Red Beans** (*Phaseolus vulgaris*)
8. **Cannellini Beans** (*Phaseolus vulgaris*)
9. **Soybeans** (*Glycine max*)
10. **Edamame** (*Glycine max*) – young, green soybeans
11. **Peas** (*Pisum sativum*) – including green peas, split peas
12. **Black-eyed Peas** (*Vigna unguiculata*)
13. **Lima Beans** (*Phaseolus lunatus*) – also known as butter beans
14. **Fava Beans** (*Vicia faba*)
15. **Mung Beans** (*Vigna radiata*)
16. **Adzuki Beans** (*Vigna angularis*)
17. **Broad Beans** (*Vicia faba*)
18. **Butter Beans** (*Phaseolus lunatus*)
19. **Pigeon Peas** (*Cajanus cajan*)
20. **Peanuts** (*Arachis hypogaea*) – technically a legume, though often considered a nut
21. **Great Northern Beans** (*Phaseolus vulgaris*)
22. **Cranberry Beans** (*Phaseolus vulgaris*)
23. **Borlotti Beans** (*Phaseolus vulgaris*)
24. **Marrowfat Peas** (*Pisum sativum*)
25. **French Green Lentils** (*Lens culinaris*)

Legumes are a great source of plant-based protein, fiber, vitamins, and minerals. They are used in a variety of dishes around the world, including soups, stews, salads, and as side dishes.



Here's a list of common **nuts and seeds**:

Nuts:

1. **Almonds** (*Prunus dulcis*)
2. **Walnuts** (*Juglans regia*)
3. **Cashews** (*Anacardium occidentale*)
4. **Pecans** (*Carya illinoensis*)
5. **Hazelnuts** (*Corylus avellana*)
6. **Pistachios** (*Pistacia vera*)
7. **Macadamia Nuts** (*Macadamia integrifolia*)
8. **Brazil Nuts** (*Bertholletia excelsa*)
9. **Chestnuts** (*Castanea spp.*)
10. **Pine Nuts** (*Pinus spp.*)

Seeds:

1. **Chia Seeds** (*Salvia hispanica*)
2. **Flaxseeds** (*Linum usitatissimum*)
3. **Pumpkin Seeds** (*Cucurbita pepo*)
4. **Sunflower Seeds** (*Helianthus annuus*)
5. **Sesame Seeds** (*Sesamum indicum*)
6. **Hemp Seeds** (*Cannabis sativa*)
7. **Poppy Seeds** (*Papaver somniferum*)
8. **Cucumber Seeds** (*Cucumis sativus*)
9. **Radish Seeds** (*Raphanus sativus*)
10. **Mustard Seeds** (*Brassica spp.*)
11. **Quinoa Seeds** (*Chenopodium quinoa*) – often treated as a grain, but botanically a seed
12. **Amaranth Seeds** (*Amaranthus spp.*) – another pseudocereal often treated as a seed

Nuts and seeds are nutritious and offer a variety of health benefits, including healthy fats, protein, fiber, vitamins, and minerals. They can be eaten on their own, added to dishes, or used in cooking and baking.



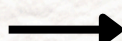
Oils:

1. **Olive Oil** (*Olea europaea*) – extra virgin, virgin, and refined
2. **Coconut Oil** (*Cocos nucifera*)
3. **Avocado Oil** (*Persea americana*)
4. **Canola Oil** (*Brassica napus*)
5. **Sunflower Oil** (*Helianthus annuus*)
6. **Sesame Oil** (*Sesamum indicum*)
7. **Grapeseed Oil** (*Vitis vinifera*)
8. **Flaxseed Oil** (*Linum usitatissimum*)
9. **Walnut Oil** (*Juglans regia*)
10. **Pumpkin Seed Oil** (*Cucurbita pepo*)
11. **Hemp Seed Oil** (*Cannabis sativa*)
12. **Soybean Oil** (*Glycine max*)
13. **Almond Oil** (*Prunus dulcis*)
14. **Macadamia Oil** (*Macadamia integrifolia*)
15. **Safflower Oil** (*Carthamus tinctorius*)

Natural Sweeteners:

1. **Honey** (*Apis mellifera*)
2. **Maple Syrup** (*Acer saccharum*)
3. **Agave Nectar** (*Agave tequilana*)
4. **Molasses** (from sugarcane or sugar beets)
5. **Date Syrup** (from dates)
6. **Coconut Sugar** (from coconut palm sap)
7. **Stevia** (*Stevia rebaudiana*) – a natural, zero-calorie sweetener
8. **Monk Fruit Sweetener** (*Siraitia grosvenorii*) – a natural, zero-calorie sweetener
9. **Brown Rice Syrup** (from brown rice)
10. **Barley Malt Syrup** (from barley)
11. **Yacon Syrup** (from yacon root)
12. **Sucanat** (Sugar Cane Natural) – Sucanat is a brand name for a type of whole cane sugar that is minimally processed. It retains the natural molasses content, giving it a rich flavor and higher mineral content compared to refined white sugar.
13. **Muscovado Sugar** – This is an unrefined cane sugar with a strong molasses flavor and high moisture content. It is darker and more flavorful than regular brown sugar and retains more of the natural minerals from the sugarcane.

Both Sucanat and Muscovado sugar are excellent choices for adding depth and complexity to recipes, while also providing some additional nutrients compared to highly refined sugars.



Herbs and Popular Culinary Uses

Basil: Pesto, salads, tomato sauces

Rosemary: Roasted meats, vegetables

Thyme: Soups, stews, marinades

Oregano: Mediterranean, Mexican dishes, pizzas

Parsley: Garnish, salads, soups

Cilantro: Salsas, curries, garnish

Mint: Teas, desserts, salads

Dill: Pickling, salads, fish

Sage: With meats, stuffing, sauces

Chives: Garnish for soups, salads, potatoes

Tarragon: Chicken, fish, egg dishes

Lemongrass: Thai/Vietnamese soups, curries, teas

Bay Leaves: Soups, stews, sauces

Marjoram: Mediterranean dishes, meats, sauces

Lavender: Desserts, teas, savory dishes



Tasty Nutrition Rotation Planner

	Mon	Tue	Wed	Thur
Protein Beans Nuts Seeds				
Fruits				
Veggies				
Grains				



Spring/Summer
Fall/Winter



Tasty Nutrition Rotation Planner

Fri

Sat

Sun

Protein

Beans
Nuts
Seeds

Fruits

Veggies

Grains

Seasonal

Spring/Summer
Fall/Winter

Herbs



Add Variety, Flavor, and Nutrition Richness With Seasonal Foods and Year Round Herbs

Shop for Seasonal Produce

Enhance your meals with the freshest, most nutrient-dense foods by shopping seasonally. Seasonal produce provides better nutrition and is more cost-effective.



Examples of Seasonal Foods

- Spring/Summer: Enjoy the renewal of life with strawberries, asparagus, peaches, and zucchini.
- Fall/Winter: Embrace the richness of apples, butternut squash, kale, and sweet potatoes.



Explore New Recipes with Herbs

Add Depth and Health Benefits to Your Meals

Herbs are a powerful way to add variety, flavor, and healing properties to your meals. This section encourages you to try new recipes featuring different herbs each week, elevating your dishes while providing additional health benefits.

Herb-Inspired Recipes

1. Rosemary: Roast potatoes and carrots with fresh rosemary for a savory flavor boost.
2. Basil: Create a refreshing tomato and cucumber salad with fresh basil.
3. Cilantro: Make a zesty salsa with cilantro to top your tacos or grilled fish or Tofu.

Why Herbs Matter

Herbs enhance flavor, support digestion, reduce inflammation, and boost your immune system. They are a natural way to enrich your diet and keep your meals interesting.



Tips for Continued Success

Congratulations

ON TAKING THE FIRST STEP TOWARD A TASTY NUTRITIOUS DIET!


Tips for Continued Success:

- Regularly Review and Update Your Planner: Keep your meal plans fresh by continuously rotating foods, exploring seasonal produce, and trying new herb recipes. "Commit your way to the Lord; trust in him, and he will bring it to pass." (Psalm 37:5).
- Experiment and Have Fun: The more you experiment, the more delicious discoveries you'll make. Don't be afraid to step out of your comfort zone! "For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind (2 Timothy 1:7).
- Share Your Journey: Inspire others by sharing your success stories and favorite recipes. Your journey might be the encouragement someone else needs to begin their own.

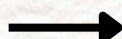
Thank you for using the Tasty Nutrition Rotation Planner. Blessings to you for a healthier, more flavorful journey ahead!

Want To
Learn More?



 **PODCAST** Thirty Pounds Down Podcast

FOR MORE RESOURCES



WWW.GLENDAHILL.COM

HEALTHY LIFESTYLE COACH