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First 3 days 600 cals then the other 4 days 900 cals. Then the next week 1200 cals. If you are a woman. Men get to eat more. Then you repeat for another 2 weeks. Then you stop diet and just eat a 1200 or 1500 cal diet for a few weeks.

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The creator of the rotation diet claims that the diet would help anyone lose up to

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24 to 28-pound weight. For the first four days, women should take 600 calories per day and men should take 1200 calories. After this woman should take 900 calorie per day and men should take 1500 calories per day for four days.

Rotation Diet Plan | The Diet will Give

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You Killer Result

The Rotation Diet is designed to raise metabolism by alternating low and moderate caloric intake for faster weight loss. As a result of the rotation of foods and amount of calories allowed, the Rotation Diet is less demanding and easier to stick with than other low calorie

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diets that test one's will power to the max  
contributing to weight loss failure.

What to Eat on a Rotation Diet |  
Livestrong.com

The Rotation Diet Book was first  
originally published back in 1986 by  
Martin Kathan, and since then the book

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has been edited and revised. You can find this book on Amazon for around \$15.00 with shipping.

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intolerances. Rather, they helps ferret out food intolerance,...

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The Rotation Diet: Revised And Updated:  
Martin Katahn ...

Anyone with a weight problem can lose up to a pound a day and never gain it

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back with Martin Katahn's fabulous and famous Rotation Diet. It's simple . . . it's safe . . . it's fast . . . it lasts . . . and it's a bestseller. To keep "rotating", Bantam also offers Maintaining the Rotation Diet audio cassette in a mixed book/cassette floor display.

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