

Food Combinations & Choices

Color-coding: **Green** means recommended. **Red** means discouraged.

Proteins^{1, 2, 3}

Nuts & Seeds

Legumes (beans, lentils, split peas, chick peas)

Fish

Poultry (eggs, chicken, turkey)

Meat (beef, pork, venison)

Dairy² (cheese, cottage cheese, ice cream, milk, yoghurt)

1. Carbohydrates and Proteins should never be eaten together or during the same meal period.

2. Dairy products are discouraged for human consumption (Exception: mother's breast milk is highly recommended for babies of same species).

3. Eat no more than one concentrated protein per meal.

Poor

Carbohydrates¹

Squash (pumpkin, acorn, butternut, spaghetti, kabocha)

Potato

Rice (white, brown, wild)

Grains (quinoa, kasha, millet, wheat)

Legumes (beans, lentils, split peas, chick peas)

Bread

Cereal

Pasta

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Fats & Oils

All Nuts & Seeds

Avocado

Coconut

Olives

Butter

Cream

Lard

Oils (olive, avocado, coconut, sesame, safflower, soy, corn, nut oils)

Poor

Good

Excellent

Non-Starchy Vegetables

Asparagus

Beet Greens

Broccoli

Brussel Sprouts

Cabbage

Celery

Chard

Chicory

Collards

Cucumber

Dandelion

Endive

Escarole

Green Beans

Kale

Kohlrabi

Lettuce

Parsley

Spinach

Sprouts

Summer Squash

Sweet Pepper

Swiss Chard

Tomatoes

Turnips

Watercress

Zucchini

Eggplant

Leeks

Onions

Radishes

Scallions

Garlic

Excellent

Excellent

Excellent

Good

Good

Mild-Starchy Vegetables

Artichokes Beets Carrots Cauliflower Peas Corn

Fruit

Fruit are best when eaten alone, as a meal, when the stomach is empty of other foods, such as for breakfast.

Each fruit group should be eaten separately from other fruit groups, especially melons and sweet fruits.

Acid

Blackberry

Grapefruit

Lemon/Lime

Orange

Pineapple

Plum (sour)

Pomegranate

Raspberry

Sour Apple

Strawberry

Sub-Acid

Apple

Apricot

Blueberry

Cherry

Kiwi

Mango

Peach

Pear

Plum (sweet)

Sweet

Bananas

Dates

Currants

Figs

Grapes

Papaya

Persimmon

Prunes

Raisins

Melon

Cantaloupe

Casaba

Crenshaw

Honeydew

Persian

Watermelon



Meal Suggestions

and transit times required for food to leave the stomach only.

Breakfast Ideas

1. Vegetable Juice (1hr)
2. Fresh fruit (Depending on amount 1 or 2 hrs)
3. Oven baked whole grain bread w/avocado (3 or 4 hrs)

Lunch Ideas

1. Green leafy salad w/lemon (1hr) w/oil or avocado (2 hrs)
2. Green leafy salad followed by cooked veggies (3.5 hrs) w/ yams or grains (4.5 hrs minimum)

Dinner Ideas

1. Green leafy salad followed by cooked veggies & animal protein: fish, chicken, beef (6-8 hrs)

Quick Food Combining Tips

If you want to play, make it late in the day (Dinner, kids!).

Juice Drink fresh pressed vegetable juice daily if possible. Always drink on an empty stomach and avoid mixing it with food.

Fruit Fruit is an excellent food to eat at breakfast since it has a short transit time. Melons should be eaten alone or left alone. Once you've had any cooked food, avoid eating fresh fruit for the rest of the day.

Proteins Remember it is best to eat protein at the LAST meal of the day.

Deserts Desserts are best after dinner.

Late night indulgent eating/drinking Refrain from drinking juice and/or eating fruit the following morning. Drink water with fresh squeezed lemon instead.

Food Suggestions

Food Flavorings

Bragg's Liquid Aminos: Similar to Soy Sauce, but it's non-fermented.

Nama Shoyu: Raw soy sauce.

Herbamare and/or Trocomare: Sea salt with organic dehydrated herbs.

Spices: Garlic Powder/Onion Powder, Oregano Powder/Rosemary Powder, Chili Powder, Cumin Powder, Cumin Seeds, and Mustard Seeds.

Nutritional Yeast: Tastes like Parmesan! Sprinkle on salads, etc.

Miscellaneous

Lacto-Fermented Vegetables: Hawthorne Valley.

Seaweed: Dulse, Wakame, & Nori Sheets.

Seaweed: Gomasio Eden Organic.

Breads

Ezekiel (amazing bread line): Loaf, flatbread, pita, English Muffins, buns, corn tortillas, and pasta.

French Meadow: Loaf spelt bread (remember: always toast your bread)

Manna Bread (freezer dept): The Multi-grain/ Millet Rice are great.

Cornmeal Pizza crusts: Awesome! Whole Foods. Freezer dept.

Whole Wheat Pie Crusts (freezer dept): Look for the brand without sugar. You can make a vegan pot-pie with a variety of vegetables you dice up!

Frozen Sourdough (freezer dept): Ready to bake in oven for 10 min. Whole Foods.

**Ryvita Dark Rye Crisp Bread
Organic Rice Cakes**