**Food Combinations & Choices**

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

### Fats & Oils
- **Poor**
  - All Nuts & Seeds
  - Fish
  - Poultry (eggs, chicken, turkey)
  - Meat (beef, pork, venison)
- **Good**
  - Avocado
  - Coconut
  - Olives
  - Butter
  - Cream
  - Lard
  - Oils (olive, avocado, coconut, sesame, safflower, soy, corn, nut oils)

### Carbohydrates
- **Poor**
  - Squash (pumpkin, acorn, butternut, spaghetti, kabocha)
  - Potato
  - Rice (white, brown, wild)
  - Grains (quinoa, kasha, millet, wheat)
- **Good**
  - Legumes (beans, lentils, split peas, chick peas)
  - Bread
  - Cereal
  - Pasta

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.

### Proteins
- **Excellent**
  - Nuts & Seeds
  - Legumes (beans, lentils, split peas, chick peas)
  - Fish
  - Poultry (eggs, chicken, turkey)
  - Meat (beef, pork, venison)
  - Dairy (cheese, cottage cheese, ice cream, milk, yoghurt)
  - Eggplants
  - Leeks
  - Onions
  - Radishes
  - Scallions
  - Garlic

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### Non-Starchy Vegetables
- **Excellent**
  - 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

### Mild-Starchy Vegetables
- **Excellent**
  - Artichokes
  - Beets
  - Carrots
  - Cauliflower
  - Peas
  - Corn

### Fruit
- **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

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.
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/lime (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.
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.
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

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FULL PAYMENT IS REQUIRED FOR ALL CANCELLATIONS MADE WITH LESS THAN 24 HOURS NOTICE.