

SIMPLE PROPER FOOD COMBINING

FRUITS

Eat more fruit meals high in energy, antioxidants, astringents, and nutrition. Great brain and nerve foods! Do not combine with other types of foods.

Some types of food do not combine well with other types of food at the same meal. Fermentation and putrefaction occur, stopping proper food digestion. Unwanted toxic by-products, like alcohol, are created.

Melons
Watermelon
Cantaloupe
Honey Dew
Papaya

Acid
Citrus
Strawberries
Pineapples
Sour fruits

Sub-Acid
Apples
Grapes
Cherries
Mangos

Sweet
Bananas
Figs
Dates
Raisins

EAT ALONE!

DO NOT COMBINE FRUITS IN THE ACID AND SWEET CATEGORIES

↑ IT IS BEST NOT TO COMBINE FOODS PAST THIS LINE ↑

Spinach	Beets	Onions	Romaine	Cucumbers
Cauliflower	Broccoli	Greens	Peas	Carrots
Bell Peppers	Zucchini	Celery	Herbs	Cabbage
Avocados	Kale			

Vegetables are full of nutrition, fiber, amino acids and minerals. Great for building a weakened body. Vegetables are more muscular/skeletal foods than fruits. Consume nuts and seeds in moderation only – not for detox!

VEGETABLES

Starches are very mucus forming and hard to digest. Rarely eat starches.

Proteins are very concentrated and acidic foods, so eat in moderation. Both proteins and starches can be combined with Vegetables but not with each other.

NOT FIT FOR MAN

Protein
All meats
Dairy Foods
Cheese (raw)
Soy products
Eggs

Fats / Oils
Sesame Oil
Sunflower Oil
Soy
Nut and Seed Oils

Starches
Breads
Potatoes and Yams
Cereals
Pumpkin
Corn
Pasta

NOTE: We do not recommend proteins during detox!