

HEALTHY EATING – ALKALIZE YOUR TISSUE

THE FOOD COMBINING GUIDE

Bad Combination

PROTEINS

Avocados
Coconuts
Olives
All Seeds
All Nuts ◀ **Good Combination** ▶
Lentils
Soybeans
Eggs
Dairy Products
All Meat (All Flesh)

GREEN LEAFY, NON-STARCHY & FRUIT VEGETABLES

Alfalfa sprouts
Mung bean sprouts
Artichokes
Asparagus
Fresh green beans & peas
Broccoli
Cabbage
Cauliflower
Celery
Cucumber

Eggplant
Lettuce
Mushrooms
Okra
Parsle ▶◀ **Good Combination** ▶
Peppers
Radishes
Spinach
Summer squash (yellow & zucchini)
Turnips - Onions

STARCHES

Beets
Carrots
All grains
Dried Beans & peas
Corn
All potatoes
Pumpkins
Winter squash
Jicama

DO NOT COMBINE ACROSS THIS LINE

Bad Combination

MELONS

Eat melons alone or leave
Them alone

Cantaloupes
Honey dew melons
Crenshaw melons
Casaba melons
Watermelons

ACID FRUITS

All citrus fruits
Cranberries
Currants
Gooseberries ◀ **Good Combo** ▶
Pineapples
Pomegranates
Strawberries
Tomatoes

SUB-ACID FRUITS

All stone or pit fruits
All core fruits
Blueberries
Fresh figs ◀ **Good Combination** ▶
Grapes
Mangoes
Papaya
Raspberries

SWEET FRUITS

Bananas
Carob
Dates
Persimmons
All dried fruit

1. **Do not eat** PROTEINS with
 1. STARCHES – no exceptions
 2. FRUIT - (exceptions)
 - a. avocados & coconuts with ACID & SUB-ACID FRUITS
 - b. seeds & nuts – combine well with ACID FRUITS
2. **Do not eat** any kind of FRUIT with STARCH – no exceptions
3. **Do not eat** ACID & SWEET FRUITS together – no exceptions
4. **Do not eat** FRUITS & VEGETABLES together
5. **Eat melons alone or leave them alone** – no exceptions
6. Only 1 PROTEIN – or 1 STARCH at a meal



LOTUS WELLNESS COTTAGE

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