

# FOOD COMBINING CHART

## Step 01

Pick One Category at Each Meal

Fresh Fruit	Carbs/Starches	Animal Proteins	Nuts, Seeds, & Dried Fruit
apples, bananas, oranges, pears, peaches, grapefruit, melons, kiwi, mangos, berries, nectarines, avocado, etc.	butternut squash, avocado, sweet potatoes, potatoes, wheat, barley, rye. quinoa, pasta, cereal, rice, oats, beans, lentils, cooked corn, etc.	beef poultry fish pork milk cheese yogurt eggs	almonds pecans walnuts cashew sesame seeds sunflower seeds hemp seeds chia seeds flax seeds raisins, etc.

## Step 02

Fill the rest of your plate with cooked or raw non-starchy vegetables

<i>neutral veggies</i>	leafy greens cabbage bok choy spinach kale broccoli cauliflower green beans	spaghetti squash carrots beets onions celery cucumber zucchini summer squash	fennel artichokes sprouts bell peppers chili peppers sugar snap peas asparagus ginger garlic
<i>other neutral foods</i>	lemons, limes, cold-pressed oils, non-dairy nut and seed milks, coconut water, butter, heavy cream, and 70% or darker chocolate		

## Step 03

Give space between meals, wait 2-3 hours before a new food combination

Fruit is best eaten alone, especially melons as they digest very quickly	<p><i>Exceptions</i></p> <ul style="list-style-type: none"> <li>bananas can be combined with other fruit or nuts/seeds/dried fruit</li> <li>Avocados can be combined with carbs/starches, fruit, or nuts/seeds</li> </ul>
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