

# 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**

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  
Fish

### Fats / Oils

Avocado  
Olives  
Sesame Oil  
Sunflower Oil  
Soy  
Nut and Seed Oils

### Starches

Breads  
Potatoes and Yams  
Cereals  
Pumpkin  
Corn  
Pasta  
Winter Squashes

NOTE: We do not recommend proteins during detox!