

3 Steps for *Easy* Food Combining

brought to you by
The Detoxinista

step 1: Pick one category at each meal

fresh fruit

Apples, Bananas
Oranges, Pears
Grapefruit
Pineapple
Melons, Kiwi
Grapes
Berries
Mango
Papaya
Peaches
Nectarines
Avocados

starches

Butternut squash
Acorn squash
Kabocha squash
Sweet potatoes & Yams
Avocados
Young Thai coconut meat
White potatoes
Wheat, Barley & Rye
Oats, Buckwheat
Quinoa & Amaranth
Millet, Spelt
Pasta & Cereals
Cooked corn
Beans & Lentils

animal protein

Red meat
Pork
Poultry
Fish
Milk
Cheese
Yogurt
Ice cream
Eggs

nuts, seeds & dried fruit

Almonds, Pecans
Walnuts
Brazil nuts
Macadamia nuts
Cashews, Hazelnuts
Sesame seeds
Sunflower seeds
Hemp seeds
Chia & Flax seeds
Dried fruit
Mature coconut
Dried coconut
Bananas

step 2: Fill the rest of your plate with cooked or raw non-starchy vegetables

neutral

Leafy lettuces
Cabbage
Bok choy
Spinach
Kale
Broccoli
Cauliflower

Green beans
Spaghetti squash
Carrots
Beets
Onions
Celery
Cucumber

Zucchini
Yellow summer squash
Raw fresh corn
Fennel
Artichokes
Sprouts
Scallions

Bell Peppers
Jalapenos
Green Beans
Sugar Snap Peas
Asparagus
Ginger
Garlic

You can also enjoy the following neutral items: Butter, Cold-pressed oils, Lemons, Limes, Coconut water, Non-dairy nut or seed milks, Heavy cream, 70% or darker chocolate

step 3: Wait 3 to 4 hours before switching categories

(If you become hungry between meals, snack on non-starchy vegetables as desired.)

Fresh fruit is best eaten alone on an empty stomach, particularly melons, which are digested very quickly. Most fresh fruit can, however, be paired with raw leafy greens in salads or smoothies, without impeding digestion.

exceptions

Bananas can be combined with fresh fruits OR with nuts, seeds and dried fruit

Beans and lentils are naturally more difficult to digest, but can be considered a starch for our purposes.

Avocados can be combined with starches OR with fresh fruit OR with dried fruit.

Peanuts and soy nuts are not recommended due to their potential exposure to pesticides and mold.

Food Combining

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Food Combining:

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