

FOOD COMBINING FOR HEALTH

*Get Fit With Foods
That Don't Fight*

Doris Grant & Jean Joice
Foreword by Sir John Mills, C.B.E.



Wheat
Barley

Corn
Oats

Rice
Bread
Bananas
Dates

Figs
Grapes

Potatoes

Dairy

Asparagus
Beans
Broccoli
Cabbages
Carrots
Cauliflower

Food Combining Cookbook

Brendan G. Carr



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