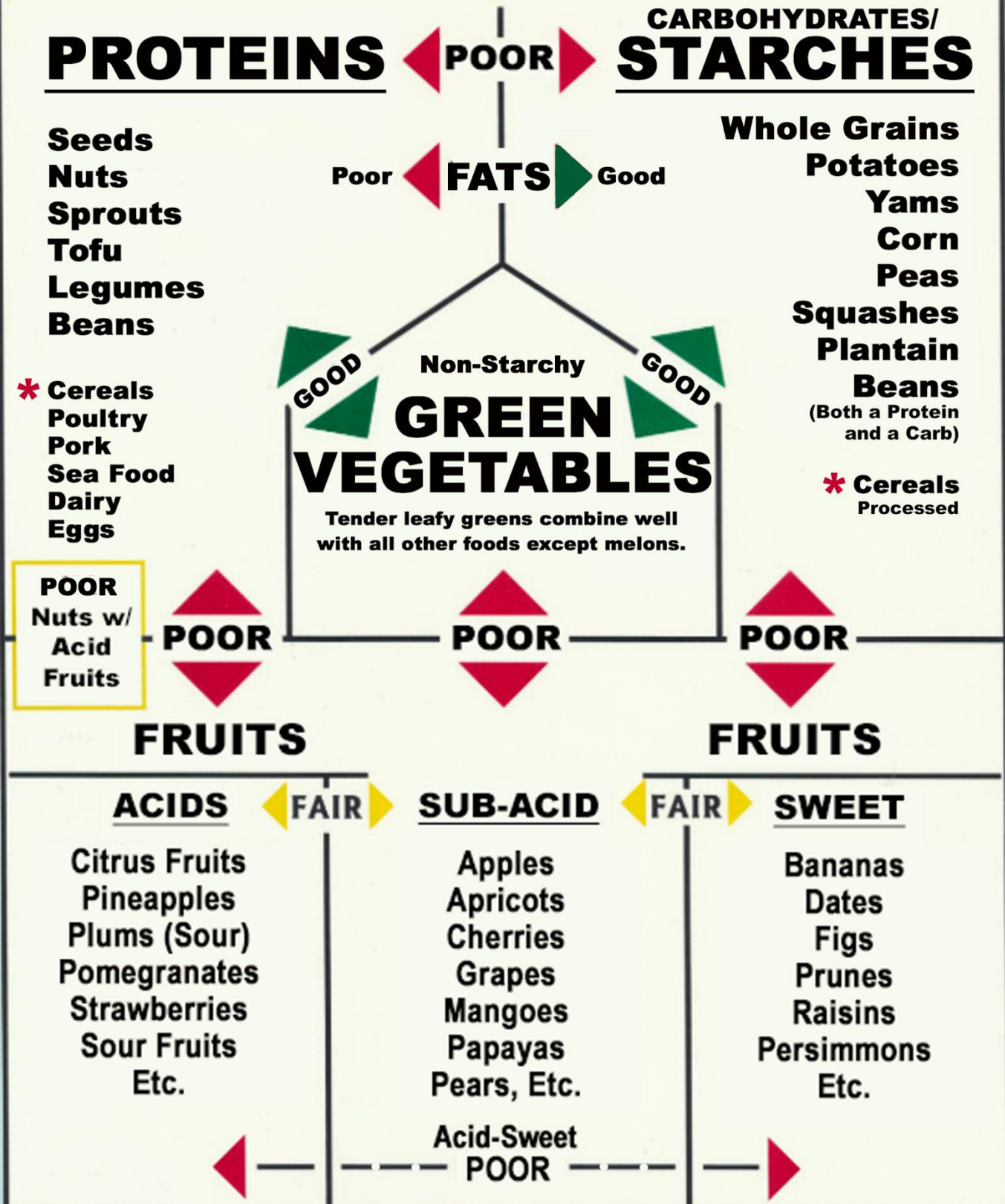


FOOD COMBINING CHART

This is not about nutrition, but the rate of digestion. Good Combination for Good Digestion.



AVOCADOS: Combines well with other foods except proteins and melons.

TOMATOES: Combines well with non-starchy vegetables and proteins.

MELONS: Eat Them Alone or Leave Them Alone. They Digest too quickly.

*** Not Recommended. AVOID during detoxification. Keep within 20% of diet if consumed.**