

Combining Chart

Fermented And Cultured Foods
(Healthy Gut Flora/probiotic Foods, Beneficial Bacteria)

Sauerkraut Yogurt
Kimchi Pickles

Complex Carbohydrates And Starchy Vegetables

Whole Wheat Pasta
Butternut Squash
Brown Rice
Potatoes Carrots
Quinoa

Non-starchy Vegetables
(Foods with high water content)

Asparagus Cauliflower Celery
Mushrooms Cucumber Turnip
Snow Peas Eggplant Lettuce
Ginger Zucchini Leeks

Concentrated Proteins

Wild Caught Fish
Red Meat (Beef)
Organic Eggs
Beans

COMBINE ONLY WHERE BLACK LINES TOUCH

Sugars

Cookie Brownie

Healthy Fats

Coconut Oil Ghee
Avocado Oil
Red Palm Oil

Acid Fruits

Lime
Pomegranate Grapefruit
Tangerine Strawberry

Melons

Honeydew
Watermelon Cantaloupe

Sub-Acid Fruits

Pear
Blueberry Cherry
Mango Grapes

Sweet And Dried Fruits

Dates
Jack Fruit Banana
Papaya Figs

Liquids

Tea Water Juice