

Man's Foods

Sweet Fruits

Bananas Dried Fruit
Persimmons Date Figs
Coconut



Sweet Fruits combine well with Sub-Acid Fruits and berries. Do NOT combine sweet fruits with Melons or Acidic fruits.

Sub-Acid Fruits

Apples Apricots Nectarines
Cherries Grapes Peaches Pears
Orange (Ripe) Mango



It is always understood that organic is best if possible. Always wash chemicals off ALL of your foods before eating!

Acid Fruits

Grapefruit Kiwi Lemons Limes
Strawberry Pineapple
Pomegranate
Orange (unripe)



Acid fruits combine well with Sub-Acid fruits and berries. Do NOT combine Acid fruits with Sweet fruits or Melons.

Berries

Blackberries Blueberries
Raspberries Acai



Melons

Cantaloupe



Honeydew



Watermelon



Papaya



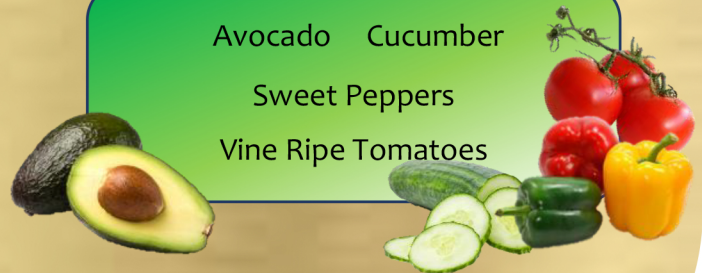
Green Drinks

Dandelion Greens Spinach
Seaweeds Kale
Beet tops & Bottoms
Parsley



Veggie-Fruits

Avocado Cucumber
Sweet Peppers
Vine Ripe Tomatoes



NOTE: Beans, grains, and animal products are NOT fit for man to eat.

NOTE: Nuts are permitted in small amounts when NOT detoxing.

NOTE: Try to get your foods tree/vine ripe if possible!