

INCOMPATIBLE FOODS

Milk: bananas, fish, meat, melons, curd, sour fruit, kitchari, bread with yeast, cherries

Melons: grains, starches, fried foods, cheese

Starches: eggs, chai, milk, bananas, dates, persimmons

Honey: ghee in equal parts, never cook!

Radishes: milk, bananas, raisins

Nightshades: yogurt, milk, melon, cucumber

Yogurt: milk, sour fruit, melons, hot drinks, meat, fish, mangos, starch, cheese

Eggs: milk, meat, yogurt, melons, cheese, fish, bananas

Mangos: yogurt, cheese, cucumbers

Lemons: yogurt, milk, cucumbers, tomatoes