

DONT MIX

PROTEIN + STARCH=NO
PROTEIN + FAT=NO
PROTEIN + VEGETABLES=YES
STARCH + VEGETABLES=YES
STARCH + ACID=NO
STARCH + FRUIT=NO

PROTEINS:

BEEF
CHICKEN
FISH
LAMB
PORK
SEEDS
DAIRY
EGGS

NUTS
BEANS
LENTILS
PEANUTS
SOY PRODUCT
SPLIT PEA
POPCORN

FATS:

AVOCADO
OIL
OLIVES
NUTS

COCONUT
EGGS
DAIRY
PEANUTS

STARCHES:

BREAD
RICE
POTATO
YAMS
PASTA
ALL GRAINS
SOY PRODUCTS

BEANS
LENTILS
PEANUTS
COCONUT
SPLIT PEA
POPCORN
CORN

DONT MIX

OK TO MIX

OK TO MIX

LOW & NON-STARCH VEGETABLES:

RAW VEGETABLES: ALFALFA SPROUTS EGGPLANT
LETTUCE CARROTS ASPARAGUS
CELERY KALE BOK CHOY
SPINACH
COOKED VEGGIES: PEAS
RED/YELLOW PEPPER BROCCOLI SPAGHETTI SQUASH
CUCUMBER CAULIFLOWER WINTER SQUASH
CABBAGE ZUCCHINI TURNIPS
SHREDDED CARROTS SUMMER SQUASH PARSNIPS

OK TO MIX

OK TO MIX

SWEET FRUIT

BANANA DATES
PERSIMMON
RAISINS
DARK GRAPES
FIGS
DRIED FRUIT

ACID FRUIT

ORANGE LIME
PINEAPPLE KIWI
GRAPEFRUIT LEMON
TANGERINE STRAWBERRY
CLEMENTINE

SUB-ACID FRUITS

APPLE PAPAYA
PEAR MANGO
PEACH CHERRIES
PLUM ASIAN PEAR
NECTARINE

MELONS

SHOULD BE
EATEN
ALONE
OR
LEFT ALONE.

DONT MIX

DONT MIX

OK TO MIX

***MORE TIPS:** * Drink fresh pressed vegetable juices daily. Experiment with different combinations. * If you've had a late night indulgence, refrain from a morning juice or fruit. Instead have water with some freshly squeezed lemon. * Try to eat protein at dinner. * Desserts are best enjoyed after the last meal, and not before. * Drink water when you feel thirsty. * Fruit is excellent to eat for breakfast and try to eat it before any cooked foods. * Do not feel compelled to eat a meal if you do not feel hungry.

WATER (WHEN YOU FEEL THIRSTY):

BREAKFAST IDEAS:

- Fresh veggie juice
12 oz.-15 min.
16 oz.- 35 min.
24 oz.-45 min.
32 oz.- 1 hour

LUNCH IDEAS:

- Fresh fruit
- Oven baked bread w/ avocado.

DINNER IDEAS:

- Green leafy salad followed by cooked veggies w/yams or grains.
- Green leafy salad followed by cooked veggies including fish, chicken and beef.