

# 3 Steps for *Easy* Food Combining

brought to you by  
**The Detoxinista**

## step 1: Pick one category at each meal

### fresh fruit

Apples, Bananas  
Oranges, Pears  
Grapefruit  
Pineapple  
Melons, Kiwi  
Grapes  
Berries  
Mango  
Papaya  
Peaches  
Nectarines  
Avocados

### starches

Butternut squash  
Acorn squash  
Kabocha squash  
Sweet potatoes & Yams  
Avocados  
Young Thai coconut meat  
White potatoes  
Wheat, Barley & Rye  
Oats, Buckwheat  
Quinoa & Amaranth  
Millet, Spelt  
Pasta & Cereals  
Cooked corn  
Beans & Lentils

### animal protein

Red meat  
Pork  
Poultry  
Fish  
Milk  
Cheese  
Yogurt  
Ice cream  
Eggs

### nuts, seeds & dried fruit

Almonds, Pecans  
Walnuts  
Brazil nuts  
Macadamia nuts  
Cashews, Hazelnuts  
Sesame seeds  
Sunflower seeds  
Hemp seeds  
Chia & Flax seeds  
Dried fruit  
Mature coconut  
Dried coconut  
Bananas

## step 2: Fill the rest of your plate with cooked or raw non-starchy vegetables

### neutral

Leafy lettuces  
Cabbage  
Bok choy  
Spinach  
Kale  
Broccoli  
Cauliflower

Green beans  
Spaghetti squash  
Carrots  
Beets  
Onions  
Celery  
Cucumber

Zucchini  
Yellow summer squash  
Raw fresh corn  
Fennel  
Artichokes  
Sprouts  
Scallions

Bell Peppers  
Jalapenos  
Green Beans  
Sugar Snap Peas  
Asparagus  
Ginger  
Garlic

You can also enjoy the following neutral items: Butter, Cold-pressed oils, Lemons, Limes, Coconut water, Non-dairy nut or seed milks, Heavy cream, 70% or darker chocolate

## step 3: Wait 3 to 4 hours before switching categories

(If you become hungry between meals, snack on non-starchy vegetables as desired.)

Fresh fruit is best eaten alone on an empty stomach, particularly melons, which are digested very quickly. Most fresh fruit can, however, be paired with raw leafy greens in salads or smoothies, without impeding digestion.

### exceptions

Bananas can be combined with fresh fruits OR with nuts, seeds and dried fruit

Beans and lentils are naturally more difficult to digest, but can be considered a starch for our purposes.

Avocados can be combined with starches OR with fresh fruit OR with dried fruit.

Peanuts and soy nuts are not recommended due to their potential exposure to pesticides and mold.

# Food Combining

**Christian G. Meyer**



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