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Food Combining Made Simple

There are four basic categories of foods:

1. Starches
2. Flesh
3. Nuts, seeds, and dried fruit
4. Fresh fruit

Eating our food in quick-exit combinations means that with very few exceptions, these four categories of foods should not mix with one another in the stomach. Therefore, starches should not mix with flesh, flesh should not mix with nuts, seeds, and dried fruit, and nuts, seeds, and dried fruit should never mix with starches. The first three categories may be mixed with unlimited amounts of raw vegetables. The first two categories may be mixed with cooked vegetables, as well. Fresh fruit can be mixed with raw vegetables, yet, for best results, should really not mix with anything else. Ideally, these four food groups should never touch one another in the stomach.

Combination Table

Starches	Flesh (flesh protein)	Nuts, Seeds, Dried Fruit (fat protein)	Fresh Fruit
Whole grain, sprouted Bread Brown Rice Sweet Potatoes or Yams Avocados Legumes Cooked Corn (raw corn digests as a raw vegetable) Young Coconut Pasta	Fish Eggs Chicken Meat (beef, lamb, pork, etc.) Game Shellfish Raw Cheese	Raw Nuts Raw Seeds Raw, unsulfured, dried fruit Mature Coconut	Citrus Bananas (also combines well with Nuts,Seeds, Dried Fruit, and Avocados) Plums Nectarines Grapes Berries Other Fruit

Ten Quick Tips for Great Digestion:

1. Foods in different categories should never mix together in the same meal, yet foods in the same category may be enjoyed at the same meal.
2. Fruit should always be consumed on an empty stomach. Your new food mantra for fruit should be “eat it alone or leave it alone.”
3. Wait three to four hours before switching to another food group.
4. All raw vegetables mix well with all categories.
5. Cooked vegetables combine well with starches and flesh only.
6. If you are going to “miscombine” a meal, do it at dinner so your body has plenty of time to move it through the stomach before the next meal.
7. Condiments, dark chocolate, nut milks, and raw vegetables are considered “neutral,” which means they can be mixed with any food category except fruit.
8. Melons should be eaten alone or with other melons. They take only fifteen minutes to digest – the quickest of all food groups.
9. Nut butters should not be placed on bread.
10. Avocados are unique: they are technically a fruit yet combine as a starch.

As you put these tips into practice, it gets so easy that you don’t even have to think about it, you just live it! It is the single, most effective principle for effortless weight loss.

If you feel light and full of energy after a meal, you most likely combined healthy foods properly. A truly healthy food is a food that makes a quick exit out of the body. This is a bit of a revelation for people, because they’ve been led to believe that a healthful food “sticks to your ribs” or “should stay with you all morning,” as in this case of oatmeal, potatoes, and meat. Hear this: a food that the body can take in, assimilate, and then quickly discard (a quick exit food) is a monumentally healthful food. This means that foods like watermelon and leafy greens are the most healthful foods on the planet. So why are we eating so much soy and chicken? As a culture, we say that we know that fruits and vegetables are the most healthful foods, yet how many of us really apply that knowledge?

Those that have been the most successful in losing weight (and keeping the weight off) look vibrant and healthy. They live life full of energy, all day, every day, by following the food combining principals above, with a focus on healthy foods that digest quickly.

You have the tools. Now let’s get to work and use them to shape the body and life that we want!