

# FOOD COMBINING GUIDELINES

NON-STARCHY VEGGIES	GREENS	STARCHES	STARCHY PROTEINS
Artichoke, <i>prebiotic</i> Asparagus, <i>prebiotic</i> Bell pepper, <i>oxalic</i> Broccoli Brussels sprouts Cabbage Cauliflower Eggplant Green beans Mushroom: (4oz/day) chanterelle (anti-bacterial/fungal/microbial) cordyceps (athletic performance) enoki (anti-cancer, immunity) maitake (breast cancer) oyster (HIV) porcini (anti-inflammatory [ergosterol]) reishi (anti-bacterial/cancer/fungal/oxidant/viral) shiitake (tumors [lentinan]) shimeji (asthma, diabetes, tumors) white [ <i>button, crimini, portobello</i> ] (weight loss/prostate) Onion Peppers Radish Squash, summer Zucchini	Celery Cucumber Leafy Sprouts	Beet, <i>oxalic</i> Bread Carrot Corn Oat, <i>prebiotic, phytic</i> Parsnip Pasta Potato Pumpkin Rice: <i>white, phytic</i> Squash: <i>acorn, butternut, winter</i> Sweet Potato	Amaranth, <i>phytic</i> Bean, <i>prebiotic</i> Buckwheat, <i>phytic</i> Lentil, <i>prebiotic</i> Pea Quinoa, <i>phytic</i> Rice: <i>black, brown, red</i> Teft, <i>phytic</i> Wild rice, <i>phytic</i>
		<b>FATS</b> Avocado Butter Coconut, and milk Olives Oils: nuts, olives, seeds Nuts: <i>pecan, pine nut, walnut</i> Seeds: <i>hemp, sesame, watermelon</i>	<b>Meal Option # 1</b>
		<b>FATTY PROTEINS</b> Cheese Eggs Fish: <i>albacore, halibut, mackerel, salmon, trout</i> Nuts: <i>almond, cashew, pistachio</i> Poultry: <i>dark meat</i> Seeds: <i>pumpkin, sunflower</i> Yogurt	

NON-STARCHY VEGGIES	GREENS	LEAN PROTEINS	FRUITS
Artichoke, <i>prebiotic</i> Asparagus, <i>prebiotic</i> Bell pepper, <i>oxalic</i> Broccoli Brussels sprouts Cabbage Cauliflower Eggplant Green beans Mushroom: (4oz/day) chanterelle (anti-bacterial/fungal/microbial) cordyceps (athletic performance) enoki (anti-cancer, immunity) maitake (breast cancer) oyster (HIV) porcini (anti-inflammatory [ergosterol]) reishi (anti-bacterial/cancer/fungal/oxidant/viral) shiitake (tumors [lentinan]) shimeji (asthma, diabetes, tumors) white [ <i>button, crimini, portobello</i> ] (weight loss/prostate) Onion, <i>prebiotic</i> Radish Squash, summer Zucchini	Celery Cucumber Leafy Sprouts	Dairy, <i>low-fat</i> Fish: <i>catfish, cod, snapper, tuna</i> Meat: beef: ground (85%), "chuck", "loin", "round" lamb pork: <i>chop (toploin), tenderloin</i> poultry: <i>light meats</i> Protein powders: <i>casein, egg, hemp, pea, whey</i>	<b>FRUITS (only pair well w/ fats &amp; Proteins)</b> Berries: black, rasp, straw ( <i>low TMF</i> ) Citrus: lemon/lime ( <i>low TMF</i> ) grapefruit ( <i>med TMF</i> ) orange ( <i>high TMF</i> ) Pineapple ( <i>high TMF</i> ) Plum ( <i>low TMF</i> ) Pomegranate ( <i>med TMF</i> ) Tomato ( <i>low TMF</i> )
		<b>FATS</b> Avocado Nuts, oils Olives, oils Seeds, oils	<b>Meal Option # 2</b>

FRUITS (all fruits pair well w/ Greens), <i>example</i> :	GREENS	FATS
Apriot ( <i>low TMF</i> ) Cherry ( <i>low TMF</i> ) Lemon/Lime ( <i>low TMF</i> ) Peach ( <i>low TMF</i> ) Apple ( <i>med TMF</i> ) Banana ( <i>med TMF</i> ), <i>prebiotic</i> Blueberry ( <i>med TMF</i> ) Grapefruit ( <i>med TMF</i> ) Kiwi ( <i>med TMF</i> ) Pomegranate ( <i>med TMF</i> ) Grape ( <i>high TMF</i> ) Orange ( <i>high TMF</i> )	Celery Cucumber Leafy Sprouts	Avocado Nuts, oils Olives, oils Seeds, oils

**Meal Option # 3**

**FRUITS (do NOT pair well w/ anything)**  
 Canteloupe (*high TMF*)  
 Honeydew (*high TMF*)  
 Melons (*high TMF*)

**Sweeteners (do NOT pair well w/ anything)**  
 Honey, *prebiotic*  
 Sugars  
 Maple Syrup, *prebiotic*

**Prebiotics:**  
 banana, berries, raw garlic, raw leeks, raw or cooked onions, red wine, raw jicama, acacia gum, raw chicory root, raw Jerusalem artichoke, raw dandelion greens

**Probiotics:**  
 yogurt, kombucha, miso, soy milk, kefir, sauerkraut, milk, dark chocolate, microalgae, sour pickles (w/o vinegar), tempeh, kimchi, olives

*phytic*: phytic acid (interferes w/ absorbing: zinc, calcium, iron, etc); minimized by soaking/rinsing & cooking with sea veg  
*oxalic*: oxalic acid (nutrients difficult to assimilate/can pull important minerals from bones; reg consumption: agg- digestion, kidneys, arthritis); counter by combo w/ citric acid

# PERFORMANCE GUIDELINES

<b>Broccoli</b> Maintain muscle	<b>Leafy greens</b> Prevent injury Run further Maintain muscle	<b>Beets</b> Maintain muscle <b>Sweet potato</b> Maintain muscle	<b>Beans</b> Prevent injury Run further, <i>Chickpea /Kidney</i> Maintain muscle <b>Quinoa</b> Run further  <b>Edamame</b> Prevent injury Maintain muscle	<b>Meal Option # 1</b>
<b>Capers</b> Run further		<b>Avocado</b> Run Further Maintain muscle <b>Coconut oil</b> Get lean <b>Olive</b> Run Further <b>Nuts &amp; seeds</b> Prevent injury, <i>nuts &amp; pumpkin seeds</i> Run Further Maintain muscle, <i>Almond-Peanut &amp; sunflower-Flax-Sesame</i>		
<b>Chili peppers</b> Get lean				
<b>Mushroom, <i>vit-D2</i></b> Prevent injury Maintain muscle				
<b>Red bell pepper</b> Prevent injury				
<b>Red onion</b> Run further	<b>Black tea</b> Run further <b>Green tea, jasmine</b> Run further Get lean	<b>Eggs, <i>vit-D3</i></b> Prevent injury Maintain muscle <b>Mackerel, Salmon</b> Prevent injury Run further Maintain muscle		

<b>Broccoli</b> Maintain muscle	<b>Leafy greens</b> Prevent injury Run further Maintain muscle	<b>Beef</b> Run further Get lean <b>Chicken</b> Run further Get lean <b>Cod</b> Run further Get lean	<b>Lamb</b> Run further Get lean <b>Pork</b> Run further Get lean <b>Tuna</b> Prevent injury Run further	<b>Meal Option # 2</b>
<b>Capers</b> Run further		<b>Cranberry, raspberry</b> Run further <b>Grapefruit</b> Get lean <b>Pomegranate</b> Maintain muscle		
<b>Chili peppers</b> Get lean		<b>Avocado</b> Run Further Maintain muscle <b>Coconut oil</b> Get lean <b>Olive</b> Run Further <b>Nuts &amp; seeds</b> Prevent injury, <i>nuts &amp; pumpkin seeds</i> Run Further Maintain muscle, <i>Almond-Peanut &amp; sunflower-Flax-Sesame</i>		
<b>Mushroom, <i>vit-D2</i></b> Prevent injury Maintain muscle				
<b>Red bell pepper</b> Prevent injury				
<b>Red onion</b> Run further	<b>Black tea</b> Run further <b>Green tea, jasmine</b> Run further Get lean			

<b>Apple</b> Run further	<b>Leafy greens</b> Prevent injury Run further Maintain muscle	<b>Meal Option # 3</b>
<b>Blueberry</b> Prevent injury <b>Cranberry, raspberry</b> Run further <b>Grape, red</b> Run further <b>Grapefruit</b> Get lean <b>Pomegranate</b> Maintain muscle	<b>Avocado</b> Run Further Maintain muscle <b>Coconut oil</b> Get lean <b>Olive</b> Run Further <b>Nuts &amp; seeds</b> Prevent injury, <i>nuts &amp; pumpkin seeds</i> Run Further Maintain muscle, <i>Almond-Peanut &amp; sunflower-Flax-Sesame</i>	

Prevent Injury	Honey, <i>prebiotic, amino acids</i>
Run Further	Chocolate