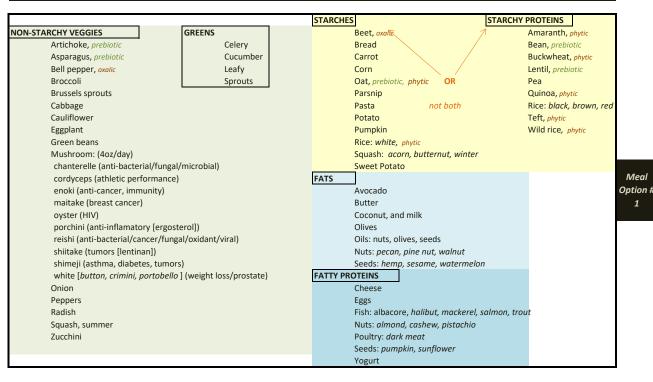
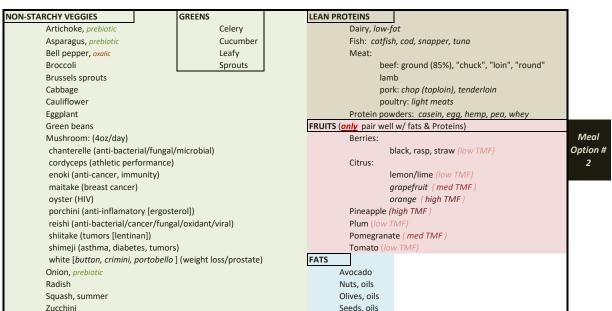
## FOOD COMBINING GUIDELINES







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

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Sweeteners (<u>do NOT</u> 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

## 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

ixalic: 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

