

FOOD COMBINING FOR BETTER DIGESTION

	PROTEINS	
Fish: Crab Lobster Shrimp Clam Oyster Scallop Anchovy Bass Catfish Codfish Haddock Perch/Mackerel Red Snapper Salmon/Lox Sardine Shark Sole/Flounder/Halibut Swordfish Trout Tuna Turbot/Whitefish Avocado	Eggs: Egg White Egg Yolk Fowl: Chicken Goose/Duck Turkey Meats: Beef/Veal Lamb/Mutton Pork/Bacon/Ham Deer/Venison Rabbit Coconut Bean Curd: Tofu Raw Nuts and Seeds: Alfalfa Almond Anise Seed Brazil Cashew Chestnut Hazelnut/Filbert	Macadamia Peanut Pecan/Pine Pistachio Poppy Seed Pumpkin Sesame Sunflower Walnut Soybeans Milk: Casein Cow Goat Yogurt Sprouts Cheese: Brick Cottage Hard/Parmesan Processed Soft Romano
	<div style="border: 1px solid black; padding: 2px; display: inline-block;">No</div>	

STARCHES
Wheat Amaranth Barley Brown Rice White Rice Buckwheat Millet Oats Pasta, Breads Pastries Lima Beans Triticale Dry Beans/Peas: Black-eyed Peas Carob Garbanzo Kidney Navy/Ninja Pinto Potatoes Yams, Corn Hubbard Squash Pumpkin, Acorn

