CORRECT FOOD COMBINING MONOTROPHIC MEAL - ONE FOOD AT A MEAL IS THE IDEAL PROTEINS POOR STARCHES NUTS **POTATOES CEREALS (WHOLE GRAINS)** CEREALS (WHOLE GRAINS) **DRIED BEANS & PEAS DRIED BEANS & PEAS OLIVES 1ERUSALEM ARTICHOKES** * DAIRY FOODS **HUBBARD SOUASH** * FLESH FOODS **PUMPKIN** c000 COOD * SEA FOODS **CHESTNUTS GREEN** VEGETABLES **EXCEPT** NUTS WITH **POOR POOR** POOR ACID **FRUITS FRUITS FRUITS ACID** FAIR **SUB-ACID SWEET** FAIR CITRUS FRUITS **APPLES BANANAS PINAPPLES APRICOTS** DATES **CHERRIES** PLUMS (SOUR) FIGS **POMEGRANATES** GRAPES **PRUNES MANGOES STRAWBERRIES** RAISINS **SOUR FRUITS PAPAYAS PERSIMMONS** ETC. PEARS, ETC. ETC. POOR -AVOCADO - COMBINES WELL WITH ALL FOODS EXCEPT PROTEINS AND MELONS TOMATOES - MAY BE TAKEN WITH NON-STARCHY VEGETABLES AND PROTEIN

MELONS ~ **EAT THEM ALONE OR LEAVE THEM ALONE*** THESE SUBSTANCES NOT RECOMMENDED BUT INCLUDED FOR CLARITY