Food Combining Chart

Proteins
Eat proteins with non starchy vegetables, avoid with fats or carbohydrates
(Eggs, meat, dairy, nuts, olives, seeds, soybeans, avocado, coconut)

Acid Fruits
Eat sour fruits alone
(Pineapple, citrus, raspberry, strawberry)

Sub Acid Fruits
Eat mild flavor fruits alone
(Apple, apricot, cherry, mango, peach)

Sweet Fruits
Eat sweet fruits alone
(Grapes, bananas, papayas, prunes)

Non Starchy Vegetables
Eat non starchy vegetables with anything but fruit
(Broccoli, cabbage, green beans, lettuce, spinach, tomatoes, onions)

Carbohydrates
Eat with starchy or non starchy vegetables, OK with oils, but avoid with proteins
(Bread, beans, brown rice, grains, pasta, potatoes, lentils, wheat, rice)

Mildly Starchy Vegetables
Eat mildly starchy vegetables with anything but fruit
(Corn, carrots, cauliflower, peas, carrots, beets)

Oils and Fats
Avoid oils with proteins

Melon
Melons should only be eaten alone