



# FOOD COMBINING Guide

## Yes-Combos



### Veggies + Proteins

Chicken + spinach  
Eggs + mushrooms  
Salmon + asparagus

### Veggies + Carbs

Brown rice + broccoli  
Sweet potato + leafy greens  
Quinoa + roasted vegetables

### Fruits-Alone-on empty stomach

Watermelon (morning or afternoon only)  
Apples or oranges (mid-morning snack)  
Grapes (afternoon refresher)

### Fruits + Leafy Greens (smoothies)

Berries + spinach  
Banana + kale

## Avoid-Combos



### Protein + Carbs

Steak + mashed potatoes  
Eggs + toast  
Burgers + buns

### Protein + Protein

Meat + cheese  
Fish + eggs  
Chicken + milk-based sauces

### Fruit + Anything Else

Avoid fruit right after meals  
Wait at least 2 hours after eating protein or carbs  
Acidic + Sweet Fruits  
No oranges + bananas  
No pineapple + grapes

### Dairy + Fish

No creamy sauces on salmon  
No milk with tuna



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### Meal Spacing & Order Tips 🕒

- Wait 2–3 hours between different meal types
- Start meals with veggies or protein to stabilize blood sugar
- Eat fruit alone, ideally mid-morning or mid-afternoon

### Simple Daily Layout Example: 🥗

- Morning: Eggs + sautéed greens
- Snack: Watermelon slices (alone)
- Lunch: Brown rice + roasted veggies
- Snack: Almonds or herbal tea
- Dinner: Grilled fish + zucchini + leafy greens

**REMEMBER:** These aren't hard rules—they're invitations to notice how you feel, eat more mindfully, and give your digestion some love.

Listen to your body. Adjust with grace. 🧡

