

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

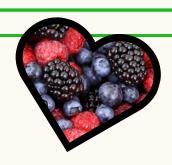
Fruit + Anything Else

No pineapple + grapes

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

Dairy + Fish

No creamy sauces on salmon No milk with tuna



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Meal Spacing & Order Tips 🕒



- 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.

