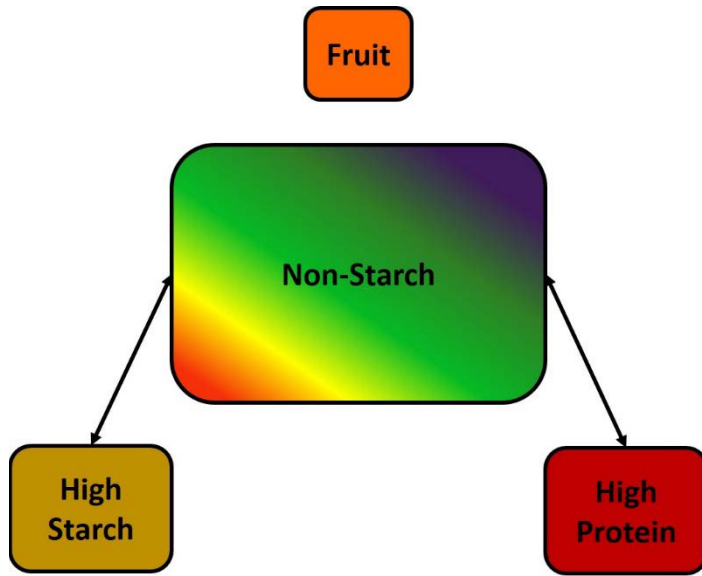


Food Combining



Consider adhering to the following **guidelines** to support digestion:

- Fruit** Consume alone 30 minutes before or 2 hours after a meal.
- Non-Starch** Any high water content vegetable partners beautifully with high protein or high starch.
- High Protein** Animal products such as dairy, meat, and eggs can be combined with non-starch foods.
- High Starch** High starch is best consumed with non-starch. Examples: grains, potatoes, carrots, and rice.

Breakfast / Lunch / Supper / Snack	Time of Day	F / NS / HP / HS	Food(s)	Feeling after consuming?

