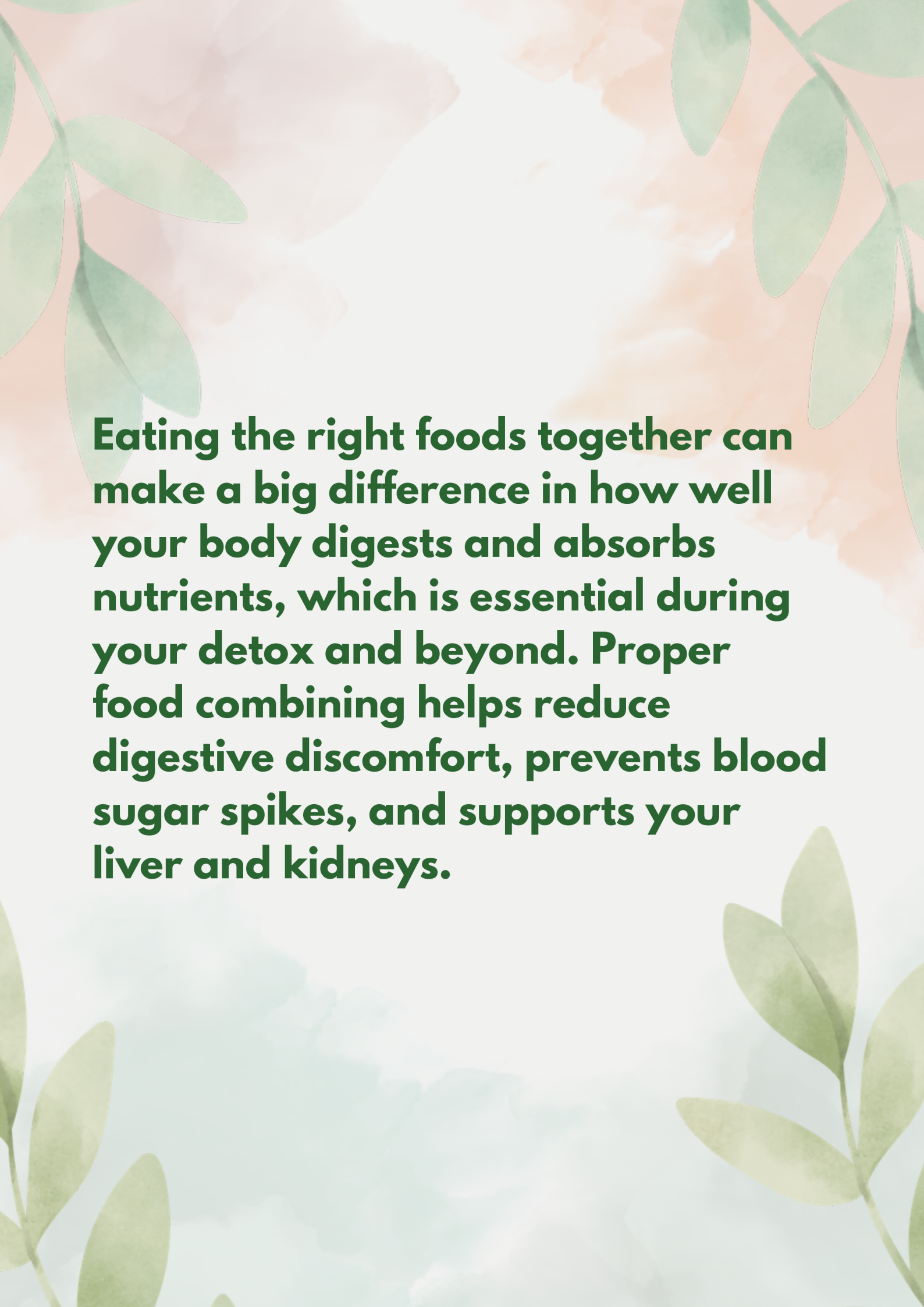




Food Combining Guide for Optimal Digestion & Blood Sugar Control



Eating the right foods together can make a big difference in how well your body digests and absorbs nutrients, which is essential during your detox and beyond. Proper food combining helps reduce digestive discomfort, prevents blood sugar spikes, and supports your liver and kidneys.

Basic Food Combining Principles

1. Eat Fruits and Raw Vegetables Before Cooked Foods

Raw foods digest faster and contain enzymes that aid digestion. Starting your meal with these helps your body prepare for the rest of the meal.

2. Avoid Mixing Proteins with Starches in the Same Meal

Proteins (beans, lentils, tofu) require an acidic environment for digestion, while starches (rice, potatoes, bread) need an alkaline one. Mixing them can slow digestion and cause fermentation or gas.

3. Combine Proteins with Non-Starchy Vegetables

Pair beans or legumes with leafy greens, broccoli, or zucchini for smooth digestion.

4. Separate Fruits from Other Foods

Eat fruits alone or with leafy greens. Avoid combining fruits with proteins or starches in the same meal.

5. Drink Liquids Between Meals, Not During

Water and juices digest faster and can dilute digestive enzymes if consumed during meals, slowing digestion.

How to Build Your Plate

- Start with a small portion of fresh fruit or raw veggies.
- Add a serving of cooked non-starchy vegetables.
- Add your protein source (legumes, lentils, tofu).
- Add whole grains or starchy vegetables only if they are not combined with proteins.

Why This Matters

- Improper food combining can lead to:
- Gas, bloating, and indigestion
- Blood sugar fluctuations due to delayed digestion
- Increased toxin buildup during detox due to inefficient digestion
- By following this guide, you'll help your body absorb nutrients better and maintain stable blood sugar.

Examples of Good Food Combinations

Meal Component	Example Pairings
Fruits	Eat alone or with leafy greens
Proteins + Veggies	Lentils + steamed spinach
Starches + Veggies	Brown rice + roasted carrots
Avoid	Beans + potatoes or bread in the same meal

Foods to Avoid Combining During Detox

- Animal proteins with starches (e.g., chicken and potatoes) – Detox phase avoids animal products
- Fruits with proteins or starches
- Mixing multiple starches together

Tips for Success

- Chew your food slowly (20–30 times per bite) to kickstart digestion.
- Eat mindfully and avoid distractions.
- Notice how different combinations make you feel and adjust accordingly.



REMEMBER:

Food combining is a tool to help your body detoxify efficiently and keep blood sugar steady. It's especially important during your detox and when introducing cooked meals.