

FOOD COMBINING

Eat “quick-exit” foods in “quick exit” naturally digestible combinations

The most regenerating foods and combinations of foods are those that enter the body, give the body what it needs, and then get out of there!

QUICK-EXIT foods are high vibration foods – raw fruits and vegetables! However, any high quality, minimally-processed food can make a quick exit from the body IF enjoyed in a Quick-Exit COMBINATION. Look at how long some common foods take to pass through the stomach:

Fresh fruit	15-20 mins (if eaten on empty stomach)
Vegetables	1 hour
Pasta / Wholegrain cereal	3-4 hours
Fillet of fish	
Chicken breast	
Steak, red meats	4-5 hours
Chicken + raw veg + steamed broccoli	3-4 hours
Chicken + rice/chips/bread	8 hours – slow exit meal!
Steak + potato	8-12 hours

QUICK EXIT COMBINATION TABLE

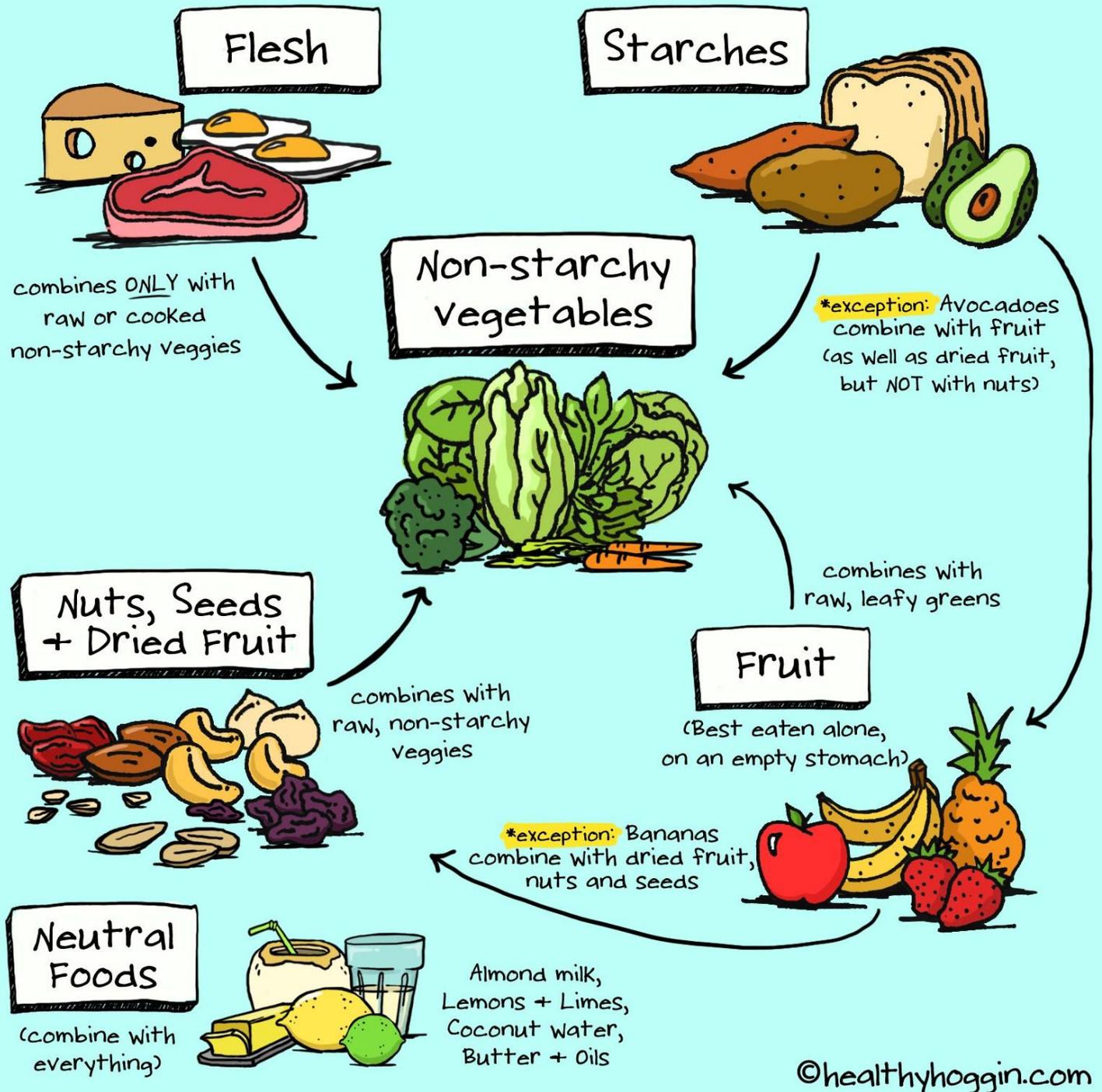
Never mix these categories with each other, with a few exceptions. All groups aside from fresh fruit can be combined with unlimited amounts of raw vegetables!

STARCHES	FLESHES (Flesh-Protein)	NUTS, SEEDS (Fat=Protein)	FRESH FRUITS
Whole grain breads Brown Rice Sweet potatoes Avocados (also ok w/ dried fruits) Legumes Cooked corn Young coconut flesh (also ok w/nuts & dried fruit)	Fish Eggs Chicken Meat Shellfish Raw cheese	Raw nuts Raw seeds Raw, unsulfured dried fruit Mature coconut	Berries Citrus Stonefruit Grapes Bananas (also ok w/ nuts & dried fruits)

5 FUNDAMENTAL QUICK EXIT RULES

1. Fresh fruit should only be eaten alone on an empty stomach
2. Starches can be combined with other starches and all raw & cooked vegetables
3. Fleshes can be combined with other fleshes, all raw vegetables and all cooked NONSTARCH vegetables
4. Nuts can be combined with other nuts, seeds, dried fruits, bananas and all raw vegetables
5. Dried fruits combine with other dried fruits, avocados, bananas, nuts and all raw vegetables.

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** The following tips are suggestions only, starting points for you to experiment with as you explore the concept of food combining in its finer minutiae. Everybody is different, so remain vigilant and attentive to the messages your body is giving you. Enjoy the journey!

QUICK EXIT COMBINATION TIPS

1. Foods in different categories should never be mixed in the same meal, but foods in the same category may be enjoyed at the same meal.
2. Avocados are also unique in that they are technically a fruit but combine as a starch. They can also combine with dried fruits but not with nuts. This is an interesting exception that should be well noted.
3. Fruit should only be consumed on an empty stomach—at least 3 hours after a properly combined meal (or ideally, as your morning meal). Your new fruit mantra: “Eat it alone or leave it alone.”
4. Fresh fruit only takes twenty to thirty minutes to exit the stomach completely, so you may enjoy another category of food thirty minutes after consuming fresh fruit.
5. Bananas are special in that they cross over several categories. They combine well with both fresh fruit and dried fruit as well as with avocados. Note that bananas require approximately forty-five minutes in the stomach as opposed to thirty minutes for other fresh fruit.
6. Never eat fresh fruit for dessert after a cooked meal as it will cause fermentation.
7. Wait three to four hours after eating before switching food groups.
8. If you have a very large appetite, eat more within the same food type. For example, you’re better off having two pieces of fish or two plates of whole grain pasta with vegetables instead of introducing a different food category—or eating three sweet potatoes instead of one sweet potato with a piece of fish, chicken, or other flesh.
9. All vegetables (except high-starch vegetables such as sweet potatoes, cooked corn or pumpkin) may be enjoyed with flesh dishes.
10. All vegetables may be enjoyed with starch meals.
11. Raw vegetables go best with foods from the nuts/seeds/dried fruits category.
12. Dairy can be combined with flesh in most cases.
13. Nut butters should not be placed on grain breads.
14. When eating an exclusively raw meal, beginners can get away with mixing starches (like avocados) and raw nuts or preparing recipes with small amounts of fresh fruit because there are plenty of enzymes to help digestion.

15. Raw corn combines as a vegetable; cooked corn combines as a starch. You can eat unlimited amounts of raw corn—enjoy it right off the cob in the summertime!

16. If you are going to “miscombine” a meal, do it at dinner so your body has plenty of time to move it through the stomach before the next meal comes through.

17. Starch meals should only include the highest-quality starches (whole grains, sprouted grain breads, sweet potatoes, and so forth).

18. Don't let the hard-core rules of eating mono-meals and keeping different fruit categories separate discourage you. These rules are not important at this stage. Focus on enjoying your meals and improving your food choices.

19. Dagoba and Green & Black's 70-percent chocolate bars make the perfect dessert for any food category. (These products are 70-percent pure chocolate, meaning they contain less sugar, milk, or other ingredients that make chocolate a “no-no” at a lower percentage.)

20. Condiments, 70-percent chocolate, nut milks, and of course all raw vegetables are neutral, which means they can be mixed with any food category except fruit.