

The
“NOT JUST RAW” DETOX PROGRAM

Transforming your body from the inside out

FOOD COMBINING CHART

The easiest to digest more alkaline foods are at the top of the chart

STARCHES Combines with raw vegetables and cooked neutral vegetables	ANIMAL PROTEIN Combines with raw vegetables and cooked neutral vegetables	NUTS/SEEDS & DRIED FRUITS Go better with raw veg than cooked veg	FRESH FRUITS Should always be eaten on an empty stomach alone with nothing else for 30 minutes
<p>Avocados (technically a fruit but combines with starches and dried fruits but not nuts and seeds)</p> <p>Young Thai Coconuts</p> <p>Starchy Vegetables - Winter Squash (acorn, butternut, delicata)</p> <p>Sweet Potatoes</p> <p>Grains easiest to digest (millet, buckwheat, quinoa)</p> <p>Whole grains (brown rice, oatmeal, barley)</p> <p>Sprouted Grain Breaks</p> <p>Legumes (lentils, cooked peas, beans)</p> <p>Whole grain pastas (buckwheat, soba noodles etc.)</p> <p>Whole grain breads</p> <p>Pasta</p>	<p>Raw goat and sheep cheese</p> <p>Raw goat Keifer & yogurt</p> <p>Goat Milk</p> <p>Organic Free Range Eggs local if possible</p> <p>Raw Cow cheese</p> <p>Free Range Chicken</p> <p>Grass Fed Meat (beef, lamb, pork, etc.)</p> <p>Game (buffalo, venison, ostrich</p> <p>Shellfish</p>	<p>Chia Seeds - because of its hydrophilic colloid properties it combines with fruit</p> <p>Hemp Seeds</p> <p>Raw, unsulfured dried fruit (combine well with raw nuts/seeds, but should otherwise be enjoyed alone or with raw vegetables and avocados always on an empty stomach)</p> <p>Seed butters and Tahini</p> <p>Raw seeds</p> <p>Raw nuts</p> <p>Coconut</p>	<p>Citrus</p> <p>Berries</p> <p>Bananas (combine well with fresh as well as dried fruits, nuts, also combine with avocados)</p> <p>Plums</p> <p>Nectarines</p> <p>Grapes</p> <p>Other fruits (Lemons and Limes are neutral and can be combined with any food)</p>



The "NOT JUST RAW" DETOX PROGRAM

Transforming your body from the inside out

1. Do not mix categories in the same meal but foods in the same category can be eaten at the same time.
2. Vegetables except high starch vegetables like sweet potatoes may be enjoyed with proteins.
3. Vegetables can be eaten with any starch.
4. Wait 3-4 hours after eating before switching food groups except fruit.
5. Fruit exits the system in 30 minutes so you can have another category of food 30 minutes after the fruit.
6. Nut milks are neutral which means they can be mixed with any food category except fruit.
7. Bananas are a dense fruit they can be combined with fresh fruit and dried fruit, nuts and seeds.
They also go with avocado and other starches.
8. Chocolate (70% cacao content and organic), ketchup, mustard, spices and vinegars are neutral.
9. The best oils are olive oil and for cooking use butter or coconut oil.
Butter is a whole food and will not break down when heated.
10. Raw goat cheese is best form of cheese and goes best with vegetables, eggs and meat.
11. Avocado which are fruits combine as a starch which means a salad with avocado can be followed by a whole grain pasta or sprouted wheat bread, quinoa, yams for a perfectly combined.