

# Food Combining Guidelines

Remember to allow three hours between meals for digestion to complete itself and to avoid  
.toxic build up in your tissues

:MILK is incompatible with

Legumes

Meat

Fish

Vegetables

(Grains (except rice pudding

:YOGURT is incompatible with

Milk

Sour Fruits

Mangoes

Bananas

Hot Drinks

Meat

Fish

Cheese

:EGGS are incompatible with

Milk

Yogurt

Meat

Cheese

Fish

Fruits

VEGETABLES are incompatible with

Milk

Fruits

:NIGHTSHADES (Potato, Tomato, Eggplant, Chilies) are incompatible with

Yogurt

Milk

:HONEY is incompatible with

Yogurt

(Ghee (in equal weight proportions

Heating or cooking

:FRUITS are incompatible with

Meat

Fish

Eggs

Yogurt

Legumes

Starches

Cheese

Vegetables

Melons

Fruits are incompatible with other foods because they require a different metabolic \* pathway. One should allow at least one hour digestion time for fruit before partaking of .other foods

:STARCHES: are incompatible with

Eggs

Chai

Milk

Bananas

Dates

Persimmons

:LEMON is incompatible with

Yogurt

Milk

Cucumbers

Tomatoes

:MELONS are incompatible with

(Everything (including other melons

:PEANUT BUTTER is incompatible with

Jelly

Caring for your Digestive Fire

(Practices to cultivate agni)

.Eat food at room temperature or slightly above ·

Schedule three hours between meals to allow digestion to be complete before adding ·  
.new food to the system

Don't drink and eat at the same time. Drink one half hour before or two hours after ·  
.eating

.Use proper food combining ·

.Relax after eating to allow for proper digestion ·

.Don't eat and then go immediately to sleep-wait at least two hours ·

.Don't eat and then exercise-wait two hours ·

.Don't eat and then meditate-Leave one hour ·

.Follow the diet appropriate to your constitution and the season ·