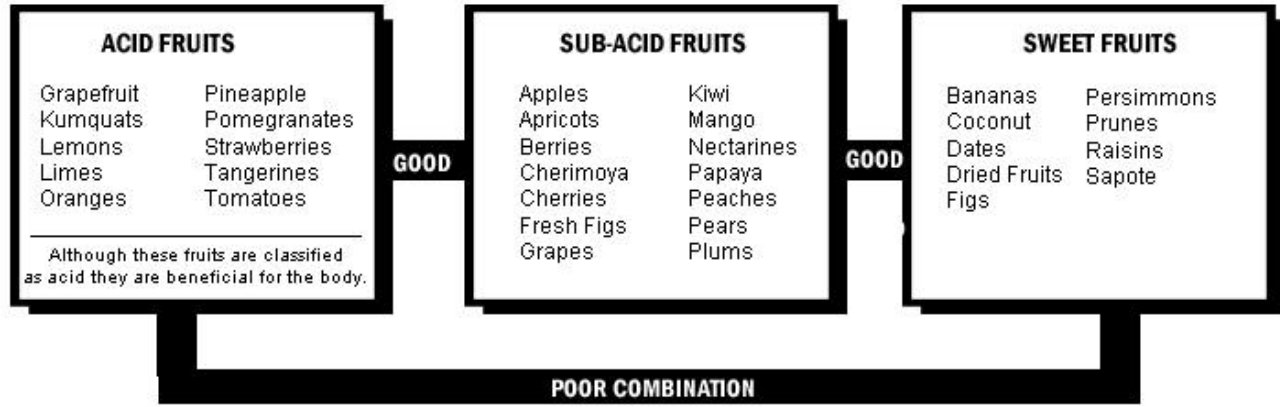
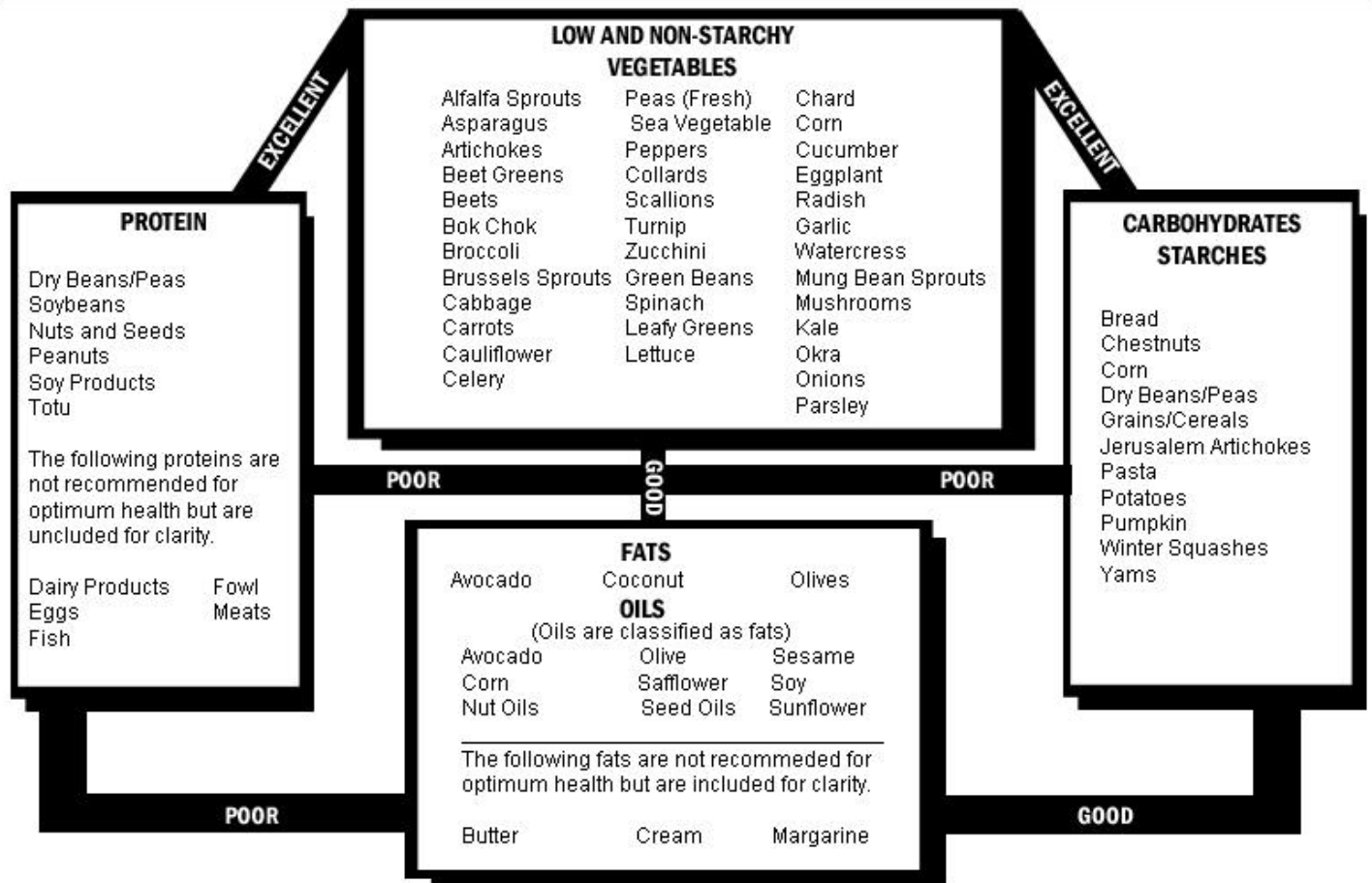


FOOD COMBINING CHART



DO NOT COMBINE FOODS ACROSS THIS LINE



EXCEPTIONS

- Avocados combine well with acid and sub-acid fruits, vegetables, and tomatoes
- Tomatoes combine well with non-starchy vegetables, avocados, nuts and seeds
- Soaked or sprouted nuts and seed can be combined with fruits.