

















DIVINE FOOD COMBINING

FOOD	DIGESTION TIME	DIVINE COMBINING
Water 	0-10 minutes	Drink alone 10-15 minutes before meals
Liquids 	15- 30 minutes	Drink alone 15-30 minutes before meals
Fruits • acid   • sub acid   • sweet and dried fruit   • melon  	30-60 minutes	<ul style="list-style-type: none"> • Eat fruit alone 30-60 minutes before meals • Sub-acid fruit combine well with acid and sweet fruit • Acid fruit and sweet fruit do not mix well with each other • Melons are best eaten alone • Citrus and dairy do not mix
Vegetables  • Leafy greens (spinach, arugula) • Starchy vegetables (yam, plantains, cassava) • Fermented Foods (pickles, kimchi, sauerkraut) • Grains (amaranth, barley, quinoa)	1-2 hours	<ul style="list-style-type: none"> • Leafy Greens combine well with most foods. • Starches eaten with protein slows digestion, making them a poor combination. • Fermented foods combine well with most vegetables, complex carbohydrates and concentrated proteins. Avoid eating with foods high in sugar and fat.
Vegetable Protein  Legumes (beans, nuts and seeds)	2-3 hours	<ul style="list-style-type: none"> • Best eaten with greens • Combine poorly with heavy starches
Animal Protein    • Animal milk (cow, goat, etc.) • Dairy products • Fish, chicken, beef, pork	4+ hours	<ul style="list-style-type: none"> • Meat is best eaten with greens or alone • Protein combines poorly with starches (ex: cheeseburger on a bun)
Fats  Oils & butters	4+ hours	<ul style="list-style-type: none"> • Avoid combining large amounts of fat with heavy proteins (ex: mayonnaise in tuna casserole)