

Food Combining Diet

Melons

Fruits

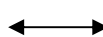
Sweet-Berries- Acidic

SUB-ACID FRUITS: Apples, pears, Plums, Peaches, Grapes and Apricots.

Proteins



Vegetables



Carbohydrate

Protein with Vegetables. Carbohydrates with Vegetables. No proteins mixed with Carbohydrates at the same meal.

Fruits, $\frac{1}{2}$ hour before or $2\frac{1}{2}$ – 3 hours after meals. Keep fruits from the same category together and do not mix them at the same time.

Melons, in a category by them selves, consume them between meals. Sub-acid fruit can be consumed with a protein and vegetable combination.