

FOOD COMBINING 101

BONBERI + CAP BEAUTY
GUIDE TO FOOD COMBINING

START HERE!

NEUTRALS

NEUTRAL FOODS

These pair with foods from any one of the other categories.

NEUTRALS

NON STARCHY VEGETABLES

START HERE! Non-starchy vegetables are almost always neutral. They also happen to be some of the lightest and most nutrient dense foods around. Make them the basis of your diet. Then welcome the shift.

NEUTRALS

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CELERY
CUCUMBER
ONIONS
GARLIC
GINGER
ALL LEAFY GREENS
BROCCOLI
CARROTS
EGGPLANT
ARTICHOKES
CAULIFLOWER

FENNEL
BEETS
SPAGHETTI SQUASH
TOMATOES*
(see exceptions!)
ZUCCHINI
SUMMER SQUASH
BELL PEPPERS & CHILES
PEPPERS
HEARTS OF PALM
LEEKs

NEUTRALS

OTHER NEUTRALS

OILS & GRASS-FED BUTTER (use sparingly!)
HOMEMADE NUT MILK
LEMONS & LIMES
COCONUT WATER
COARSE SEA SALT
CAYENNE PEPPER
APPLE CIDER VINEGAR
CAPERS
VALENTINA HOT SAUCE
OLIVES
HEARTS OF PALM
TOASTED SESAME OIL
GLUTEN FREE TAMARI
APPLE CIDER VINEGAR
DIJON MUSTARD
RAW VEGAN KIMCHI
RAW VEGAN SAUERKRAUT

STARCHES

STARCHES

Pair with neutral veggies and other starches, not proteins or nuts.

STARCHES

STARCHES

SWEET POTATOES
YAMS
WHITE POTATOES
AVOCADO* (see exceptions!)
BUTTERNUT SQUASH
KABOCHA SQUASH
ALL GRAINS

LEGUMES

LEGUMES

LEGUMES

LEGUMES

LEGUMES

LEGUMES

Technically both starch and protein and therefore may be difficult to digest. We find legumes pair better with starch but use sparingly.

CHICKPEAS
LENTILS
ALL BEANS
DRIED PEAS

PROTEINS

PROTEINS

PROTEINS

Pair with neutral veggies and other proteins, not starches or nuts

DAIRY
EGGS
SEAFOOD
MEAT
CHEESE

NUTS, SEEDS + DRIED FRUITS

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NUTS, SEEDS + DRIED FRUITS

Pair with each other or neutral vegetables, not proteins or starches.

RAW ALMONDS
CASHEWS
PEANUTS
SUNFLOWER SEEDS
NUT BUTTERS
SESAME SEEDS
TAHINI
DRIED FRUIT

EXCEPTIONS

Tomatoes pair with all foods except starches. Many will tolerate cooked tomatoes with grains, but ideally tomatoes and starch should not be combined. Avocados pair with starches OR with fresh fruit OR with dried fruits, but not with nuts and seeds. Bananas pair with fresh fruit OR with nuts, seeds and dried fruit.

ORDER UP

Light to heavy is the mandate in our food combining world. That means we eat lighter foods early in the day. Juices and fruit in the morning, salad for lunch and a heavier dinner is ideal. We also practice this light to heavy pattern within each meal always starting with a big raw salad then moving on to cooked vegetables and denser foods. Let it flow.

THE RAW DEAL

When we talk about raw, we don't mean striving for the impossibly strict standard of 100%. And we definitely don't mean relying on complicated meals made from dense layers of seeds, nuts and dehydrated ingredients. We're talking instead about upping our intake of salads, crudites, fermented veggies, fresh fruit, and of course juice. This is especially important at the beginning of the day as we follow our light to heavy pattern of eating. We start almost every meal with a big green salad or we swap out heavier meals for plates of fruit. Raw fruits and vegetables contain more water than their cooked or dehydrated counterparts. Keep it simple and move to the light.

Unheated fats are healthiest, and so we like to limit our intake of cooked oils and choose raw nuts and seeds. Remember to look for raw nut butters and tahini as well.

RESOURCES

We are not the authors of this information, just its followers and fans. Much of our knowledge comes from books, conversation and most importantly the guidance of our mentor and colon hydrotherapist Gil Jacobs.

TO BOOK WITH GIL

Text: 347-933-3590



A curated guide to food and well-being.