

the **blender girl**[™]

FOOD COMBINING

CHEAT SHEETS



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FOOD COMBINING CHEAT SHEETS

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FOOD COMBINING CHEAT SHEETS

INTRO TO FOOD COMBINING

Food combining is an approach to eating that works on the premise that your body can optimally digest only one concentrated food at a time. Concentrated foods are typically defined as starches and proteins— basically, anything other than fruits and vegetables.

The digestion of starches (grains, potatoes, and many other roots) calls for alkaline conditions, whereas the enzymes that digest protein thrive in an acidic environment. If you eat a starch and a protein together, you're essentially asking your digestive system to be alkaline and acidic at the same time.

Unfortunately, Western menu combos tend to do just that. Eating a good old meat-and-potatoes meal calls in digestive processes that neutralize each other. Neither the meat nor the potatoes gets handled effectively, leading to fermentation, which feeds yeast and fungus. This chain reaction disrupts the digestion of all the foods you eat, leading to gas, bloating, flatulence, indigestion,

foggy brain, and fatigue. Poor digestion also puts a strain on the liver, your all-important regenerative and detox organ.

Food combining can be an effective strategy to improve your nutrient absorption, digestion, and gut health; and can support weight loss and detox, and give you more energy.

Use these simple cheat sheets to help you strategically pair foods to achieve better health.

Refer to my post on [The Blender Girl](#) website for more detailed information about how to implement food combining principles. You can also find [delicious recipes](#) that are well combined.

If you want to fast-track your digestive tune up, join my [7-Day Kickstart](#). And, to supercharge your results and get personal support from my registered dietitians and me, join the [60-Day Reset](#).

FOOD COMBINING GUIDE

✓ GOOD COMBOS

FRUIT + PROTEIN FATS
 FRUIT + LEAFY GREENS
 ANIMAL PROTEIN + PROTEIN FATS
 ANIMAL PROTEIN + NON-STARCHY VEG
 PROTEIN FATS + NON-STARCHY VEG
 STARCHY VEG + NON-STARCHY VEG
 GRAINS + VEGETABLES (ANY)
 LEAFY GREENS + ANYTHING
 PROTEIN STARCHES + NON-STARCHY VEG
 STARS + ANYTHING

✗ BAD COMBOS

FRUIT + ANIMAL PROTEIN
 FRUIT + GRAINS
 FRUIT + VEGETABLES (ANY)
 ANIMAL PROTEIN + STARCHY VEG
 ANIMAL PROTEIN + GRAINS
 PROTEIN FATS + STARCHY VEG
 PROTEIN FATS + GRAINS
 PROTEIN STARCHES + PROTEIN OR PROTEIN FATS
 ADDED SUGARS + ANYTHING

PROTEIN

- dairy (cheese, yogurt)
- eggs
- game (bison, deer, duck)
- meat (beef, lamb, pork)
- poultry (chicken, turkey)
- seafood (fish, shellfish)

PROTEIN FATS

- nuts and seeds
- nut and seed butters & flours

PROTEIN STARCHES

- dried and fresh beans
- dried and fresh peas

GRAINS

- barley
- corn
- millet
- oats
- quinoa
- rice
- rye
- wheat

FRUIT

- apples
- bananas
- berries
- dates
- grapes
- kiwi
- mango
- melons
- oranges
- papaya
- peaches
- pineapple

NON-STARCHY VEG

- artichokes
- asparagus
- bamboo shoots
- broccoli
- brussels sprouts
- cabbage
- carrots
- cauliflower
- celeriac
- celery
- daikon
- eggplant
- fennel
- garlic
- green beans
- hearts of palm
- leeks
- jicama
- kohlrabi
- leeks
- mushrooms
- okra
- onions
- radishes
- sea vegetables
- shallots

STARCHY VEG

- beets
- potatoes
- sweet potatoes
- winter squashes (pumpkins)

LEAFY GREENS

- arugula
- beet greens
- bok choy
- chard
- collard greens
- dandelion greens
- endive
- kale
- lettuces
- mustard greens
- radish greens
- spinach
- turnip greens

STARS

- algae (spirulina, chlorella)
- avocados
- bell peppers
- herbs
- spices
- cucumbers
- lemons
- leafy greens
- lettuces
- limes
- olives
- oils
- salt
- summer squashes
- sprouts
- tomatoes
- wheatgrass
- zucchini

GOOD FOOD COMBINATIONS

THIS + THAT

LEAFY GREENS	+	ANYTHING
FRUIT	+	PROTEIN FATS <i>nuts & seeds</i>
PROTEIN <i>animal, nuts, seeds</i>	+	FATS & OILS
PROTEIN <i>animal, nuts, seeds</i>	+	NON-STARCHY VEG <i>or</i> SEA VEG
PROTEIN FATS <i>nuts & seeds</i>	+	NON-STARCHY VEG <i>or</i> SEA VEG
STARCHY VEG & GRAINS	+	NON-STARCHY VEG <i>or</i> SEA VEG

PROTEIN FOODS

ANIMAL PROTEIN

- dairy (*milk, cheese, yogurt*)
- eggs
- gelatin (*in food products*)
- meat (*beef, bison, lamb, pork*)
- protein powder (*beef, collagen, egg, casein, whey*)
- poultry (*chicken, turkey, duck*)
- seafood (*fish, crustaceans, mollusks*)

PROTEIN STARCHES

- azuki beans
- black beans
- cannellini beans
- chickpeas (*garbanzo beans*)
- kidney beans
- lentils (*brown, green, red*)
- navy beans
- peanuts
- soy beans (*edamame, nattō, tempeh, tofu*)

***PROTEIN FATS** (*nuts & seeds*)

See the Protein Fats List

PROTEIN FATS

- almonds (*butter, milk, flour*)
- brazil nuts
- cashews (*butter, milk*)
- chia seeds
- flaxseeds (*milk*)
- hazelnuts (*butter, milk*)
- hemp seeds (*milk*)
- macadamias (*butter, milk*)
- olives
- pecans (*butter, milk*)
- pine nuts
- pistachios (*butter, milk*)
- pumpkin seeds
- sesame seeds (*tahini, milk*)
- sunflower seeds (*butter*)
- walnuts (*butter, milk*)

NON-STARCHY VEGETABLES

- asparagus
- bamboo shoots
- broccoli
- brussels sprouts
- cabbages
- carrots
- cauliflower
- celeriac
- celery
- eggplant
- fennel
- garlic
- green beans
- jicama
- kohlrabi
- leeks
- okra
- onions
- radishes
- shallots
- turnips
- water chestnuts

**Leafy Greens, Herbs, and "Veggie Fruits" - See the Magic Foods list.*

STARCHY VEGETABLES & GRAINS

STARCHY VEGETABLES

- acorn squash
- beets
- butternut squash
- kabocha squash
- parsnips
- pumpkin
- peas
- potatoes
- sweet potatoes
- yams

GRAINS

(and pseudo-grains)

- amaranth
- barley
- buckwheat
- corn
- farro
- millet
- oats
- quinoa
- rice
- rye
- sorghum
- spelt
- wheat

LEAFY GREENS / HERBS / SPICES

LEAFY GREENS

- arugula
- beet greens
- bok choy
- chard
- collard greens
- dandelion greens
- endive
- kale
- lettuces
- mustard greens
- radish greens
- sorrel
- spinach
- turnip greens
- watercress
- wheatgrass

HERBS & SPICES

- basil
- cardamom
- cayenne pepper
- chili powder
- cilantro
- cinnamon
- coriander
- cumin
- ginger
- mint
- nutmeg
- oregano
- paprika
- parsley
- rosemary
- sage
- thyme
- turmeric

FOOD COMBINING STARS

(combine well with all foods)

- algae (*chlorella, spirulina*)
- arugula
- avocado
- bell peppers (*red, green, orange, yellow*)
- bok choy
- chiles (*jalapeño, serrano, thai*)
- chard
- collard greens
- cucumber
- dandelion greens
- herbs (*basil, cilantro, mint, parsley*)
- kale
- lemon
- lettuces (*butter, iceberg, romaine, watercress*)
- lime
- radish greens
- salt & pepper
- spices (*cinnamon, ginger, nutmeg, turmeric*)
- spinach
- sprouts (*alfalfa, broccoli, mung bean, red clover*)
- summer squash (*yellow, spaghetti*)
- tomatoes
- wheatgrass
- zucchini

FRUITS

- avocados (*)
- apples
- apricots
- bananas
- bell peppers (*)
- blackberries
- blackcurrants
- blueberries
- cherries
- cranberries
- dates
- figs
- grapefruit
- grapes
- kiwis
- kumquats
- melons (**)
- mangoes
- nectarines
- oranges
- papayas
- peaches
- persimmons
- pineapples
- plums
- pomegranates
- prunes
- raspberries
- strawberries
- summer squashes (*)
- tangerines
- tomatoes (*)

***MAGIC FOODS:** Foods that combine well with all foods. See the Magic Foods list.

****MELONS:** You may find that you need to eat melons on their own without any other fruits or other foods to support better digestion.