

# Free Food Combining Chart PDF

**Acid Fruits**

Orange Gooseberry Kiwi  
 Kumquat Passion Fruit  
 Lemon Pineapple Strawberry  
 Tamarind Lime Tangerine  
 Tomato Ugly Fruit Cranberry  
 Pomegranate Grapefruit

Good

**Sweet Fruits**

Banana Date Carob  
 Cherimoya Durian  
 Fig Jackfruit  
 Persimmon Plantain  
 Sapodilla Sugar Apple

Good

Bad Mix

**Sub-Acid Fruits**

Apple Apricot Blackberry Blueberry Cherry Grape  
 Guave Mango Mulberry Nectarine Papaya Peach  
 Pear Plum Raspberry Tamarillo Apple

Note: this is a general food combining chart. Not all foods are recommended.

**Eat Melons Alone**

Cantaloupe Crenshaw Honeydew Muskmelon Watermelon

Feel free to photocopy this chart and share with your friends

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Do not mix foods across this line

Only combine foods from 2 boxes per meal

**Meats**

Beef Lamb Duck  
 Eggs Chicken Fish  
 Seafood Turkey  
 Shrimp Scallops  
 Goose Rabbit

Good

Bad Mix

**Beans**

Kidney Pinto Black  
 Navy Butter Beans  
 Northern Field Peas  
 Chickpeas Garbanzo  
 Green peas Lentil  
 Black-Eyed Pea Lima

Good

Bad Mix

**Protein Fat**

Avocado  
 Cheese Milk  
 Olives Yogurt  
 Nuts Seeds

Good

**Neutral Vegetables**

Bell Peppers Broccoli Brussels Sprouts Cabbage Cauliflower Carrots  
 Celery Collards Cucumbers Green Beans Lettuce Mushrooms Okra  
 Parsley Snow Peas Hot Peppers Radishes Sea Vegetables Scallions  
 Onions Turnip Greens Spinach Watercress Alfalfa Sprouts

Good

**Starches**

Bread Potatoes Squash Chestnuts Grains  
 Pumpkin Cereals Artichokes Pasta

**Oils**

Oils Butter

[The Secret Diet Book](http://TheSecretDietBook.com) goes into great detail on how to use this food combining chart. Shoot on over to the website and check it out for

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a few seconds. The website has great information on how to change your diet to get results in the shortest time possible. The Author's research on acne and how it is caused by food allergy, food intolerances, and toxic food ingredients, is a topic that most acne researchers somehow overlooked. The info in The Secret Diet Book is not commonly found in any health books.

The Author is certified by "The National Academy of Sports Medicine" as "Fitness Nutrition Specialist" and "Certified Personal Trainer".

His book is the product of over 7 years of research, trial and error, and keeping a detailed food journal. He found which foods were causing his acne and weight gain, then eliminated them.

### **[The Secret Diet Book: How To Feel Great All The Time!](#)**

- **Feel better than you have in years**
- **Streamline your digestion**
- Make your Shit Not Stink Anymore
- **Get more energy from the foods you eat**
- **Flush out toxins**
- **Get alkaline**
- **Lose weight *without* exercise (one woman lost 60 pounds in 20 weeks on this plan)**
- **Get Rid of Gas!**
- Get Rid of "Itchy Butt Syndrome"
- **Fix *acid reflux* and *heartburn* in as little as 3 days**
- **Get rid of Chronic constipation and prevent Bowel Impaction**
- Stop straining to go to the bathroom
- Stop needing so much toilet paper
- **Stop chronic diarrhea**
- Stop Burping all the time
- **Get rid of acne by changing your diet**
- **Improve your moods and overall sense of well-being**

## ***Free Food Combining Chart PDF***

- **Stop feeling like \$h!T**
- **Get a Flat Stomach and avoid developing DIVERTICULOSIS**
- **Avoid headaches**
- **Stop having *stomach pains***
- **Reverse chronic fatigue**
- **Get rid of itchy skin, athletes foot, and yeast overgrowth**
- **Uncover hidden food allergies**
- **Get rid of SUPER BAD BREATH**
- **[Boost your energy and alertness](#)**
- ***Avoid future sickness***

***...by adjusting your dietary habits and the foods you eat.***

***These are the results I have PERSONALLY achieved on this diet.***