

FOOD COMBINATIONS

INCOMPATIBLE

COMPATIBLE

COMPATIBLE

FRUITS	NEUTRAL	VEGETABLES
<p>Most Fruits:</p> <ul style="list-style-type: none"> Apples Apricots Bananas Blackberries Blueberries Cantaloupe Cherries Cranberries Currants Dates Gooseberries Lemons Limes Loganberries Mango Nectarines Oranges Peach Pear Persimmons Pineapple Plums Raspberries Strawberries Tangerines Watermelons 	<p>All Grains: Barley, Buckwheat, Bulgur, Corn, Millet, Oats, Rice, Rye, Wheat, etc.</p> <p>All Legumes: Carob, Chick peas, Kidney beans, Lentils, Lima beans, Mung beans, Peanuts, Soy beans, etc.</p> <p>All Nuts: Almonds, Brazil, Cashews, Chestnuts, Coconuts, Hazelnuts, Macadamias, Pecans, Walnuts, etc.</p> <p>All Seeds: Flax, Poppy, Pumpkin, Sesame, Sunflower, etc.</p> <p>Some Vegetables: Celery, Cucumber, Herbs, Lettuce, Sprouts, Watercress</p> <p>Some Fruits: Avocados, Lemons, Olives</p>	<p>Most Vegetables:</p> <ul style="list-style-type: none"> Artichokes Asparagus Broccoli Beets Brussels sprouts Cabbage Carrots Cauliflower Celery Eggplant Green beans Green peppers Kale Leeks Okra Onions Parsnips Potato Pumpkin Radish Spinach Squash Sweet potato Turnip