

Best Practices:

- Keep your proteins simple and separate.
- Dairy is a protein that is best eaten alone or with some grains. (It is best to not mix it with other animal proteins.)
- The “heavier” the food, the heavier it can be on your digestion. Sometimes we need heavier foods, but be aware of the state of your digestion in the moment.
- Fruit is best eaten alone, or cooked in small amounts when combined with other food.

Foods		Compatible	Incompatible
Beans 	+	Grains, vegetables, other beans, nuts, and seeds	Fruit, milk, cheese, yogurt, eggs, meat, and fish
Butter & Ghee 	+	Grains, vegetables, beans, nuts, seeds, meat, fish, eggs, and cooked fruit	Butter may not combine with other foods as universally as ghee
Cheese 	+	Grains and vegetables	Fruit, beans, eggs, milk, yogurt, and hot drinks
Milk 	+	Best enjoyed alone. *Exceptions: rice pudding, oatmeal, dates, and almonds	Any other food (especially BANANAS, cherries, melons, sour fruits, yeasted breads, eggs, yogurt, meat, fish, kitchari, and starches)
Yogurt 	+	Grains and vegetables	Fruit, beans, MILK, cheese, eggs, meat, fish, nightshades, and hot drinks
Eggs 	+	Grains and non-starchy vegetables	MILK, cheese, yogurt, fruit (especially melons), beans, kitchari, potatoes, meat, and fish
Fruit 	+	Other fruits with similar qualities, (i.e. citrus together, apples & pears, a berry medley)	Any other food (aside from other fruit) *Exceptions: dates with milk, and some cooked combinations
Lemons 	+	Usually okay with other foods if used in small amounts as a garnish or flavoring.	Cucumbers, tomatoes, milk, and yogurt *Note: Lime can be substituted for use with cucumbers and tomatoes.
Melons 	+	Other melons (in a pinch), but it's better to have each type of melon on its own.	EVERYTHING, especially dairy, eggs, fried food, grains, and starches. *Note: Melons should be eaten alone or not at all.
Grains 	+	Beans, vegetables, other grains, eggs, meat, fish, nuts, seeds, cheese, and yogurt	Fruit
Vegetables 	+	Grains, beans, other vegetables, cheese, yogurt, meat, fish, nuts, seeds, and eggs	Fruit and milk
Nightshades 	+	Other vegetables, grains, beans, meat, fish, nuts, and seeds	Fruit (especially melon), cucumber, milk, cheese, and yogurt *Note: Nightshades include peppers, eggplant, potatoes, and tomatoes.
Hot Drinks 	+	Most foods, unless the hot drink contains other foods (i.e. milk, fruit, almond milk, rice milk) in which case, reference that particular food.	Mangoes, cheese, yogurt, meat, fish, and starches
Leftovers 	+	Ideally, just other leftovers from the same meal. Preferably not more than 24 hours old.	Freshly cooked foods
Raw Foods 	+	Other raw foods, ideally in small quantities	Cooked foods (especially in large quantities)