

The Ten Basic Rules of Proper Food Combining:

PROTEINS (high percentage of protein in their makeup):

Nuts	Peanuts	Avocados
All cereals	All flesh foods (except fat)	Milk (low protein)
Dry beans	Cheese	Dry Peas
Soy beans		Olives

STARCHES (carbohydrates):

All cereals
Dry beans (except Soy beans)
Dry peas
Potatoes (all kinds)
Chestnuts
Peanuts
Hubbard squash
Banana squash
Pumpkin
Caladium root
Jerusalem artichokes

MILDLY STARCHY (carbohydrates):

Cauliflower
Beets
Carrots
Rutabaga
Salsify
Cherimoya
Papaya
Cherry
Sun-dried pear

FATS:

Olive oil	Butter	Most nuts
Soy oil	Pecans	Fat meats
Sunflower seed oil	Cream	Lard
Sesame oil	Nut oils	Avocados
Cottonseed oil	Corn oils	
Butter substitutes	Tallow	

ACID FRUITS:

Orange	Tomato	Sour grape
Grapefruit	Lemon	Sour peach
Pineapple	Lime	Sour plum
Pomegranate	Sour apple	

SYRUPS & SUGARS (carbohydrates):

Brown sugar
White sugar
Milk sugar
Maple syrup
Can syrup
Honey
Agave nectar

SWEET FRUITS (carbohydrates):

Banana
Date
Fig
Raisin
Thompson & Muscat grapes
Prune
Persimmon
Mangoes

SUB-ACID FRUITS:

Fresh fig	Sweet peach	Huckleberry
Pear	Sweet apple	Sweet plum
Sweet cherry	Apricot	

NON-STARCHY & GREEN VEGETABLES:

Lettuce	Cow-slip	Rhubarb
Celery	Chinese cabbage	Watercress
Endive (French)	Chive	Onions
Chicory	Mustard	Scallions
Cabbage	Dock (sour)	Leeks
Cauliflower	Turnip	Garlic
Broccoli	Kale	Zucchini
Brussels sprouts	Mullein	Escarole
Collards	Rape	Beet tops (greens)
Spinach	Green corn	Turnip tops (green)
Chard	Eggplant	Bamboo sprouts
Okra	Kohl-rabi	Broccoli-de-Rappe
Cucumber	Cardoon	Dandelion
Sorrel	Radish	Sweet pepper
Asparagus	Parsley	

MELONS:

Watermelon	Casaba	Crenshaw melon
Musk melon	Cantaloupe	Christmas melon
Honeydew	Pie melon	Persian melon
Honey balls	Banana melon	Nutmeg melon

1. Eat acids and starches at separate meals. Acids neutralize the alkaline medium required for starch digestion and the result is fermentation and indigestion.

- Eat only one starch at a meal, and consume no sweet foods with it. Sugar with starch means fermentation. This is doubly true when feeding the sick.
- Eat a very large, raw vegetable salad (leaving out tomatoes or other acid food) with the starch meal. Acids should not be eaten in the salad with the starch meal.
- The process of digestion of a starch begins with the saliva. This is why you should chew bread, cereals, and other starchy foods very thoroughly; that is why you must not drink water through a mouthful of food.

- It is suggested that the starch meal be eaten at noontime.

2. Eat protein foods and carbohydrate foods at separate meals. Protein foods require an acid medium for digestion; starch requires an alkaline medium, so these should never be eaten together. Because undigested starch absorbs pepsin, necessary for protein digestion, eating them at the same meal retards/suspends/prevents protein digestion.

- There should be twelve hours between the eating of a protein and a starch meal.
- Green vegetables combine best with protein foods.
- Digestive juices can be readily adapted to one food, such as cereals, that is a protein-starch combination, but they cannot be well adapted to two foods, such as bread and cheese.

3. Eat but one kind of protein food at a meal. Eating more than one protein at a meal retards the digestive process and leads to over eating of protein.

- Combinations such as flesh and eggs, flesh and nuts, flesh and cheese, eggs and milk, eggs and nuts, cheese and nuts, milk and nuts, etc., should be avoided.
- Foods that combine best with protein foods of all kinds are the non-starchy and succulent vegetables. The following form poor food combinations with proteins: beets, turnips, pumpkins, carrots, salsify (vegetable oyster or oyster plant), cauliflower, kohlrabi, rutabagas, beans, peas, Jerusalem artichokes, potatoes, including the sweet potato. These foods, being somewhat starchy, combine better with the starch meal.
- Beans and peas, being protein-starch combinations in themselves, are better eaten as a starch or as a protein, combined only with green vegetables, without other protein or starch at the meal. Potatoes are sufficiently starchy to form the starch part of the starch meal.
- It is suggested that the protein meal be eaten in the evening.
- Acids and oils and oily dressing should not be taken with the protein meal.
- The oils of avocados and olives do not combine well with protein.
- Avocados, containing more protein than milk, should not be combined with other proteins. Rich in fat, they also inhibit the digestion of other proteins. They should also not be combined with nuts.

4. Eat proteins and acid foods at separate meals. The acids of acid foods inhibit the secretion of the digestive acids required for protein digestion. Undigested protein putrefies in bacterial decomposition and produces some potent poisons.

- Nuts or cheeses together with acid fruits are the only exception to this rule. (Note: nuts and cheeses should not be eaten together, though.)
- Sweet fruits and nuts form a particularly objectionable combination, despite the delightful flavor of the combination.
- Green vegetables form the ideal combination with nuts.
- Lemon juice, vinegar, or other acid used on salads, or added to salad dressing, and eaten with a protein meal, serve as a severe check to hydrochloric secretion and thus interfere with protein digestion.

5. Eat fats and proteins at separate meals. Some foods, especially nuts, are over 50% fat and require hours for digestion.

- Foods such as cream, butter, oils of various kinds, gravies, fat meats, etc., should not be consumed at the same meal with nuts, cheese, eggs, and flesh.
- Fatty meats and fried meats are particularly likely to give the eater trouble because fat inhibits gastric secretion, which retards protein digestion for two hours or more. Lean meats are much better.
- An abundance of green vegetables, especially uncooked, counteracts the inhibiting effect of fat, so that if one must have fat with one's protein, one may offset its inhibiting effect on digestion of protein by consuming much green substance with the meal.

6. Eat sugars (fruits) and proteins at separate meals.

- All sugars have an inhibiting effect upon the secretion of gastric juice and upon the motility of the stomach. Sugars taken with protein hinder protein digestion.
- Fruits should be eaten at a fruit meal, and should not be eaten between meals.
- Fruit juices (freshly squeezed) may be consumed at the fruit meal, but not between meals. If consumed between meals, they are digested as a meal, and thus the stomach does not get enough of a break between meals and leads to indigestion and increased appetite.

- Sweet fruits are best not eaten with avocados.
- There is an enzyme in papayas that digests proteins, which is the reason it should not be combined with it. The employment of such an “aid to digestion” invariably weakens the health seeker’s power of digestion.

7. Eat sugars (fruits) and starchy foods at separate meals. Fruits undergo no digestion in the stomach and are held up there by foods that do. While awaiting the completion of protein or starch digestion they undergo fermentation.

- Jellies, jams, fruit butters, commercial sugar (white or brown, beet, cane, or lactic), honey, molasses, syrups, etc., added to cakes, breads, pastries, cereals, potatoes, etc., produce fermentation.
- Sweet fruits with starch also result in fermentation. Breads containing dates, raisins, figs, etc., are dietetic abominations. Sugar taken with starch interferes with the digestion of the starch.
- Bread and butter taken together cause no unpleasantness, but if sugar or jam or marmalade is added, trouble follows because the sugar will be taken up first, and the conversion of the starch into sugar is then delayed. Mixtures of starch and sugar invite fermentation and its attendant evils.

8. Eat melons alone. They combine with almost no other food.

- Melons undergo no digestion in the stomach...it takes place in the intestine. So, if they are taken with other foods that require a lengthy stay in the stomach for salivary or gastric digestion, they are held up in the stomach where they decompose very quickly, which gives rise to much gas and discomfort.
- Melons should not be eaten between meals, but at meal time.
- Melons can be eaten with other fresh fruits only.
- It is suggested that the fruit meal be eaten for breakfast. Do not add sugar to the fruits.

9. Ditch the desserts. Eaten on top of meals they lie heavy on the stomach, requiring no digestion there, and ferment. Bacteria turn them into alcohols and vinegars and acetic acids.

- If you must have a dessert, eat the dessert and a large, raw vegetable salad and nothing else. Then, miss the next meal.

- Eating things with cream and/or sugar after a meal delays the digestion of the meal altogether for several hours.
- Cold desserts, like ice cream, interpose another barrier to the digestive process - that of cold.

10. Take milk alone or let it alone. Milk is for the very young. There is no human need for it after the end of the normal suckling period.

- In feeding milk to young children, a fruit meal may be fed and then, half an hour afterward, milk may be given. The milk should NOT be given with the fruits, except in the case of acid fruits.
- Never consume milk with flesh.
- Never consume milk with cereals or other starches.

Other things to remember:

1. When starches and sugars undergo fermentation, they are broken down into carbon dioxide, acetic acid, alcohol, and water, which substances, with the exception of water, are non-usable substances - poisons.
2. What benefit is there of eating proteins or vitamin-rich foods only to have them decompose in the stomach and intestines? Rotted (fermented, decomposed) foods do not supply the body with vitamins.
3. To derive sustenance from the foods eaten, they must be digested; they must not rot.
4. Things that reduce/suspend/delay digestive power: over-eating (eating beyond enzymic capacity) eating when fatigued, eating just before beginning work, eating when chilled or overheated, eating when feverish, in pain, or when there is severe inflammation, eating when not hungry, when worried, anxious, fearful, angry, etc. Eating under any of these conditions favors bacterial decomposition of the foods eaten.
5. The use of condiments, vinegar, alcohol, and other substances that retard digestion favors bacterial decomposition of the foods eaten.
6. Simple meals will prove to be more easily digested, hence more healthful.
7. A change to correctly combined meals is followed by an immediate improvement in health.

8. A great part of trouble kids have with their tonsils is due to the constant fermentation in their digestive tracts consequent upon their regular eating a flesh-and-bread, cereals-and-sugar, cookies-and-fruit, etc., diet. Until parents learn how to feed their children with proper respect for enzymic limitations, and cease feeding them the so-called “balanced meals,” their children are going to continue to suffer, not only with colds and tonsillar troubles, but with gastritis (indigestion), diarrhea, constipation, feverishness, and various “children’s diseases.”
9. Modern civilized eating habits are so far removed from anything seen anywhere in nature or among so-called primitive peoples that it is impossible to think of them as being normal eating habits.
10. It is best to drink your water ten to fifteen minutes before meals. If taken with meals, it dilutes the digestive juices and then passes out of the stomach quickly, carrying the digestive juices and their enzymes with it.
11. When feeding the sick, it is best to feed sweet fruits and strongly acid fruits at separate meals. No dates or figs or bananas with oranges or grapefruit, or pineapples. Sugar, honey, or other sweets combined with grapefruit is particularly objectionable.
12. A large raw vegetable salad with each dinner is one of the most important elements of the diet. As a preventative of disease, it is far superior to all the vaccines and serums ever devised.
13. Nature turns out her products in a state of physiological balance and when we eat our foods as she produces them, they are not sources of trouble. But when we extract portions of her products, as when sugar is extracted from cane or beet or white flour is extracted from wheat, we eat an artificial product that is out of balance, lacking in many of the essentials of nutrition. The remedy for such a state of affairs is to eat whole, that is, unprocessed, unrefined, and uncooked foods grown on fertile soil.
14. A salad of uncooked, non-starchy vegetables should accompany every protein and every starch meal. The salad should consist of such foods as lettuce, celery, cabbage, tomatoes, and other non-starchy vegetables. These foods should be served fresh and without salt, vinegar, olive oil, mayonnaise, or dressings of any kind. Tomatoes should form part of the salad only when proteins are eaten and not when starches are part of the meal. Such foods as onions, garlic, watercress, radishes, and bitter foods are not recommended for salads nor to be eaten in any other way.
15. When vegetables and fruits are sliced, cut small, ground, shredded, or otherwise broken into small particles, so that the oxygen of the air gets

to them, much food value is lost through oxidation. The longer they are permitted to stand before eating, after they have been thus treated, the greater is the loss of food value. The loss of certain vitamins through oxidation is especially rapid. Such practices are permissible only when feeding the toothless individual who is unable to chew whole foods. Then the food should be fed immediately after preparing, so that a minimum of loss through oxidation is sustained.

16. The dressings added to salads are not incompatible with the salads per se, but they do interfere with the digestion of other foods. Acids used in the dressings interfere with the digestion of both starches and proteins. Oils added to the salad interfere with the digestion of proteins. Whether cream is sweet or sour, its addition to the salad will interfere with protein digestion. Sugar added to the salad dressing inhibits protein digestion. Thus, while there is no serious reason why oil and cream may not be added to a salad when it is to be eaten with a starch meal, it should not be added to a salad that is to be eaten with a protein meal. Lemon juice and vinegar should not be added with either meal. There can be no objection to the addition of lemon juice or oil or both to the salad if a salad is to be eaten alone, or if the salad is to be eaten with cooked vegetables.
17. Tomato acid interferes with the digestion of both proteins and starch.
18. In the cases of cheese, nuts, and avocado, all three of which contain oils which inhibit protein digestion longer than the acid of the starch will do so, there is no reason why tomatoes may not be eaten with these protein foods.
19. The vitamin C in tomatoes is rapidly destroyed by oxidation when these are cut into thin slices. An equally rapid loss of vitamin C takes place in lettuce when this is cut up into small pieces. If leaf lettuce is used, serve whole. If cucumbers are added to the salad, then serve whole. The smaller cucumbers are most tasty. Serve celery stalks whole. Carrots should not be grated. Three to four articles of food in a salad are sufficient.
20. It is vitally important that growing children have a daily salad. Salad is even more important for growing children than adults. These salads are more acceptable sources of calcium than is milk and this is doubly so now that it is almost impossible to get anything other than pasteurized milk. It cannot be emphasized too often or too strongly that pasteurization alters the calcium salts in milk so that they are no longer of use to the child.
21. Poor digestion cannot be depended upon to supply the materials with which to build and maintain good blood; hence the tissues will be inadequately nourished, the general health must fail and the

- constitution deteriorates.
22. Indigestion is the forerunner, not the cause, of many of man's more serious ills.
 23. A whole train of discomforts or symptoms accompany the progressive impairment of the function of digestion, such as gas, sour eructation, a sense of discomfort running into pain in the abdomen, sleepless and unrefreshing nights, furred tongue in the morning, absence of desire for food, constipation, foul stools, nervousness, etc. This is by no means an exhaustive list of the symptoms that accompany indigestion.
 24. Pharmaceutical "aids to digestion" are all frauds. The continued use of any one of them without exception further impairs the digestive powers.
 25. At least half of the food eaten by most people is passed out undigested.
 26. Simple eating provides for better digestion.
 27. Rest after eating is indispensable to good digestion. No man can digest his food well who only half masticates it and who bolts from his dining table to his business like a greyhound slipped from the leash. When the eater rushes immediately back to work without any rest whatever of the body or mind, and this from day to day and from year to year, so long as the powers of life hold out, the Nemesis of outraged nature takes its toll. No man's capacity for continuing a galley-slave life is limitless, but capacity varies depending upon variations in the constitutional powers of different individuals. The stronger will hold out longer than his weaker brother, but sooner or later the most robust must succumb to the exhausting effects of such a life.
 28. Poor eating habits lead to poor excretory function, which gives rise to toxemia (a state of poisoning by the retention of normal body waste), but also the digestive and assimilative powers become impoverished so that the nutrition of the body is lowered commensurate with the degree of constitutional enfeeblement. Indigestion follows with its consequent slow starving of the sufferer.
 29. An extremely enfeebled individual will require more than a change in diet to bring about restoration of health. First, all causes of enervation have to be removed, and sufficient rest must be secured to enable the body to restore its functioning activities. It should be obvious that if the power to digest and assimilate food is not increased, all attempts to "build up" the health seeker by any kind of feeding program will prove abortive and useless. It is even more futile to attempt to restore digestive power by the use of drugs, as these only further impair an already greatly impaired constitution and add to the digestive

- enfeeblement. Can we conceive of a health seeker, while adhering steadfastly in his manner of life, to the identical habits which gave rise to his suffering, to be *cured* by drugs, or vaccines, or by surgery? Plainly it is impossible, unless, of course, we cast our physiology and, along with it, our common sense, to the four winds.
30. Restoration of health requires mental as well as physical rest. This is best accomplished by a change of scenes from the haunts of business or pleasure. It is best to indulge in the quiet repose of nature and bask in her healthful sunshine, pleasant scenery, and fresh breezes.
 31. When the body has been freed of its load of toxins, its nerve energy has been restored to normal, elimination has been re-established, and the digestive and assimilative powers have been restored, there follows a gradual return to health. Until this has been done, the best of diets will not and cannot give the desired results.
 32. You can choose one of two paths: One leads to health, strength, happiness, and a longer, richer, fuller, more abundant life. The other leads as surely to disease, weakness, unhappiness, and premature death. Which path will you follow?
 33. It is necessary to emphasize that food alone, important as it is in both health and disease, is not enough to assure either the preservation or the restoration of health. It is only in its physiological connection with water, exercise, rest, and sleep that its true value becomes manifest.
 34. Physical rest - fasting - is of value in all forms of impaired health, but in indigestion it is a sure means of providing rest for an overworked digestive system. In fasting practically all of the organs of the body reduce their activities, hence they rest. The exceptions are the organs of elimination (excretion) and these step up their activities: hence, during the fast the body is enabled to free itself of its accumulated load of toxic waste. The combination of mental, physical, and physiological rest constitutes an ideal means of promoting elimination. (Please do not undertake a fast without guidance and supervision.)
 35. Health, when lost, can only be re-acquired by a laborious process in which the health seeker himself must work diligently until the desired result is achieved.

PROPERLY COMBINED PROTEIN MEALS

Vegetable salad
Green squash
Spinach
Nuts

Vegetable salad
Chard
Asparagus

Nuts
Vegetable salad
Asparagus

Yellow squash
Nuts

Vegetable salad
Broccoli
Fresh corn
Nuts

Vegetable salad
Okra
Spinach
Nuts

Vegetable salad
Chard
Yellow squash
Nuts

Vegetable salad
Collards
Yellow squash
Avocado

Vegetable salad
Mustard greens
Green beans
Avocado

Vegetable salad
Turnip greens
Green peas
Avocado

Vegetable salad
Yellow squash
Cabbage
Sunflower seed

Vegetable salad
Spinach
Broccoli
Sunflower seeds

Vegetable salad
Chard
Okra
Cottage cheese

Vegetable salad
Spinach
Green squash

Cottage cheese

Vegetable salad
Beet green
Green peas
Cottage cheese

Vegetable salad
Beet greens
Broccoli
Cottage cheese

Vegetable salad
Spinach
Cabbage
Unprocessed cheese

Vegetable salad
Baked eggplant
Chard
Eggs

Vegetable salad
Spinach
Yellow squash
Eggs

Vegetable salad
Beet greens
String beans
Nuts

Vegetable salad
Chard
Yellow squash
Lamb chops

Vegetable salad
Green squash
Kale
Unprocessed cheese

Vegetable salad
Beet greens
Okra
Sunflower seeds

Vegetable salad
Kale
String beans
Sunflower seeds

Vegetable salad

Baked eggplant
Chard
Soy sprouts

Vegetable salad
Asparagus
Green beans
Walnuts

Vegetable salad
Okra
Beet greens
Sunflower seeds

Vegetable salad
Okra
Yellow squash
Cottage cheese

Vegetable salad
Chard
Yellow squash
Avocado

Vegetable salad
White cabbage
Spinach
Nuts

Vegetable salad
Broccoli
Green beans
Nuts

Vegetable salad
Steamed onion
Swiss chard
Unprocessed cheese

Vegetable salad
Green squash
Turnip greens
Roast beef

Vegetable salad
Red cabbage
Spinach
Cottage cheese

Vegetable salad
Asparagus
Broccoli
Eggs

Vegetable salad

Turnip greens
String beans
Eggs

Vegetable salad
Okra
Red cabbage
Avocado

Vegetable salad
Asparagus
Cone artichokes
Avocado

Vegetable salad
Yellow squash
Chard
Avocado

Vegetable salad
Baked eggplant
Kale
Avocado

Vegetable salad
Yellow squash

Mustard greens
Pecans

Vegetable salad
String beans
Okra
Broiled lamb

Vegetable salad
Brussels sprouts
Kale
Nuts

PROPERLY COMBINED STARCH MEALS

Vegetable salad
Turnip greens
Yellow squash
Chestnuts

Vegetable salad
Spinach
String beans
Coconut

Vegetable salad
String beans
Mashed rutabaga
Irish potatoes

Vegetable salad
Spinach
Beets
Irish potatoes

Vegetable salad
String beans
Turnips
Sweet potatoes

Vegetable salad
Asparagus
White squash
Yams

Vegetable salad
Beet greens
Cauliflower
Sweet potatoes

Vegetable salad
Asparagus
Okra

Peanuts

Vegetable salad
Okra
Beet greens
Whole grain bread

Vegetable salad
Yellow wax beans
Kale
Irish potatoes

Vegetable salad
String beans
Yellow squash
Irish potatoes

Vegetable salad
Okra
Brussels sprouts
Irish potatoes

Vegetable salad
String beans
Cabbage
Sweet potatoes

Vegetable salad
Spinach
Red cabbage
Baked caladium roots

Vegetable salad
String beans
Baked egg plant
Steamed caladium roots

Vegetable salad

Turnip greens
Okra
Jerusalem artichokes

Vegetable salad
Kale
Okra
Jerusalem artichokes

Vegetable salad
Spinach
Turnips
Jerusalem artichokes

Vegetable salad
Okra
String beans
Jerusalem artichokes

Vegetable salad
Spinach
Cabbage
Chestnuts

Vegetable salad
Swiss chard
Peas
Hubbard squash

Vegetable salad
String beans
Broccoli
Hubbard squash

Vegetable salad
Spinach
Cabbage
Baked hubbard squash

Vegetable salad
Beet greens
Yellow squash
Irish potatoes

Vegetable salad
Kale
Okra
Brown rice

Vegetable salad
Spinach
Green beans
Peanuts

Vegetable salad
Beet greens
Okra
Brown rice

Vegetable salad
Turnip greens
Asparagus
Brown rice

Vegetable salad

Collards
Fresh corn
Brown rice

Vegetable salad
Beet greens
Cauliflower
Baked hubbard squash

Vegetable salad
Green beans
Okra
Baked hubbard squash

Vegetable salad
Turnip greens
Broccoli
Peanuts

Vegetable salad
Green peas
Carrots
Parsnips

Vegetable salad
Chard
String beans

Peanuts

Vegetable salad
Spinach
Green string beans
Brown rice

Vegetable salad
Chard
Okra
Brown rice

Vegetable salad
Chard
Asparagus
Baked beans

Vegetable salad
Swiss chard
Yellow squash
Baked caladium roots

Vegetable salad
Okra
Beet greens
Steamed caladium roots

PROPERLY COMBINED FRUIT MEALS

Oranges
Grapefruit

Oranges
Pineapple

Grapefruit
Apples

Mangoes
Cherries
Apricots

Papaya
Persimmons

Apples
Grapes
Figs

Fresh figs
Peaches

Apricots
Cherries

Apricots
Plums

Bananas
Pears
Grapes

Bananas
Persimmons
Dates

Dates
Apples
Pears

Mangoes
Cherries
Apricots

Cherries
Peaches
Nectarines

Berries with cream
(no sugar)

Apples
Grapes
Dates
Glass of sour milk

Bananas
Pear
Figs
Glass of sour milk

As a variation, a very tasty meal may be made of a fruit salad and a protein as follows:

A large fruit salad composed of:

Grapefruit, orange, apple, pineapple, lettuce, celery, four ounces of cottage cheese or four ounces of nuts, or a greater amount of avocado.

In the Spring, a tasty salad may be made of the fruits in season:

Peach, plum, apricot, cherry, nectarine, lettuce, celery

Sweet fruits - bananas, raisins, dates, figs, prunes, etc. - should not be put into the salad when it is intended to have a protein in it.

EATING SCHEDULE FOR A WEEK

Spring and Summer Menus

BREAKFAST

LUNCH

DINNER

SUNDAY

Watermelon

Vegetable salad
Chard
Yellow squash
Potatoes

Vegetable salad
String beans
Okra
Nuts

MONDAY

Peaches
Cherries
Apricots

Vegetable salad
Beet greens
Carrots
Baked beans

Vegetable salad
Spinach
Cabbage
Cottage cheese

TUESDAY

Cantaloupes

Vegetable salad
Okra
Green squash
Jerusalem artichokes

Vegetable salad
Broccoli
Fresh corn
Avocado

WEDNESDAY

Berries with cream
(no sugar)

Vegetable salad
Cauliflower
Okra
Brown rice

Vegetable salad
Green squash
Turnip greens
Lamb chops

THURSDAY

Nectarines
Apricots
Plums

Vegetable salad
Green cabbage
Carrots
Sweet potatoes

Vegetable salad
Beet greens
String beans
Nuts

FRIDAY

Watermelon

Vegetable salad
Baked eggplant
Chard
Whole wheat bread

Vegetable salad
Yellow squash
Spinach
Eggs

SATURDAY

Bananas
Cherries
Glass of sour milk

Vegetable salad
Green beans
Okra
Irish potatoes

Vegetable salad
Kale
Broccoli
Soy sprouts

FALL AND WINTER MENUS

BREAKFAST

Grapes
Bananas
Dates

Vegetable salad

LUNCH

Chinese cabbage
Asparagus
Baked caladium roots

Vegetable salad

DINNER

Spinach
Yellow squash
Baked beans

SUNDAY

MONDAY

Persimmons
Pear
Grapes

Vegetable salad
Kale
Cauliflower
Yams

Vegetable salad
Brussels sprouts
String beans
Pecans

TUESDAY

Apples
Grapes
Dried figs

Vegetable salad
Turnip greens
Okra
Brown rice

Vegetable salad
Kale
Yellow squash
Avocado

WEDNESDAY

Pears
Persimmons
Banana
Glass of sour milk

Vegetable salad
Broccoli
String beans
Irish potatoes

Vegetable salad
Okra
Spinach
Pignolias

THURSDAY

Papaya
Orange

Vegetable salad
Carrots
Spinach
Steamed caladium
roots

Vegetable salad
Chard
Yellow squash
Unprocessed cheese

FRIDAY

Persimmons
Grapes
Dates

Vegetable salad
Green squash
Parsnips
Whole grain bread

Vegetable salad
Red cabbage
String beans
Sunflower seeds

SATURDAY

Grapefruit

Vegetable salad
Fresh peas
Kale
Coconut

Vegetable salad
Spinach
Steamed onions
Lamb chops

SUNDAY

Honeydew melon

Vegetable salad
String beans
Vegetable soup
Yams

Vegetable salad
Baked eggplant
Kale
Eggs