



New Day Whole Health
Feel Great

Better Food Combining Options

Instead of this:

- Hamburger on a bun
- Sandwiches with meat
- Spaghetti pasta and meat sauce
- Chicken and rice
- Fish and rice
- Meat and potatoes
- Corn shell tacos
- Any other flesh/grain combo

Try this:

- Lettuce wrapped burger
- Lettuce wrapped tacos (see recipe in recipe file)
- Asian chicken lettuce wraps (see recipe in recipe file)
- Lettuce wrapped organic deli meats/raw cheese/veggies/olives
- Spaghetti squash instead of rice or wheat pasta
- Stir fry zucchini, red bell peppers, broccoli, onion, etc topped with Italian meat sauce
- Burger on a plate with large side of pickles and a salad
- Chicken, steak or fish with grilled vegetables and a salad
- Taco salad
- Salad with quinoa or wild rice (both are complete protein)
- Salad with rice and beans (rice and beans together are a complete protein)
- Roasted vegetables with protein of choice
- Salad topped with grilled fish, chicken or steak
- Eggs with sourdough or Ezekiel toast and sautéed vegetables
- Veggie Omelet with sourdough or Ezekiel toast
- Bacon and eggs with stir fry or steamed vegetables
- Whole grain brown rice, teff, amaranth or oat cereal with coconut milk or ghee for breakfast
- Add pineapple, papaya or mango to any of these combinations (these are exceptions to the fruit rule. These fruits are high in enzymes and go well with a meal)

For Snacks:

Fat and fruit are a great combo

- Yogurt with fruit
- Raw cheese and fruit
- Fruit and nuts
- Apple or banana with peanut butter, almond or other nut butter
- Green and fruit smoothies with protein powder or yogurt

Note: This is not to say that you can never have whatever combination you love! Know that this is a good rule of thumb that will improve digestion greatly and try to adhere most of the time.