

Proper Food Combining Guide as used in *The Dancing Algae Diet*®

Suggestions for ways to plan meals that support complete digestion.

(1) Starchy Vegetables

Artichokes
Summer squash
Potatoes (red skin only)
Sweet Corn

Oils/Fats for cooking

Ghee (organic clarified butter)
Coconut oil (non-hydrogenated and packaged in light proof container)
Lard (organic when possible)

Always cook at low temperatures.

Combine
Starchy Vegetables
and/or
Non-Starchy Vegetables
and/or
Ocean Vegetables
1 & 3 & 2

Fruit

It is always better to eat fruit by itself. Since it doesn't take long to digest, (about 30 min.) it can be eaten before the main meal.

Oils for salads

Omega 3 & 6 oils, cold processed with no exposure to light and packaged in light proof containers.

(2) Ocean Vegetables

Agar (ag-gar)
Arame (er-a-may)
Dulse (duls)
Hijiki (he-gee-kee)
Kelp
Kombu (kom-boo)
Nori (nor-ee)
Sea Palm
Wakame (wa-ka-may)

(3) Non-Starchy Vegetables*

Arugula	Collard Greens	Onions
Asparagus	Cucumbers	Parsley
Bamboo Shoots	Dandelion Greens	Radishes
Beet Greens	Endive	(daikon & red)
Bok Choy	Escarole	Red Bell Peppers
Broccoli	Fennel	Sprouts
Brussels Sprouts	Garlic	(except mung bean)
Burdock Root	Green Beans	Spinach
Cabbage	Jicama	Scallions
Carrots	Kale	Shallots
Cauliflower	Kohlrabi	Swiss Chard
Celeriac	Lamb's Quarters	Turnips
Celery	Leeks	Watercress
Celery Root	Lettuces	Yellow Bell Peppers
Chives	Mustard Greens	Yellow Squash
	Okra	Zucchini

Combine
Grain or Vegetable
Protein and/or
Non-starchy vegetables
and/or
Ocean vegetables
4 & 3 & 2

*Cultured Vegetables can be added to any of these combinations.

(4) Other Complete Proteins

Grains
Millet
Quinoa (keen-wah)
Amaranth
Buckwheat
Teff
Chia Seeds
Spelt (maybe)
Rye (maybe)

Spelt and rye are not complete proteins.

Combine
Animal Protein
and/or
Non-Starchy Vegetables
and/or
Ocean vegetables
5 & 3 & 2

(5) Animal Protein

This can include organ meats such as the liver, heart, etc..

Beef
Pork
Lamb
Chicken
Turkey
Rabbit
Eggs (cooked slowly in coconut oil or soft boiled)
Fish (Cold Water Fish)
Tuna, Salmon, Halibut, Whitefish, Sardines...

This guide is offered as a suggestion for people wanting to improve their digestion and work towards balanced health and well being. It is not a recommendation for any medical problems. If you have health concerns, please contact your doctor or health provider. For copies of this guide, call Bill Cooper at 719-477-0964. Guide furnished compliments of; *The Dancing Algae Co.*