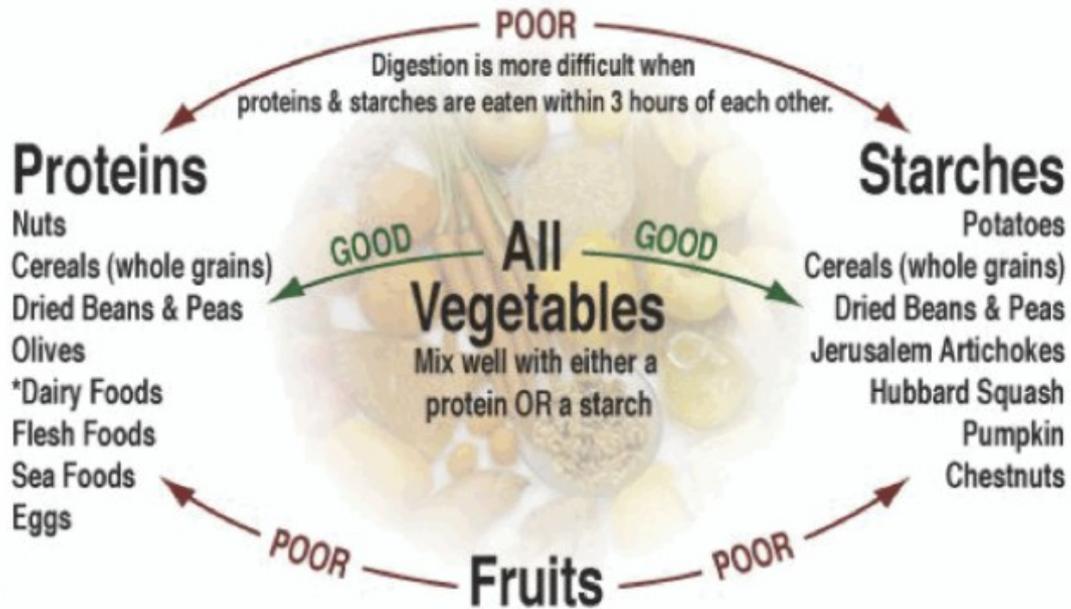


Diet Chart

1st step to insure better digestion: Proper Food Combining



Note: Fruits should never follow or be eaten with protein, starch or vegetable!

Not all fruits should be combined with each other!

*These substances not recommended but included for clarity