

Vegetables

GREEN LEAFY

Name of Food	pH Balance	When in season	Hrs to digest
Beet Greens	ALK	All year long	2
Brussels Sprouts	AC	Sept-May	4
Cabbage	ALK	All year long	3
Caraway	ALK	All year long	3 _
Catnip	ALK	All year long	2 _
Celery	ALK	All year long	3 _
Chard	ALK	Dec-June	3
Chicory Greens	ALK	All year long	3
Chives	ALK	All year long	3 _
Collards	ALK	All year long	3 _
Cress	AC	All year long	3
Dandelion	ALK	All year long	2 _
Dulse	ALK	All year long	1 _
Endive	ALK	All year long	3
Fennel	ALK	All year long	3
Kale	ALK	All year long	3 _
Leeks	ALK	All year long	2 _
Lettuce (Romaine or Green)	ALK	All year long	2 _
Mustard Greens	ALK	All year long	3 _
Parsley	ALK	All year long	1 _
Sea Kelp	ALK	All year long	1 _
Spinach	ALK	All year long	3
Swiss Chard	ALK	All year long	3 _
Watercress	ALK	All year long	3 1/4

Do NOT combine with FRUITS and/or MELONS!
Combines good with PROTEIN and/or STARCHES

Vegetables

NON-STARCHY

Name of Food	pH Balance	When in season	Hrs to digest
Alfalfa Sprouts	ALK	All year long	1 _
Artichoke	ALK	All year long	2
Asparagus	ALK	Feb-June	2 _
Bamboo Shoots	ALK	All year long	3 _
Broccoli	ALK	All year long	3
Cauliflower	ALK	All year long	2 _
Corn (Young and Sweet)	ALK	All year long	3
Garlic	ALK	All year long	2
Green Beans (Fresh)	ALK	All year long	3 _
Green Peas	ALK	All year long	3 _
Mung Bean Sprouts	ALK	All year long	1 _
Mushrooms	ALK	All year long	2 _
Onion	ALK	All year long	3 _
Radish	ALK	All year long	3 _
Rhubarb	ALK	Jan-July	3
String Beans	ALK	All year long	3
Turnips	ALK	All year long	4

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Vegetables

FRUIT-VEGETABLES

Name of Food	pH Balance	When in season	Hrs to digest
Cucumber	ALK	All year long	3 _
Egg Plant	ALK	All year long	3 _
Okra	ALK	All year long	2 _
Peppers (Green, Red, Yellow Bell, etc.)	ALK	All year long	3 _
Summer Squash (Yellow, Zucchini, Scallop, etc.)	ALK	Apr-Dec	2 _

Do NOT combine with FRUITS, MELONS and/or PROTEINS!
Combines good with STARCHES!

Proteins

FRUIT

Name of Food	pH Balance	When in season	Hrs to digest
Avocados	ALK	All year long	1 _
Coconuts	ALK	All year long	2 _
Olives	AC	All year long	1 _

SEEDS

Chia Seeds	AC	All year long	3
Flax Seeds	AC	All year long	2 _
Pumpkin Seeds	AC	All year long	3 _
Sesame Seeds	AC	All year long	3 _
Sunflower Seeds	AC	All year long	3 _

NUTS

Almonds	ALK	All year long	2 _
Beech Nuts	AC	All year long	3
Brazil Nuts	AC	All year long	3 _
Butternuts	AC	All year long	3
Candle Nuts	AC	All year long	3 _
Cashew Nuts	AC	All year long	3 _
Filberts	AC	All year long	3
Hickory Nuts	AC	All year long	3 _
Macadamia Nuts	AC	All year long	3 _
Pecans	AC	All year long	2 _
Pignolia Nuts	AC	All year long	2 _
Pine Nuts	AC	All year long	3
Pinon Nuts	AC	All year long	3
Pistachio Nuts	AC	All year long	3 _
Walnuts (English and Black)	AC	All year long	3

LEGUMES

Lentils	AC	All year long	3
Peanuts	AC	All year long	3 _
Soybeans	ALK	All year long	3 _

Do NOT combine with FRUITS, MELONS, PROTEINS and/or STARCHES!
Combines good with VEGETABLES!

FRUITS (ACId)

STONE

Name of Food	pH Balance	When in season	Hrs to digest
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Acerola	ALK	May-Aug	3
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CITRUS

Grapefruit	ALK	All year long	2
Kumquat	ALK	Nov-Mar	2 _
Lemon	ALK	All year long	1 _
Lime	ALK	All year long	3
Orange	ALK	All year long	3
Pineapple	ALK	All year long	2 _
Tangerine	ALK	Oct-May	2

BERRY

Cranberries	AC	Sep-Jan	3 _
Currants	AC	Jun-Aug	2 _
Gooseberry	ALK	June & July	3 _
Logan Berry	ALK	May-Aug	2 _
Pomegranates	ALK	Sep-Dec	3 _
Strawberries	ALK	All year long	2 _

CORE

Sour Apples	ALK	All year long	3
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ACID FRUIT-VEGETABLE

Tomato	ALK	All year long	2
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Do NOT combine with SWEET FRUITS, MELONS, STARCHES, PROTEINS and/or VEGETABLES!

Combines good with SUB-ACID FRUITS!

Fruits (Sub-acid)

CORE

Name of Food	pH Balance	When in season	Hrs to digest
Apple	ALK	All year long	2 _
Pears	ALK	All year long	2 _

STONE

Apricot	ALK	May-Aug	2 _
Cherries	ALK	May-Aug	2 _
Nectarines	ALK	May-Sep	2 _
Peach	ALK	May-Sep	2 _
Plum	AC	Jun-Oct	2 _

MELON

Mango	ALK	Apr-Sep	1 _
Papaya	ALK	All year long	1 _
Paw Paw	ALK	All year long	2 _

BERRY

Blackberry	ALK	May-Aug	2 _
Blueberry	AC	May-Sep	2 _
Cactus Fruit (Prickly pear, etc.)	ALK	Aug-Sep	2 _
Figs (Fresh)	ALK	Jun-Nov	2 _
Grapes	ALK	All year long	1 _
Guava	ALK	All year long	3 _
Huckleberry	ALK	May-Sep	2 _
Litchi (Lycii)	ALK	May & June	2 _
Mulberry	ALK	May-Aug	2 _
Raspberry	ALK	Jun-Oct	1 _

Do NOT combine with SWEET FRUITS, MELONS, STARCHES, PROTEINS, and/or VEGETABLES!

Combines good with SUB-ACID FRUITS!

Fruits (Sweet)

SWEET FRUIT

Name of Food	pH Balance	When in season	Hrs to digest
Banana	ALK	All year long	3
Carob	AC	Sep-Dec	3
Dates	ALK	All year long	2_
Persimmon	ALK	Oct-Dec	3_
Plantain	ALK	All year long	3

DRIED FRUIT

Apples	ALK	All year long	2_
Apricots	ALK	All year long	2_
Figs	ALK	All year long	2_
Litchi (Lycii)	ALK	All year long	2_
Peaches	ALK	All year long	2_
Pears	ALK	All year long	2_
Pineapple	ALK	All year long	2_
Prunes	AC	All year long	3
Raisins	ALK	All year long	2

Warning: Do NOT eat SULFURED dried fruits, as sulfur causes allergic reactions.

Do NOT eat with ACID FRUITS, SUB-ACID FRUITS, MELONS, STARCHES, PROTIENS, and/or VEGETABLES!

Melons

Name of Food	pH Balance	When in season	Hrs to digest
Banana Melon	ALK	Jul-Oct	3 _
Cantaloupe	ALK	May-Oct	3 _
Casaba Melon	ALK	Jul-Nov	3 _
Christmas Melon	ALK	Jul-Oct	3 _
Honey Dew Melon	ALK	Mar-Oct	3 _
Musk Melon	ALK	Jul-Oct	3 _
Nutmeg Melon	ALK	Jul-Oct	3 _
Persian Melon	ALK	Jun-Oct	3 _
Watermelon	ALK	Apr-Sep	2 _

Warning: Eat melons ALONE or LEAVE THEM ALONE!