

COMBINE — YOUR — FOODS PROPERLY

Most of us have been brought up with the idea that a wholesome meal contains one serving of protein, one of starch and one or two servings of vegetables. However, studies show that separate digestive enzymes break down proteins and carbohydrates, and when these enzymes enter your gut at the same time, they cancel out each other's effectiveness. This slows down your digestive process, leaving you tired, sluggish, bloated, gassy and uncomfortable.

Who needs that?

So, never eat protein and starch together. Enjoy meals composed of starches and veggies or proteins and veggies.

To make it simple, our plan suggests starch and salad for lunch and protein and salad for dinner. Pair salad vegetables with whole grain starches or starchy vegetables during the day, and eat salad vegetables with lean protein at night. You will notice a difference in how your body feels and performs.

Here is a list of LIFEBOOST friendly starches, salad vegetables (low-starch vegetables), and lean proteins to guide you through your program.

Salad Vegetables Low Starch

All leafy greens, artichoke, asparagus, sprouts, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, cucumber, eggplant, jicama, leeks, mushrooms, onions, peppers, radishes, summer squash, tomato, zucchini

Starches Whole Grain

whole wheat, brown rice, barley, quinoa, oats, wheat berry, bulgur wheat, popcorn, millet.

Starchy Vegetables

beets, potatoes, sweet potatoes, yams, corn, beans, butternut squash, acorn squash, parsnips, peas.

Lean Proteins Poultry

chicken breast, turkey breast

Seafood

salmon, tilapia, halibut

Red Meat

Lean beef including round roast/tip, sirloin and lean ground.

***If you have any blood sugar-related diseases or disorders such as hyperglycemia, hypoglycemia, diabetes, or others, please CONSULT YOUR DOCTOR before following any of these food-combining guidelines.**

