

PROPER COMBINING OF PROTEINS

Not only for vegetarians

GRAINS	+	LEGUMES
GRAINS	+	NUTS
LEGUMES	+	NUTS
Any of the above	+	DAIRY

GRAINS

Rye
Barley
Oats
Rice
Corn
Flour*
Bread*

LEGUMES

Beans
Peas
Lentils
Tofu
Tempeh
Peanuts

NUTS

Sunflower seeds
Sesame seeds
Walnuts
Almonds
Cashews

* always choose wheat-free