

FOOD RULES 101

AVOID:

- Fruits or vegetables with dairy, including YOGURT
- Proteins with proteins
- Meat with dairy
- Honey with ghee in equal amounts by weight
- Heated honey
- Fruits with vegetables
- Melon with anything
- Going out to eat and eating late at night
- Consuming cold water or food or raw foods
- Consuming leftovers
- Consuming frozen, processed, junk or fried foods

FAVOR:

- Eating biggest meal at lunch
- Drinking hot water first thing in the morning
- Homemade food that is cooked with love
- Eating organic, non-GMO whenever possible
- Freshly cooked foods
- Spicing it up!