

## Synergy for Metabolism

### Powerful List of Healthy Food Combinations

These nutritious food combinations synergize to boost metabolism and increase absorption of important nutrients.

Nutrition - Health - Change

#### Synergize with Fruits

|               |   |                |
|---------------|---|----------------|
| Blueberries   | + | Walnuts        |
| Strawberries  | + | Orange Juice   |
| Mixed berries | + | Oatmeal        |
| Bananas       | + | Spinach        |
| Apples        | + | Watermelon     |
| Apples        | + | Peanut Butter  |
| Apples        | + | Dark Chocolate |
| Avacado       | + | Tomatoes       |
| Tomatoes      | + | Broccoli       |
| Tomatoes      | + | Olive Oil      |
| Honeydew      | + | Grapes         |

#### Synergize with Dairy

|               |   |                 |
|---------------|---|-----------------|
| Cheese        | + | Eggs            |
| Yogurt        | + | Ground Flaxseed |
| Greek Yorgurt | + | Sweet Potatoes  |
| Yogurt        | + | Cinnamon        |

#### Synergize with Veggies

|                 |   |                        |
|-----------------|---|------------------------|
| Peppers         | + | Eggs                   |
| Brussel Sprouts | + | Broccoli               |
| Chickpeas       | + | Olive Oil              |
| Beans           | + | Corn                   |
| Broccoli        | + | Tomatoes               |
| Spinach         | + | Beets                  |
| Carrots         | + | Hummus                 |
| Cucumbers       | + | Apple Cider<br>Vinegar |

#### Synergize with Fish

|          |   |           |
|----------|---|-----------|
| Fish     | + | Garlic    |
| Tuna     | + | Ginger    |
| Fish     | + | Lemon     |
| Raw Fish | + | Soy Beans |

#### Drink Synergy

|              |   |              |
|--------------|---|--------------|
| Green Tea    | + | Honey        |
| Green Tea    | + | Lemon        |
| Green Tea    | + | Mint         |
| Red Wine     | + | Almonds      |
| Orange Juice | + | Strawberries |
| Water        | + | Fruit        |
| Water        | + | Veggies      |

