

THE GRACIE DIET

TABLE OF FOODS CHEMICALLY COMBINED

GROUP A:

Foods That Combine With Each Other Plus One of Group B:

Almond	Eggs - chicken/fish	Onion
Artichoke	Endive	Oregano
Asparagus	Fat in General - oils, etc.	Oysters
Avocado	Fish	Parsley
Beets - red	French Beans	Peanuts
Brazilian Nuts	Garlic	Peas - fresh
Broccoli	Green Beans	Pumpkin
Butter	Green Mustard	Radishes
Cabbage	Green Onions Green Peppers	Savoy Cabbage
Carrots	Hazelnuts	Sesame
Cashews	Leeks	Shellfish
Cauliflower	Lettuce	Shrimp
Celery	Lobster	Spinach
Chicken	Meats	Squash
Cocoa	Mushrooms	Squid
Coconut -dried	Mussel	Thistle
Corn on the Cob	Octopus	Tomatoes - Sweet
Crab Meat	Olives	Turnip
Crabs	Olive Oil	Walnut
Cucumber		
Eggplant		

Group B:

Foods That DO NOT Combine With One Another:

Barley	Dried Peas	Rice
Breadfruit	Flower of Mandioc	Rye
Chestnuts	Yams	Sweet Potato
Chick Peas	And all other starches and flours	Wheat and Derivatives
Corn Flour	Oats	Macaroni
Corn - dried	Pearl Barley	Lentils Soybean
Dried Beans	Potato	

Group C:

Foods That Combine With Each Other Plus One of Group B

If They Aren't Prepared in Fat:

Apple - Delicious	Honey	Figs
Bananas - dried. baked or cooked	Jaca Tree Fruit	Raisins
Cream Cheese	Melons -honeydew, cantaloupe	Sugar Cane Syrup
Cheese - fresh, cottage	crenshaw, casaba	Syrup
Persimmons	Watermelon Papaya	Coffee / Decaffeinated
Plums	Sweet Pears - D'anjour, Comice	Teas of: Leaves / Peals of
Dates	Prunes	Oranges
Grapes - Muscatel	Coconuts - fresh	Lemon Peel
Guava	Ricotta Cheese	Black / Herb Tea

Group D:

Foods That DO NOT Combine With Each Other Or Anything Else:

Apple - acidic Apricot Blackberries Cider Cherry Currants Curdied Milk Grape - acidic	Grapefruit Lemon Loquat Yogurt Mango Peach Pear - acidic Plum – acidic Pineapple	Pomegranate Orange Quince Raspberry Strawberry Tangerine Kefir
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Group E:

Raw Bananas Combine With:

Apples - Delicious Cheese Cream - fresh Figs - fresh Grapes - Moschatel	Melons - sweet Watermelon Sweet Pears - D'anjour, Comice	Prunes- sweet Persimmon And all other sweet fruits when fresh
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Do Not Combine With:

Avocado Butter Dried Fruits Honey	Olive Oil Oil and Sugar in General Sugar Cane Prunes - syrup/ juice/syrups	Oil and fat in general (all of Group B)
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Group F:

Milk Combines With:

All of Group B Banana - raw or baked Saccharin and similar Cooked Yolk	Milk derivatives except: curdied milk kefir	yogurt (and other curdied milk products)
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Does NOT combine with:

All of Group A Fruits in general Egg Whites	Meats Oily Fruits Olives	Sugar in General Oils and Fats Sweets in General
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OBSERVATIONS:

Egg yolk, raw or cooked, fresh coconut, brewers yeast, coffee, and several kinds of teas are compatible with any food, for they are considered neutral.

AVOID:

Sweets and canned foods in syrup, pepper, clove, cinnamon, mustard, pickles, vinegar

DON'T EVER EAT:

Pork of any kind.

NOTE:

Bread, to be less fermentable, shall be made out of pure or natural flour and eaten 24 hours after baked. Then should be eaten as toast or oven warmed.

IMPORTANT:

In order to avoid a chemical conflict, it is **ESSENTIAL** that meals are at **LEAST 4 and a half hours** apart. **DO NOT ANYTHING BETWEEN MEALS.**

Group A**Cooked Food:**

It is best to make your own food at home until you become familiar with these eating habits. This way, it will become easier to decide what to eat at restaurants or fast food places. Many restaurants use a wide variety of condiments, spices and sauces which are not recommended on the "Gracie Diet". Keep this in mind when ordering. You want to eat as much basic fresh foods as possible. If you are in a situation where you are eating on the run, it is best to go to the nearest grocery store and get some fresh fruit or vegetables and make a meal this way or you can get a fish/chicken or meat sandwich, (no condiments). **DRINK WATER.**

French fries would not combine with this because potato does not combine with bread. Maybe you will want to order 2 or 3 sandwiches because nothing else combines. It is ideal to have your cooked meal in the afternoon with a fruit meal in the evening as it is easier to digest. This is almost impossible for most of us to arrange. Remember that melted cheese is not the same as fresh cheese. The composition changes when melted and it becomes a "fat" and only combines with cooked foods. For instance, melted cheese on crackers does not combine with fruits. But the same cheese **NOT** melted can be eaten with fruit. The milder the cheese the better.

Group B

ABOUT STARCHES:

No two starches can be eaten at the same sitting. For example, rice cannot be eaten with beans. Beans do not combine with tortillas, potato does not combine with bread, yet wheat noodles combine with bread because they are derived from the same starch - wheat. Remember the nutritious Brans like Rice, Oat and Wheat bran - would combine well with their proper family.

Group C

SWEET FRUITS:

All sweet fruits combine with each other and one starch and cheese (fresh), see Group C. Dried fruit of the sweet kind also combine with fresh sweet fruits, (i.e. dried pears/papaya, etc., with the exception of banana). It is fun to experiment with various juice blends. The calendar of suggested meal ideas gives some ideas on where to start and what fruit best combines with another.

We use a juicing machine and blender frequently when preparing our meals. A juicer is used for

such fruits as apples, hard melons, carrots, pineapple and oranges. You can also use the juicer for making "ice cream" from frozen fruits or fruit blends.

Suggestions: peel and freeze bananas, then put through the juicer; blend melon juice, pear, dates and cheese - freeze and then put through the juicer is another idea. The blender is essential in combining the juices with additional fruit and to make juice from some fruits such as watermelon and grapes. (See the Food Preparation Instruction Sheet) When the blender is used to make juices, you then want to put the mixture through a juice bag (made of thin/strong cotton or nylon) or use a screen/sieve - to take out the seed particles. We happen to use the juicer/blender a lot because it is quick and extracts maximum amount of juice from fruits and vegetables. By all means, eating foods naturally without juicing or blending is fine too. In fact, this is often necessary when eating away from home.

WEIGHT LOSS

If you want to lose weight, it is best to cut out most starches and fats. You will not feel like you are starving if you just remember to eat lots of what you have chosen for that meal. An example of a weight loss diet would be to have two meals a day consisting of fruit, and one cooked meal a day of foods from Group A.

GROUP D ACID FRUITS:

Never mix one kind of acid fruit with another - example; oranges do not combine with grapefruit. It is better to eat acid fruits in the morning. Because you should not mix other foods with acidic fruits, remember to eat as much as you can in one sitting. You can juice many of the fruits or eat them just as they are. It is advisable not to eat the pulp of some fruits. For example, when you sit down to eat 10-15 oranges, depending on their size, chew the orange or juice it and spit out the pulp (which is too hard to digest). Summer fruits (peaches and plums), can be eaten completely without discarding the pulp (since the pulp is softer and easier to digest).

DOES MILK DO A BODY GOOD?

Sorry friends, the dairy industry is not concerned about doing your body good. The truth is, the less milk you drink, the better. Even in nature, the animals only drink milk during their formative years. After reaching adulthood, their body simply does not need milk anymore. Since many people enjoy drinking milk and may think it's healthy for them, let me remind you that this is simply not true. In fact, milk causes your body to produce too much mucus. However, if you do drink milk, remember it only combines with: all group B (breads, cereals), mild cheeses and butter/margarine or bananas.

NOTE: No soft drinks or alcohol should be consumed.
However, if you don't want to stop, at least eat right!!

IMPORTANT REMINDERS

All meals shown on the Breakfast/Lunch/Dinner Calendar (included in this pamphlet) are complete in that they contain all the groups possible for each meal. Whenever a starch is shown, another can be put in it's place. For example, rice with fish can be changed to potato with fish or any other starch you prefer for that meal.

Wait at least 4 and a half hours between meals to be sure all food is digested before starting another meal. If you do not feel hungry after 4 and a half hours, that usually means your food is still digesting, so it is best not to eat. Eat as much as you can at each meal to hold you over until the next one. Only water can be consumed between meals.

Always peel the skins off any fruits or vegetables. Many poisonous insecticides are used. Stay away from juices found in cans or bottles even if it says that they are 100% natural and have no preservatives. You can be sure they have been on the shelf longer than a few days. Nothing can be compared to the fresh fruit juice you make before you sit down to eat.

When eating sweet fruits, remember cheese and crackers are optional and don't have to be eaten with every fruit meal (especially if you want to lose weight).

When eating cooked foods, there are a few treats you can include to give more variety such as: raw nuts (pecans, cashew, almonds, walnuts), alfalfa sprouts, avocado and the different brans (rice, oat, wheat). Avocado/cashews (or any other high protein nut), can be considered an adequate substitute for meats, fish and eggs.

Remember, milk only combines with: starches, butter, cheese or bananas.

Vegetable juices are shown with many cooked meals but this does not mean you should have it every day. You can drink carrot juice plain or add other vegetables to a carrot base, such as celery, cucumber, bell pepper, radish, beet, garlic, etc.. (See Group A)

There are some cheeses on the market considered "fresh". A few to consider are cottage cheese, Monterey jack and cream cheese. Raw milk cheese (found in health food stores) are also an option. The milder the cheese the better. Stay away from sharp tasting, spicy or aged cheese.

When buying breads or cereal, you will notice they are made with a variety of starches. For example many breads contain more than one starch (i.e. wheat flour, barley flour, oat bran, corn meal, etc..) Keep this in mind because it is best to use a one starch bread or cereal. Also many breads/cereals have honey and sugar in them and this would not combine with cooked food. Breads with much oil and crackers do not combine with the fruit category. Wasa, Cavil, or crackers which have little or no salt. Visit your local health food store and read labels.

Do not eat Acidic Fruits (Group D), more than three (3) times a week.

It is wise to stock up on fruits that you will be eating often. Plan ahead so that when it is time to eat you will have something that combines. This way you avoid eating just anything in the house.

Do not make your juices and store in the refrigerator to drink later. It will spoil and lose vitamins. Also remember to try and not repeat the same food within a 24 hour period.

NEVER EAT DESSERT! If you are still hungry after a meal, eat more. The chemical reaction of dessert, such as a cookie, ice cream or even a fruit, will cause all kinds of problems sooner or later. Learn to like the combinations that are good for your health!

Note: Nylon juice bags are available for \$6.00 each.
Call the office at (310) 782-1309 or send a check to:
Gracie Jiu-Jitsu
1951 W. Carson St.
Torrance, CA 90501
Please specify how many juice bags you would like.

FOOD PREPARATION INSTRUCTIONS

Apple Juice and Banana

Group E

Peel five apples, cut into slices to fit in the juicer (no need to take out the seeds).

Add this juice to 3-4 bananas, put into blender and blend.

Add 1oz. cream cheese - optional.

Grape Juice

Group C

Separate 1-2 lbs. of sweet grapes - wash well in hot water (to take off pesticides as much as possible) fill blender, after blended pass through juice bag

Oranges

Group D

Peel 10-20 oranges and separate into sections to pass through juicer or eat whole (remember to spit out the pulp)

Watermelon Juice

Group C

Chop up some watermelon (with seeds and all), put into blender, mix then pass through juice bag.

Pineapple

Group D

Peel and cut pineapple in sections thin enough to go through a juicer or cut pieces, put in juice bag, squeeze by hand and drink it.

Cantaloupe Juice

Group C

Cut into pieces lengthwise and put through juicer. 1 cantaloupe makes almost two 8oz. glasses

Milk and Bananas

Group E

3-4 Bananas (or more) blended with milk

RECIPE SUGGESTIONS

BROCCOLI SOUFFLÉ:

Broccoli
Onions
2 eggs
Cheese

Peel the broccoli stalks. Barely cover with water and cook with onions, garlic, and small amount of butter/margarine. After cooked, drain off water and save it. Mash broccoli into small pieces with fork.

Make a thick cream with the saved water by adding flour to it. (Flour should match whatever starch may be being served with the meal). Add 2 egg yolks and hand grated cheese, the milder the cheese the better. Beat 2 egg whites till fluffy and add. Mix well. Put in Pyrex baking dish. Sprinkle grated cheese on top, place in preheated oven at 350 degrees till done.

ALL OTHER VEGETABLES:

All vegetable soufflés are the same except cauliflower, which should be chopped into small pieces instead of mashed. Also, the water from cooking is not used because the taste is too strong. Make the cream separate and add the cauliflower last after eggs, etc., so it won't be mashed.

SPINACH SOUFFLÉ:

Spinach
2 egg yolks
2 egg whites
Cheese
Flour

Cook spinach in tiny bit of water. Drain/squeeze spinach. Cut spinach into small pieces. Add flour of choice to saved water to make a cream. Add 2 yolks and grated cheese. Add spinach. Last, add 2 frothy egg whites. Mix together, sprinkle cheese on top and put in preheated oven at 350 degrees until done.

BREAD WITH MOZZARELLA:

1 Loaf of bread, sliced (remove crusts)
1 pound of Mozzarella cheese
butter/margarine
2 eggs

Spread lots of butter/margarine on bread, both sides. Place bread in baking pan, side by side, one row only. Layer bread, cheese, etc.. till all whites until fluffy, then beat in 2 yolks and spread with spatula over bread. Place in low heated oven till browned. Serve hot.

ROUND ROAST:

1 Round Roast

Seasonings, onion, garlic, oregano, bay leaves, salt

1-2 tomatoes

Marinate roast overnight with seasons. The next day poke entire roast with a fork. Put roast into pan with a bit of oil in bottom. Brown meat well. Add small amounts of water while cooking, and scrape pan bottom. When browned, add seasonings and cover meat with water. Cook until meat is soft. Then add 1-2 tomatoes (peeled, without seeds) to meat juices. With wooden spoon, mash tomato until it disappears.
ATTN: Peel tomato by putting fork in it. Place directly into fire or boiling in water. Cut halves/quarters and remove seeds.

MINUTE BREAD:

2 cups flour

1 cup warm milk

2 tbsp. butter/margarine

2tsp yeast

2 egg yolks

Mix together all ingredients slowly with tips of fingers. Make into small round buns (about 3 inches around), put on cookie sheet. Put in moderate oven for 20 minutes. Serve hot.

MAYONNAISE:

3 cooked yolks

3 raw yolks

Salt to taste

4-5 drops of lime

Olive oil

Mash 3 cooked yolks. Add raw yolks one at a time, always mixing. when they are well mashed, very slowly add olive oil, continually mixing. Add salt to desired taste. At end add 4-5 drops of lime. Put into refrigerator to make firm.

CRUST:

1 pound of flour

2 egg yolks

1 cube butter/margarine

1tsp of oil

salt to taste

Mix together well with tips of fingers. Place pan in preheated oven at 350 degrees until light brown.

If vegetable filling, cut in small pieces and cook with onions, garlic and butter/margarine.

Add just enough water to cook. Drain water and save to make cream sauce by adding flour.

If chicken or meat filling, marinate overnight with onions, garlic, bay leaves, oregano and salt.

Chicken should have skin removed if possible.

Put oil in pan and brown meat or chicken without seasonings. Add seasonings and meat

(or chicken) into pan with water just covering and let cook. If chicken, let cool and remove bones. If meat ground or chop into small pieces or strips. Add 1/2 pack cream cheese (optional) to chicken or meat add flour to make a cream out of it. Add all to baked crust.

CHICKEN SOUFFLÉ:

Chicken
Seasonings
2 egg yolks
2 egg whites
Cheese

Season skinless chicken after cutting at the joints. Prepare chicken as in recipe for filling of crust. Save some water to make a cream sauce by adding flour and proceed same way as other soufflés.

CORN SOUP:

Cut kernels off 8 ears of corn and pass through juicer, cook juice (discard pulp) on a low fire until bubbles slightly (low boil) approximately 15 minutes, add onion and garlic for seasoning.

BANANA PIE:

2 dozen bananas
1 can condensed milk
2 eggs
1 cup crystal sugar

Place 1 cup crystal sugar in pan with water (enough to dissolve sugar). Add brown sugar (carefully so as not to be bitter) with a touch of water to make a thick syrup. Little by little add peeled bananas, cook well. Remove cooked bananas, leaving syrup in pan. Place bananas in Pyrex dish. Pour condensed milk mixed with 2 egg yolks. Pour over bananas. Beat 2 egg whites with 4 tbsps. of refined sugar, until stiff. Cover bananas with egg whites, put in oven till egg whites are brown and hard.

WEEKLY MENU SUGGESTIONS

Breakfast

- Sun - Group C - Apple juice and Banana
- Mon - Group D - Acid fruit Oranges
- Tues - Group C - Pears, cavil, Cracker, Honey, cheese
- Wed - Group D - Acid fruit Pineapple
- Thurs - Group E - Watermelon juice blended with 3 bananas
- Fri - Group A - Eggs, toast/butter and coffee or carrot juice
- Sat - Group E - Milk and Bananas blended

Lunch

- Sun - Group C - Grape juice/ cheese/ crackers
- Mon - Group C - Watermelon, dates, cottage cheese, crackers
- Tues - Group E - Papaya, banana, cream cheese (no crackers)
- Wed - Group C - Cantaloupe juice blended with 3 pears, and dates
- Thurs - Group C - Apple juice (5-7 apples) Oatmeal (cooked) raisins and jack cheese
- Fri - Group C - Pears, honey, crackers and cottage cheese
- Sat - Group C - Watermelon juice, dried figs, cheese, crackers

Dinner:

- Sun - Group A - Fish, rice, vegetables, carrot juice
- Mon - Group F - Grilled cheese sandwich, milk (no veggies)
- Tues - Group A - Eggs with cheese toast/butter, carrot juice, asparagus- raw cashews
- Wed - Group A - Chicken and mashed/baked potatoes, steamed vegetables, spouts/nuts
- Thurs - Group A - Rice, avocado, steamed vegetables, carrot juice, celery and cucumber
- Fri - Group E - Pears, Bananas and cheese
- Sat - Group A - Corn soup, melted cheese sandwich, carrot juice