



# PROTEINS (VEGETARIAN)

Dr. Donna F. Smith

The following is a list of vegetarian combinations, which provide complete proteins, when eaten in the same meal. For example, eating each of the foods listed in each row below at the same meal. For example: #1.b. – eating barley and kidney beans at the same meal.

1. **Grain and Legume (beans and peas)** such as:
  - a. Baked Beans and Whole Grains (or Whole Grain Bread)
  - b. Barley and Kidney Beans
  - c. Brown Rice and Beans
  - d. Brown Rice and Green Peas
  - e. Brown Rice and Lentils or Black-Eyed Peas
  - f. Brown Rice and Lima Beans
  - g. Tofu Or Tempeh On Whole Wheat Bread
  - h. Lentils and Rye
  - i. Oatmeal and Wheat Germ
  
2. **Nut and Legume**, such as:
  - a. Almonds and Soybeans
  - b. Brazil Nuts and Chickpeas (also called Garbanzo Beans)
  - c. Brazil Nuts and Soybeans
  - d. Cashews and Dried Peas
  - e. Kidney Beans and Sesame Seeds
  - f. Sesame Seed in Bean Soup
  
3. **Nut and Grain**, such as:
  - a. Almonds and Buckwheat
  - b. Brown Rice With Almonds, Cashews Or Pecans
  - c. Buckwheat and Cashews
  - d. Whole Grain Bread, Flat Bread, Whole Grain Cracker and Nut Butter
  
4. **Seed and Legume**, such as:
  - a. Tofu With Tahini (Sesame Seed Paste)
  - b. Kidney Beans and Sesame Seeds
  - c. Lima Beans and Sesame Seeds
  - d.
  
5. **Nuts and Seeds** eaten at the same snack or meal, such as
  - a. Almonds, Cashews, Coconuts and Soy Nuts
  - b. Pecans and Sunflower Seeds
  - c. Walnuts and Pumpkins Seeds



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## 6. Starch and Grain

- a. Corn and Beans
- b. Corn Tortillas and Beans
- c. Potato flour and Whole Wheat or Other Grain Flour

## 7. Other Combinations:

- a. Avocado, Sprouts & Almond Butter On Whole Wheat Bread
- b. Barley and Aged White Cheese
- c. Broccoli, Mushrooms and Lima Beans
- d. Buckwheat and Millet
- e. Cauliflower, Spinach and Cashews
- f. Chickpea Hummus Made With Tahini (Sesame Seed Paste) On Pita
- g. French Toast (Whole Grain Bread and Free-Range Egg)
- h. Oat Bran and Rice Or Soy Milk
- i. Plain Greek Yogurt With Walnuts
- j. Pumpkin Seeds and Mixed Vegetables
- k. Rice Pudding (Brown Rice and Rice Milk)
- l. Zucchini, Brown Rice and Tomatoes

## 8. These Qualify, But Should Be Eaten Sparingly,

- a. Pasta and Aged White Cheese
- b. Vegetarian Pizza (whole grain crust, aged white cheese) – toppings any of the above combinations.

## ABOUT TOFU, TEMPEH AND SOY BEANS

Avoid Tofu, Tempeh and Soybeans until your female or male hormone saliva test indicates your hormones are balanced. Then you may consume these no more than once per week. Otherwise, you may ingest too much for your biochemistry and cause your Estrogen levels (in both male and female saliva tests) to elevate. Thus, causing hormone imbalance again.

## WHY IT IS IMPORTANT TO CONSUME VEGETARIAN PROTEINS

Animal proteins are free range turkey, chicken, beef, lamb, non-scavenger seafood and other animal proteins.

From years of clinical observations regarding testing the transit time required for new clients to actually digest animal proteins, the time was consistently between 16 and 72 hours. What this means is that animal protein consumed by all new clients was not being fully digested until 1 1/3 days to three days after consumption. This slow-digestion time, considering that most people consume animal protein at each meal daily, means:



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1. **1 1/3<sup>rd</sup> Days** = A maximum of four meals with animal proteins have accumulated and their digestion has been inhibited before the complete digestion of the animal protein meal that was consumed first, i.e., before the first of the following four meals.
2. **3 Days** = A maximum of nine animal protein meals (and snacks) have accumulated and their digestion has been inhibited before the complete digestion of the animal protein meal that was consumed first, i.e., before the first of the following nine meals.

Thus, undigested particles or whole animal proteins from one meal after the other are accumulating in the stomach, duodenum and small intestines with portions breaking through the lining and getting into the blood where it rots and/or then infects all the cells of the body and/or settling into and then infecting some tissue in the body. As you can see undigested, rotten animal proteins is another source for infection in the human body besides nutritional deficiencies, toxicity and parasites, that enter the body when they are attracted to decaying and dead cells caused by nutrient deficiencies and toxicity.

The above is occurring whether a person is consuming free-range animal proteins or not. However, the above digestive and metabolism challenges are even more severe when antibiotics, steroids and other hormones are consumed in animal proteins that are not free-range.

Hence, this is the purpose for providing the Vegetarian Protein Combination List on page 1.

## **HOW FREQUENT SHOULD ANIMAL PROTEINS BE CONSUMED?**

Therefore, until your **Comprehensive Digestive Stool Analysis** indicates that your digestive system is functional, animal proteins should be consumed:

1. Only once every three days with Vegetarian Protein Combinations at all other meals within this three-day period. For example, in the nine meals consumed in three days, one meal includes animal protein and the other eight meals include Vegetarian Protein Combinations.
2. Vegetarian Proteins consumed at each meal on the fourth day.
3. Or you may choose to avoid animal proteins and eat only Vegetarian Protein Combinations at every meal.

Even when the Digestive System is functional, according to stool analysis, to maintain a healthy Gastro-Intestinal System, Dr. Smith recommends choosing one of the following plans (Plan #1, #2 or #3). You may also alternate Plan #1 and #2.



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## PLAN #1

1. Eat animal proteins once daily for three days with Vegetarian Protein Combinations at all other meals during these three days.
2. Vegetarian proteins at all meals and snacks on the fourth day, and
3. Then repeat step 1 for the next three days.
4. Repeating step 2 on the next fourth day.
5. For those who choose to eat animal proteins, this is the more ideal dietary plan.

## PLAN #2

1. No more than at one animal protein meal per day for every six days of each week,
2. The other two meals per day, every six days, consume Vegetarian Protein Combinations.
3. This means a day of rest, where no animal proteins are consumed every seventh day. In other words, only Vegetarian Protein Combinations are eaten every seventh day.

## PLAN #3

1. You may choose to eat only Vegetarian Protein Combinations and vegetables at all meals, every day and avoid all animal proteins.

## KOSHER ANIMAL PROTEINS - IDEAL

Another consideration, which Dr. Smith highly recommends for those who choose to consume animal proteins, is to purchase both free-range and kosher animal proteins. Kosher animal proteins have not been emphasized in either Public or Professional Health Education, except in the Jewish communities.

**Why Is Kosher Animal Proteins Better?** Life and Death is in the blood. Why? The blood nourishes every cell in the body and blood that is toxic transfers its toxins to the cells. So the health of the cells is dependent upon the health of the blood. At the moment an animal realizes that death is eminent, the emotional energy of “fear” permeates through the animal body adversely affecting the blood of the animal. The term ‘Emotion’ means “E for Energy in Motion.” The kosher process is where the blood from the animal is drained from its dead body before cutting and packaging the animal parts for human consumption.

**Therefore, free-range kosher turkey, chicken, lamb, and other animal proteins are the healthiest animal proteins.**

## MILA

Adding a scoop of Mila to the Vegetarian Protein Combinations and/or Protein Powders will provide Essential Fatty Acids and more fiber to your meal. For a list of the many benefits of Mila, click here: <http://www.advancedclinicalnutrition.com/speciallinks/foodsourceefasmila.html>



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## **SUMMARY OF VEGETARIAN PROTEIN COMBINATIONS**

1. Consume only kosher, free-range animal proteins.
2. Regarding seafood, consume only non-scavenger seafood and obtain seafood from fresh water rivers or from oceans that are as far away from the areas of oil spills as possible. You can Google for this information.
3. Choose Plan #1 or #2 above regarding frequency of eating animal proteins and Vegetarian Protein Combinations.
4. Or Choose Plan #3 and eat only Vegetarian Protein Combinations at every meal and avoid all animal proteins.

## **PROTEIN POWDERS**

Another healthy solution for vegetarian protein sources are protein powders. The following products can be added to salads, main dishes, sports drinks and smoothies to ensure easy-to-digest, high quality proteins as well as other nutrient-rich complexes.

## **PROTEIN PRODUCTS**

<b>PRODUCTS</b>	<b>SIZE</b>	<b>SERVING</b>
Medi-Aminos (Rice)	.75 pounds	1-2 tablespoons
Medi-Aminos (Bean)	.75 pounds	1-2 tablespoons
Whey Pro Complete	19 ounces	2 tablespoons