Acupuncture Clinic of Boulder, Inc.™

Complementary Protein Combination

Vegetable Protein	Vegetable Protein	Animal Protein
Legumes (beans)	**Cereals** (corn, wheat, rice)	**Milk, Cheese, Eggs**

Beans + Tortillas
Pea Soup + Cornbread
Soybean Curd + Rice
Baked Beans + Brown Bread

Spaghetti + Cheese
Oatmeal + Milk
Toast + Eggs
Rice Pudding

Seeds (sesame, sunflower)	**Legumes** (beans, peas, lentils)	**Cheese, Eggs**

Tahini + Hummus
(Sesame Paste) + (Garbanzo Puree)
Mixed Seed + Soynut Snack

Beans + Cheese
Beans + Eggs

Seeds (sesame, sunflower)	**Leafy Green Vegetables**	**Cheese, Eggs**

Sesame Seeds + Bok Choy
Sunflower Seeds + Cornbread

Broccoli + Cheese Sauce
Spinach Souffle

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