

Food Synergy Worksheet

Synergy means that the combined effect of two or more things is greater than the sum of their individual effects. This concept applies to many areas of life, including food combinations. Our body relies on many nutrients working together to function optimally, and when they're present in sufficient amounts, they work synergistically to support our wellbeing. However, certain food combinations can enhance the absorption of beneficial nutrients, making them more available to our bodies.

In this worksheet, you'll learn about examples of food synergies that can help you get the most out of your meals. These food combinations can enhance the flavour of your dishes while also providing you with a range of health benefits. By incorporating these food synergies into your meals, you can help your body work more efficiently and effectively. So, let's explore the world of food synergy and discover new ways to nourish our bodies and enhance our wellbeing.



Green Tea/Matcha & Lemon Juice



Carrots and Olive Oil



Avocados and Red Peppers



Spinach and Lemon Juice



Spinach and bell peppers



Olive Oil and Tomato



Chicken + peppers



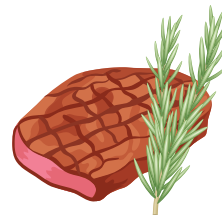
Steak + green beans



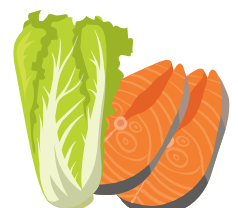
Tuna + broccoli



Tomato and Broccoli



Rosemary and Grilled Meat

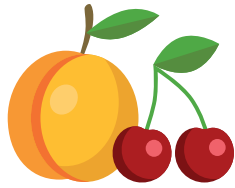


Salmon and Bok Choi

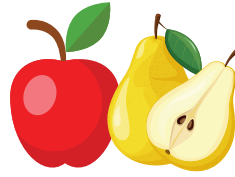
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**Oranges +
grapefruit**



**Peaches +
cherries**



**Apples +
pears**



**Kale and
Avocado**



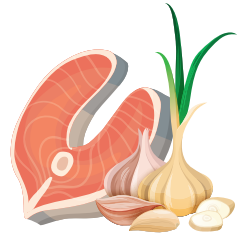
**Chickpeas
and rice**



**Beans
and rice**



**Beans and
Bell peppers**



**Garlic
and fish**



**Oats and
Blueberries**



**Dark Chocolate
and Apples**



**Olive oil and
Vegetables**



**Turmeric, Black
Pepper, Olive Oil
and Heat**

We hope you've enjoyed exploring the world of food synergy and learned some new ways to nourish your body and enhance your wellbeing. Remember that these food combinations are just a few examples of the many possibilities out there, so feel free to get creative and experiment with your own combinations. By paying attention to the way different nutrients interact with each other, you can make the most of the food you eat and support your health and vitality. Happy cooking and happy eating!