

## ALKALINE DIET

Have as many fruit as you would like in the morning and for snacks, then for lunch and dinner have a large salad including the dark leafy greens and a starch, preferably an alkaline whole grain food, if craving something sweet, have something easy to digest or just a couple bites.

### Breakfast Ideas

(These can be eaten as Snacks anytime 1/2-1 hr. from Herbs or Appleade)  
Always have an avocado and 2-3 fruits around. Especially to bring with you when you have to be out of the house all day. Bring Sweet Fruit(below), Raw, sprouted, dehydrated nuts for Emergency Cravings

Organic Juicy Fruit Bowl:

- Chop Apple, Papaya, Pear, Peach, Nectarine, Pineapple, etc.
- Try adding Bee Pollen and/or High Lignan Flax Oil (2-3 T./day) for energy, Lime or Lemon, and/or Organic Grade B Maple Syrup to add diversity and flavor to your fruit!
- Avocado is very satisfying. The good fats mixed with the good sugars in Fruit make an energy time capsule for sustained energy. Flax oil on the Fruit or a spoonful or two before, during, or after works the same. I like to eat the fruit first, then eat the Avocado. Season avocado with Lemon/Lime, fine-ground Gray Celtic Seasalt\* or Namashoyu, Cayenne, Eden Shake sesame-seaweed seasoning, and/or Cilantro, etc. Mix it up for diversity. Sometimes I just eat it by itself or with a little Celtic Seasalt if I'm at work or traveling (I bring my Celtic Sea salt and Cayenne in my bag everywhere I go)

OR

Live Granola, Live Nut milk, and organic fresh berries and Tibetan Goji berries

OR

Smoothie recipe- Get superfood ingredients from rawfood.com or 1-888-rawfood

For 2 servings:

- 2 cups fresh Organic 1/2 Apple , 1/2 Celery Juice or Santa Cruz Organic Apple Juice in glass bottle
- 1 heaping tablespoon Organic Hemp Protein Powder
- 1 heaping tablespoon Nature's First Food Green Powder
- 1 tablespoon Raw Coconut Oil
- 1 serving fruit: 2 handfuls of Blueberries, 5 Strawberries, 1 cup freshly cut Papaya or Pineapple, 1 Apple, 1 Nectarine, OR 1 Peach, Etc.
- 1/4-1/2 a medium sized avocado depending on how thick and creamy you want it.

Optional:

- 1 tablespoon Bee Pollen for the best amino acids on the planet
- 1 tablespoon Organic Flaxseed Oil especially for vegans (Omega 3, 6 9)
- Splash of Lime or Lemon for tartness if needed
- 1 tablespoon of Organic Agave Nectar for more sweetness if needed
- 1 small chunk of Ginger if needed (Great for energy and especially in the wintertime for warmth/heat. Also great for digestion)
- 1 teaspoon-1tablespoon MSM powder

## Lunch Ideas

- Have a big Salad and a portion of Cooked Food (40%) if needed
- Delicious Salad Recipe:
  - Romaine, Red Lettuce, Or Mesclun
  - Any or many Dark Leafy Greens chopped in skinny strips (Dinosaur Kale, Kale, Chard, Celery, Spinach, Arugula, Watercress)
  - 1/2 an Avocado
  - Chopped Parsley and/or Cilantro, Green Onions and/or Crushed Garlic dotted around, or any other fresh Herbs
  - Flax Oil, Olive Oil, and/or a few drops of Sesame Oil (any more would be too strong)
  - Lemon, Lime, or Apple Cider Vinegar
  - Celtic Sea Salt or Nama Shoyu
- Optional: 1-2 T. fine-ground unhulled organic Sesame or Flax seeds
- Optional: Raw Organic Sauerkraut(Goldmine.com has a good organic, raw one) with Celtic Sea salt and/or Sprouted Organic Humus (we find this at the Organic Sprout stand at Hollywood Farmer's Market or make it yourself! Its easy. Just buy the sprouted chickpeas or almonds or any other and add lemon, garlic, paprika, Celtic sea salt, and optional cayenne powder and blend!)

## Dinner Ideas

Delicious Electrolyte Broth: 2-3 small-medium potatoes cut into strips, 3 stalks celery chopped, 3 chard, 3 kale, 1 carrot, 3 cloves of garlic, 1 medium onion, 1/2 bunch parsley and cilantro chopped, 2-3 kombu leaves, dulse flakes, Organic Mexican seasonings, Organic Poultry seasonings, optional Celtic seasalt to taste. Fill water to cover veggies, cover and simmer for under 20 minutes to retain valuable electrolytes, vitamins, minerals and life force.

OR

Satisfying Miso Soup: 3 heaping Tablespoons of Organic White Mellow Miso by Miso Master, charged water, chopped green onions, grated ginger, sesame seeds, cilantro, etc. Heat on low while stirring. Heat to the point to where you

can keep your finger in it for 4 seconds so as not to destroy all the friendly bacteria and nutrients.

AND

Salad(above)

AND

Baked Russet Red or White Potatoe with olive oil, green onions, Celtic seasalt, lemon, Namashoyu, Cayenne, etc. Wash, poke fork holes in, and de-eye 2-3 med-small potatoes, wrap in foil, and throw into the oven for around 30 mins.. You can tell they are done when you can smell the tasty aroma...should be very creamy in texture.

OR

Lightly toasted Ezekiel Sprouted Grain Tortillas with Avocado, Arugula, Radish, Green onion, Celery, Olive oil, Celtic sea salt, Lemon, Cayenne, etc. and if you need something heavier, add some Humus

OR

Yeast-free Sourdough Whole Grain Rye from refrigerated section toasted with Olive oil, Avocado, and Celtic.

OR

Quinoa Pilaf: Lightly steam Quinoa like how you do rice, one cup Quinoa to one cup water. After cooked, add fresh chopped herbs: Cilantro, Green onions, Parsley, Garlic, etc., squeeze some Lemon, Olive oil, Flaxseed oil, Celtic sea salt, Tomatoes, Bell peppers, radish, celery, etc.

Fresh Organic Produce:

Always look for foods that are Organic (the numbers on Organic produce start with a 9...., commercially grown starts with 4....)

Pick a few that sound good to you and are in season and locally grown. At the farmer's markets you have to ask to make sure the produce is in season and that the farm is certified organic (see Food Combining Info and Chart pp.22-24 of Natural Healing).

-10-12 Organic Apples -Make sure they are so hard they don't give at all (take out the seeds- they contain traces of Cianide poison) to make juice and eat or buy fresh organic apple juice (add 1/4 of the amount, charged water, you will need about 32 oz. every couple days) Apples are like a multivitamin and purge the tissues of toxins. They also are more hydrating than a glass of water because

of the electrolytes contained in them, making their water content more absorbable.

-Citrus: Lemons(alkaline-forming), Limes(alkaline-forming), Grapefruit, Oranges, Grapes, Pomegranate, Strawberries, Pineapple, Tangerine, Tomatoe, Kumquat, Kiwi, Cranberry

-Sub-Acid: Pears, Persimmon, Papaya or Mango (papaya and mango are some of the only non-organic fruits I like as a treat, but do not eat the skin...sometimes you can find organic mango), Berries, Cherimoya, Cherry, Apricot, Nectarine, Peach, Plum

-Dark Leafy Greens: Kale, Chard, Celery, Arugula, Spinach, Okra, Watercress, Bok Choy, Collards, Zucchini

-Non-starchy Vegetables: Romaine, Red lettuce, Mesclun Greens, Red Bell Peppers, Radish, Parsnips, Red Cabbage, Cauliflower, Broccoli, Artichoke, Asparagus, Cucumber

- Chlorophyll-rich Foods (add to everything) and Sulfuric Foods (make sure to eat with plenty of plant fat like olive oil, flax oil, olives and/or avocado): Cilantro, Parsley, Green Onions, Red Onion, White Onion, Garlic, Ginger, Daikon(white radish), Jalapeno, Hot Red Pepper, Chipote, Serrano Peppers(try to pick peppers ripe which are actually red, never green despite what people tell you. According to David Wolfe, all green peppers are toxic and Dr. Richard Anderson thinks all peppers except for Cayenne are irritating to the body).

-Protein rich Foods: Eat in moderation because even vegetable protein foods are more acid-forming than all other produce which are alkaline): Avocados (Try to find organic but if not, then most avocados aren't generally sprayed so they are low risk on the pesticide list. Have 1 - 1 1/2 / day). Pick some that are ripe today (gives a little- not soft though because they start tasting rancid when too ripe) and some that will ripen over the next day (gives just slightly, but firm) or two (does not give), Thai Coconut, Corn(raw), Millet, Quinoa, Raw Nuts (Almonds, Sunflower Seeds, Sesame Seeds, Pumpkin Seeds, Flax Seeds are the most nutritious- must be soaked overnite and/or ground to a fine meal- have in moderation like 1 small handful/ day), Dulse Granules, Whole Kombu or Dulse, Eden Seasoning, Eden Nori, Fresh Soybeans (only get the Organic GMO free kind) or Tofu in moderation (1-2x/ week), Raw Olives cured in Celtic Seasalt and no Vinegar unless apple cider vinegar, Lentils, Beans in moderation (2-3x/ week).

-Starch in moderation (1-2x/ day): Beets, Carrots, Yam, Steamed Corn, Baked or Boiled Russet Potatoes(the most alkaline vegetable), Organic Wholegrain Sprouted or Organic Corn Tortillas with no salt, oil, additives, or preservatives, Organic/Yeast-free/Salt-free or Seasalt only Wholegrain Kamut, Rye, Millet, or Quinoa bread (in fridge section), Soaked overnite, and/or sprouted Millet, Quinoa, Or Brown Rice.

-Sweet Fruit- Should be eaten with each other and save for when you really want something dessert-like: Bananas, Dates, Figs, Raisins, Prunes, Carob, and Other Dried Fruit. Also, Chocamaca by The Amazon Herb Company.

LIVE BLENDED FOOD IDEAS- See pp. 22 soups, p. 101 smoothies , and p. 126 beverages in The Life Food Recipe Book!