



Sample Alkaline Meals

Breakfast

- ✿ 2 Scrambled eggs with 3 or more of the following vegetables: broccoli, mushrooms, tomatoes, peppers, onions, raw spinach, parsley, avocado
- ✿ Oatmeal with chopped raw almonds, berries and almond, coconut or rice milk
- ✿ Apple with almond or cashew butter
- ✿ Green smoothie with an apple, kale and other greens, whey protein and 1 tsp flax oil
- ✿ Low fat plain yogurt with mixed berries and sunflower seeds
- ✿ ½ grapefruit, 1 slice whole grain toast with almond butter or sliced avocado
- ✿ Warm lemon water or herbal tea

Lunch

- ✿ Whole grain wrap with humus, spinach, cucumber and tomatoes
- ✿ Green salad with assorted vegetables, 3 oz. of chicken or fish, 1 tbsp olive oil and balsamic vinegar dressing
- ✿ Spinach salad with strawberries, slice almonds, and 1 tbsp olive oil and balsamic vinegaredressing
- ✿ Lentil soup or bean and vegetable soup with green salad.
- ✿ Kale roll-up with 3 oz. of turkey, chicken or tuna with sliced tomatoes, avocado, cucumbers, onion and sunflower seeds rolled up in large kale leaves
- ✿ Iced herbal tea, mineral water, lemon water, Kumbucha, fresh vegetable juice



Snack

- ✿ A piece of fruit and a handful of sunflower or pumpkin seeds
- ✿ Kale chips
- ✿ Hummus with carrots, celery and peppers for dipping
- ✿ Apple slices dipped in almond butter

Dinner

- ✿ 4 oz. of baked chicken, turkey or fish with sweet potatoes and mixed green salad with assorted vegetables
- ✿ Stir-fried broccoli, peppers, onions, garlic, and bok choy in coconut oil served over brown rice
- ✿ Grilled fish and vegetables, grill on top shelf of grill with lower heat as to not charcoal grill the food
- ✿ Vegetable chili with mixed green salad
- ✿ Lentil stew with mixed green salad
- ✿ Brown rice pasta with low sugar pasta sauce with added sautéed onions, garlic, and tomatoes, and mixed green salad
- ✿ Herbal tea, mineral water, fresh vegetable juice