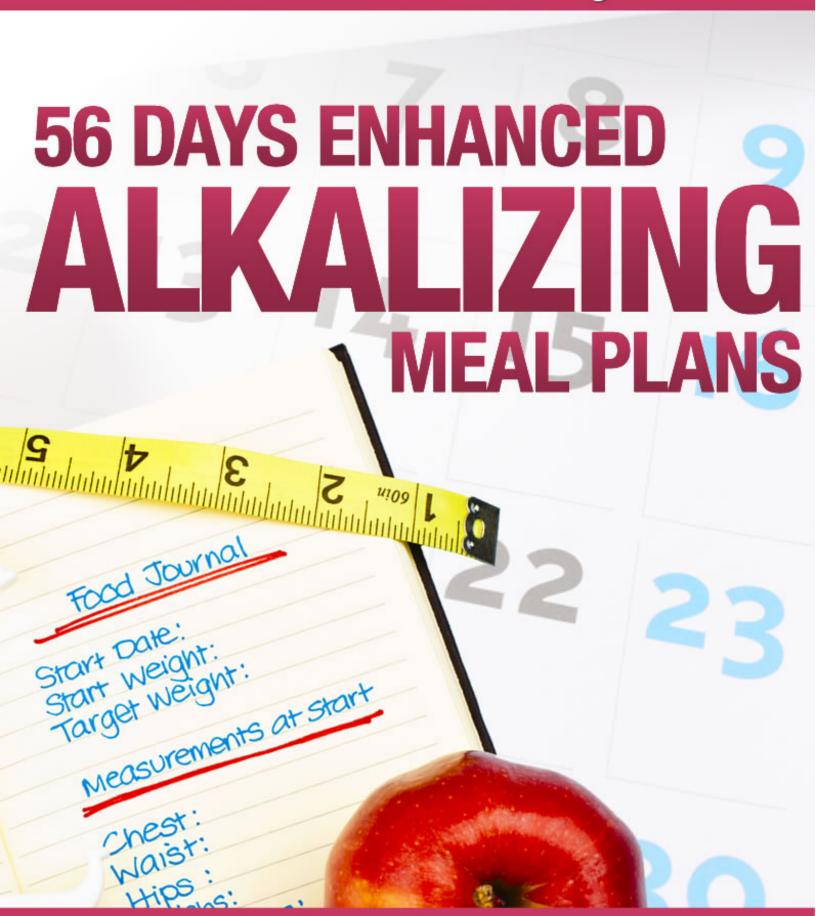
www.thealkalinediet.org



By Emma Deangela

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### Introduction

# 56 Days Enhanced Alkalizing Meal Plans

### 8 Weeks Enhanced Alkalizing Meal Plans

By this point you should have read the main Alkaline Diet Manual. Great! If you have also completed the Acid Alkaline Food Chart, Quick Start Guide, Success Journal, as well as the Shopping Guide, this will ensure that you will will be extremely helpful for you as well!

The 8 weeks Alkaline Diet Enhanced Meal Plans is designed to help you shed the excess pounds and regain your energy level. For some of our customers, they also see a reduction in existing health problems like skin problems, and poor digestion.

### Week 1 to Week 4

The first 4 weeks of the Enhanced Meal Plans is designed to help you to detox i.e. removing current toxins in your body, cleansing your body gently, and then nourishing your body so that it's in optimal state to absorb vitamins and nutrients.

The meal plans are divided into 4 stages, from detoxification, transition, pre-nourishing and filling phases, and the meal plans for each stage will occur for 1 week. These 4 stages can be repeated if you would like to perform the detox and alkalizing process periodically to routinely cleanse and alkalize your body.

### Week 5 to Week 8

For the next 4 weeks, the focus will be on yummy yet Alkalizing recipes from the Mediterranean, fine Italian cuisine, healthy Western dishes and exotic Asian fusion meals! Many of the ingredients are easy to find and prepare, and you can be sure of delicious meals from around the world that can help to boost your energy and maintain slim at the same time!

### **Detoxification Process**

# introduction

### 7-Day Detox Plan

Consuming the right kind of foods is the key to any detox program. A diet that is **natural**, **wholesome** and **nutrient dense** provides the body with nutrients at the same time cleanses the toxins in the body and flush them out through the excretory system. A proper detox diet relieves the body from unnecessary chemical exposure and decreases the burden of the liver and intestinal tract.

The Week-1 menu plan is focused on **detoxification process**. The menu plan features super foods that are excellent detoxifiers. They are combined with certain herbs and fruits that **aid in digestion** and accelerate the entire process of detoxification without burdening liver and gut.

The menu has been crafted to include plenty of **prebiotics**, **probiotics** and **antioxidants** to effectively cleanse the system and also aid in digestion.

Each day's menu includes mix of **herbs** in order to promote **anti-inflammatory**, **anti-bacterial** and **anti-cancer** effect. The detox menu plan includes mushrooms every alternate day, owing to their potent **liver-protecting** and **kidney protecting** properties.

During detoxification process, our body tends to react and consuming probiotics helps to calm the reactions. Remember each individual is unique and the reactions may be subtle or defined depending on the individual.

Saturday's menu features Artichoke soup with herbs. Place the artichokes in a pot with little water and cover them. Steam until the leaves come off when pulled (takes about 40 minutes). One large cooked artichoke yields approximately 6 grams carbohydrates, 11 grams fiber and 76 calories.

### **Detoxification Process**

# explanation

Artichoke has **low glycemic index** and raises the blood sugar level at a slower pace leaving you less hungry and with stabilized energy levels. The **high fiber** content in the artichoke improves the satiety value of the food and leaves you full for a longer time.

The lunch and dinner menu are based on low glycemic, moderate to high fiber foods that keep the energy levels high while on detox plan as well as keep at hunger at bay.

### • **Vegetables** such as broccoli, cabbage, artichoke, brussel sprouts, swiss chard, kale, collard greens, garlic, beets, onion can be used in plenty.

- Fruits such as apples, banana, most types of berries can feature in detox plan.
- Buy **organic** produce as much as possible, if organic seems expensive buy only local produce from farmer's market that uses minimal pesticide / fertilizers.
- Yogurt can be home-made one or plain store-bought ones. Choose unsweetened, plain Greek yogurt over the regular ones as they relatively have less fat and more protein.
- Consume plenty of water and beverages such as coconut water, coconut milk, mineral water and herbal teas.
- Avoid use of canned/tinned and preservative containing foods.
- Always use a paper bag lunch and avoid use of plastic containers whenever possible.

### **Detoxification Process**

# points to remember

- Consume a minimum of 8 glasses of water per day to effectively flush out toxins from the system.
- Avoid caffeine, sugar and alcoholic beverages.

One can attain maximum benefit from a detox program when the plan works in tandem with other factors such as **regular exercise**, **restful sleep** and **emotional wellness** (meditation/yoga).

Human body is a live detoxifying machine, presenting the body with the correct food aids in natural and efficient detoxification process which reflects as high energy levels and healthy body.

### **Glossary**

### **Cumin:**

This condiment is used widely in Indian cuisine. It aids in digestion, antiinflammatory and improves glucose uptake by cells.

### **Gynostemma:**

It belongs to vine family and native to Korea, Japan and China. It maintains blood pressure and decreases stress.

### **Holy Basil:**

Common herb in Indo-Asian cuisine. Has anti-bacterial properties and imparts a distinct aroma to food.

### **Oregano:**

It is a perennial herb that belongs to mint family. Potent antioxidant and antimicrobial.

### **Rosemary:**

It is a perennial herb native to Mediterranean countries. Stimulates appetite and relaxes the muscles of digestive system, stress- reliever.

### Thyme:

Potent antioxidant, anti-bacterial and anti-fungal properties. Aids in detoxification.

### **Gojiberry:**

This mild, tangy tasting berry is widely used for its therapeutic properties. It boosts immunity and has anti-cancer effect.

### Miso:

others

It is a traditional Japanese seasoning that is available in the market as thick paste. It is produced by fermenting rice and barley. Natural detoxifier.

### Sesame seeds:

Commonly used in most cuisine to aid digestion and promote detoxification.

# nerbs

### **Glossary**

### Chlorella:

It is a type of green algae that has potent detoxifying effect.

### **Edamame:**

Common ingredient in Thai & Japanese cuisine. They are tender, immature soybeans in pod. They are rich in protein and aid in detoxification process.

### Maitake mushroom:

Commonly called as king of mushrooms and known for its improving insulin sensitivity, anti-cancer and liver protecting effects.

### Shiitake mushroom:

Edible mushroom common in Asian cuisine, medicinal properties include liver protection and rich in antioxidant polysaccharides.

### Yacon:

Yacon is a perennial plant, many parts of the plant are used for medicinal purposes. It is a potent detoxifier and has remarkable diuretic effect part from being an antioxidant.

# **MEAL PLAN WEEK 1 SUMMARY**

Su	Fresh brewed green tea	Bee pollen and berry smoothie	Brown rice with steamed veggies in ginger-garlic paste	Guacamole salsa dip with raw or steamed carrot/ broccoli	Baked yacon with roasted squash,bell peppers, garnished in thyme and
Sa	Strawberry Fre lemonade gr	Yogurt and Be blueberry be smoothie	Artichoke soup  with thyme, basil, mint, oregano, parsley and peppercorns	Cucumber salsa garnished with Gucumin, cilantro dij & lime juice ste with carrot br	Spinach and sq sq shiitake pe mushroom ga crepe th
ш	Chlorella in Carrot + cucumber juice combo	Gojiberry, yacon and gynostemma smoothie	Spinach salad with carrots, gojiberries, radish and shallots	Roasted pine nuts and pumpkin seeds	Grilled/ roasted shallots and asparagus with black pepper and herbs
Ę	Pomegranate- blueberry juice	Antioxidant berry and fruit	Roasted veggies with maitake mushrooms garnished in sesame seeds	Trail mix with psyllium husks, fennel and flax seeds	Guacamole- vegetable quesadillas
*	Kale, mint and ginger juice	Quick muesli with pear, raw honey and flax seeds	Vegetable salad with roasted garlic and flax seed oil	Apple slices with cinnamon topping	Broccoli and ginger in barley broth
2	Pomegranate – pineapple detox punch	Chopped tofu in mushroom stir fry	Sweet potato, yam salad with fresh ginger, roasted cumin and herbs	Lemon juice or water melon slices	Squash and kale with tofu in a whole wheat wrap
Σ	Gingery- Lemonade drink)	Yogurt with berries and oats	Mediterranean coleslaw	Fruits, nuts, pumpkin seeds and yogurt parfait	Miso soup with tofu and Edamame
	Morning Drink	Breakfast	Lunch	Snack	Dinner

### **Monday**

### **Shopping List**

www.TheAlkalineDiet.org

drink

Gingery-lemonade drink

(8 ounces)

reakfas

Yogurt\* with berries and oats

(1 cup)

\*Substitute with rice/ soy/ almond milk if lactose-intolerant

lunch

Mediterranean\* coleslaw

(1 cup)

\*Tomato, red bell pepper, onions, cabbage

snack

Fruits, nuts, pumpkin seeds and yogurt\* parfait

(1 small serving cup)

\*Substitute with fermented soy for parfait layering if lactose intolerant

dinner

Miso soup with tofu and Edamame

(1.5 cups)

### **Tuesday**

# drink

Pomegranate-pineapple detox punch (8 ounces)

# breakfast

Chopped tofu in mushroom stir fry (1 cup)

# lunch

Sweet potato, yam salad with fresh ginger, roasted cumin and herbs (1 cup)

# snack

Lemon juice or water melon slices (8 ounces or 2 medium slices)

# dinner

Squash and kale with tofu in 1 medium/ large size whole wheat wrap

### **Shopping List**

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### Wednesday

### **Shopping List**

www.TheAlkalineDiet.org

drink

Kale, mint and ginger juice

breakfast

Quick muesli with pear, raw honey and flax seeds

(1 cup)

lunch

Vegetable salad with roasted garlic and flax seed oil

(1 cup)

snack

Apple slices with cinnamon topping (5-6 slices)

dinner

Broccoli and ginger in barley broth (1.5 cups)

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### **Thursday**

### **Shopping List**

www.TheAlkalineDiet.org

drink

Pomegranate- blueberry juice

(8 ounces)

breakfast

Antioxidant berry and fruit

(1 cup)

lunch

Roasted veggies with maitake mushrooms garnished in sesame seeds

(1.5 cups)

snack

Trail mix with psyllium husks, fennel and flax seeds

(1 handful)

dinner

Guacamole-vegetable quesadillas

(2 medium sizes)

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### **Friday**

### **Shopping List**

drink

Chlorella in carrot + cucumber juice combo

(8 ounces)

breakfast

Gojiberry, yacon and gynostemma smoothie

(1 medium sized glass)

lunch

Spinach salad with carrots, gojiberries, radish and shallots (1 cup)

snack

Roasted pine nuts and pumpkin seeds

(2 tbsp)

linner

Grilled/ roasted shallots and asparagus with black pepper and herbs\*

(1.5 cups)

\*Holy Basil leaves, Thyme, rosemary, oregano

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### **Saturday**

### **Shopping List**

www.TheAlkalineDiet.org

drink

Strawberry lemonade

(8 ounces)

breakfast

Yogurt\* and blueberry smoothie\*

(1 medium sized glass)

- \*Substitute with gojiberry/ strawberry/ raspberry
- \*Substitute with rice/ soy/ almond milk if lactose-intolerant

lunch

Artichoke soup with thyme, basil, mint, oregano, parsley and peppercorns

(1-1.5 cups)

snack

Cucumber salsa garnished with cumin, cilantro & lime juice (2 tbsp) with carrot sticks

(5 n.o's)

dinner

Spinach and shiitake mushroom crepe

(2 medium size)

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### Sunday

### **Shopping List**

www.TheAlkalineDiet.org

drink

Fresh brewed green tea

(8 ounces)

breakfast

Bee pollen and berry smoothie

(1 medium sized glass)

- \*Substitute with gojiberry/ strawberry/ raspberry
- \*Substitute with rice/ soy/ almond milk if lactose-intolerant

lunch

Brown rice with steamed veggies in ginger-garlic paste

(1 cup)

snack

Guacamole salsa dip (3 tbsp) with raw or steamed carrot/broccoli (5 n.o's)

dinner

Baked yacon with roasted squash,bell peppers, garnished in thyme and rosemary

(1- 1.5 cups)

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introduction

### **MEAL PLAN WEEK 2**

### **Transition Phase**

### 7-Day Transition Phase

Transition phase as the name suggests, aids to changeover from a detoxifying phase to pre-nourishing phase. The transition phase helps the body to handle the byproducts released during the detoxification phase without a dip in energy levels.

The transition phase is primarily planned to help in a gentle change over from an intense detox to mild detox in combination with nourishment for the cells. The premise behind this is to rejuvenate the cells and revitalize them and prepare them for the Phase 3 of the program.

During the transition phase the detoxification continues at a mild to moderate level with fewer detoxification components build into the menu. This is because even after the completion of 7-day detox menu, the body continues to release the remnants of toxins. The mild degree of detoxification in the menu aids in completing this phase and preparing the body for nourishment.

The transition phase is structured in such a way that the body gets **equal amount of detoxification and nourishment**. The simultaneous nourishment ensures to ward off fatigue, decrease and limit the detox symptoms.

There is a **mandatory inclusion** of one green smoothie to **re-oxygenate** the cells and tissues throughout the menu plan. The menu plan in Transition phase is organized for each week to include the following:

- Energy boosters
- Colon cleansers
- Liver & kidney health boosters

### **Transition Phase**

# explanation

This helps for the detoxification process to progress and complete in the transition phase while the **restorative process** of the cells begin. The smoothies act as **energy booster** and provide the **extra alkalizing minerals** required by the body.

The recipes are planned to give an energetic punch that aids the body to **combat the mild to moderate symptoms** associated with detoxification phase.

- Continue to consume a minimum of 8 glasses of water per day to effectively flush out toxins and aid in excretory process.
- Stay clear off caffeine, sugar and alcoholic beverages.
- Use organic produce wherever applicable including green tea leaves.
- Breakfast smoothies are supplied with antioxidant and mineral rich ingredients. The energy requirement of the body are taken care of in the smoothies.
- Protein intake has been increased to moderate levels in transition phase. The protein metabolism involves liver and kidney functions and hence the protein is kept at mild to moderate levels during this phase.
- Healthy fats are included in the form of coconut pulp and guacamole.
- Continue to garnish the salads and soups with herbs such as rosemary, holy basil, thyme, and oregano leaves.
- Never super-size portions while on transition phase. A typical salad may include more vegetables, moderate grains, a tablespoon of oil, variety of herbs and spices.

points to remember in transition phase

### **Glossary**

# herbs

### **Dandelions:**

It is a type of herb that has numerous health benefits, especially kidneys and aids in detoxification.

### **Tarragon leaves:**

It is a kind of herb with taste similar to that of anise. The leaves are rich in B vitamins, vitamins C, and antioxidants as well as minerals such as magnesium, copper, iron, zinc and potassium.

### Kamut:

It is a cereal grain similar to durum wheat. It has a nutty and buttery flavor. Contains high concentrations of essential fats, vitamins and minerals.

### Tamari:

It is a type of fermented soy sauce. It is rich in vitamin B3, magnesium and the aminoacid tryptophan. Tryptophan contributes to the secretion serotonin that calms and induces healthy sleep pattern.

### Alfalfa sprouts:

It is the young shoot of alfalfa plant, high in protein and most B vitamins.

### **Daikon Radish:**

It is a type of radish that is popular in Japanese cuisine. Low in calories with high nutritive value. Daikon is a diuretic and helps the functions of kidney in eliminating toxins and excess fluids.

### Shiitake mushroom:

Edible mushroom common in Asian cuisine, medicinal properties include liver protection and rich in antioxidant polysaccharides.

# others

vegetables

# www.TheAlkalineDiet.org

Carrot sticks with hummus  Buckwheat	lemonade drink juice with mint lemonade green tea Gojiberry, yacon Super foods blend with figs, combo apricots and smoothie smoothie cranberries
and flax with suck ower with fried	Tomato, bean* salad served Quinoa- vegetable salad pepper, onions and tarragon leaves, herb Fresh
Trail mix with psyllium husks, fennel and flax seeds  Steamed broccoli with pea pods and cauliflower with coriander.	Quick veggie coleslaw
	Lunch

**MEAL PLAN WEEK 2 SUMMARY** 

### **Monday**

### Lemonade with mint leaves

drin

(8 ounces)

oreakfasi

### Carotenoid punch\* smoothie

(8-10 ounces)

\*Carrot juice, apples, celery and fennel blended into smoothie

unch

Grated carrot and daikon radish salad with rice vinegar

(1.5 cups)

snack

### **Fresh Cherries**

(1 small cup)

dinner

Cabbage soup with zucchini and yellow squash

(1.5 cups)

**Shopping List**)

### **Tuesday**

### **Shopping List**

# drink

### **Dandelions** root tea

(8 ounces)

\*Dandelion is a liver healer

# breakfast

### Greens\* smoothie in a dash of lemon

(8-10 ounces)

\*Lettuce, celery, spinach, cucumber, spirulina powder, a garlic clove, lemon juice

# lunch

Avocado salad with spinach leaves and bell peppers

(1-1.5 cups)

# snack

Trail mix with psyllium husks, fennel and flax seeds

(1 handful)

# dinner

Steamed broccoli with pea pods and cauliflower with coriander, thyme, pepper

(1-1.5 cups)

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### Wednesday

### **Shopping List**

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# drink

### Psyllium husks in water

1-2 tbsp in 8 ounces)

\*Psyllium husks boost colon health

# breakfast

### Sprout surprise\* with a dash of lime

(1 cup)

\*Lettuce, tomato, scallions, alfalfa sprouts, garlic clove blended to smoothie

### nuch

### Quick veggie coleslaw\*

(1-1.5 cups)

\*Onions, bell pepper, olives, tomatoes

# snack

### Carrot sticks with hummus

(1 handful)

# dinner

### Buckwheat noodles with stir fried vegetables

(1-1.5 cups)

\*Bell pepper, onions, snap peas, carrots, bok choy, zucchini, broccoli, ginger and garlic

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### **Thursday**

### Gingery- Lemonade drink

drink

(8 ounces)

breakfast

### Antioxidant fruit\* smoothie

(8-10 ounces)

\*Raspberry, strawberry, goji berries with coconut water

nuch

### Quinoa-vegetable\* salad

(1-1.5 cups)

\*Scallions, bell peppers, zucchini, celery, cilantro, seasoned with almonds, thyme with olive oil

snack

### **Fresh Strawberries**

(1 small cup)

dinner

Pad thai with Shiitake mushrooms

### **Shopping List**

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### **Friday**

### **Shopping List**

drink

Kale + ginger juice with mint leaves (8 ounces)

breakfast

Gojiberry, Yacon and gynostemma smoothie

(1 medium sized glass)

unch

Tomato, bean\* salad served with grilled bell pepper, onions and tarragon leaves, herbs\*

\*Red, black or white beans, Herb choice - rosemary, holy basil

snack

Fresh blueberries

(1 small cup)

dinner

Miso paste soup with tofu and edamame

(1.5 cups)

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### **Saturday**

# drink

### Strawberry lemonade

(8 ounces)

# breakfast

### Super foods\* combo smoothie

(1 medium sized glass)

\*Cacao, maca, spirulina, wheat grass, gojiberries blended with coconut pulp

## nuch

### Tamari baked tofu over green salad\*

\*Onions, baby spinach, baby romaine, basil leaves, tarragon leaves, with tomatoes

# snack

### **Pomegranate**

(1 medium size)

# dinner

### Vegetable\*- rice pilaf garnished with cardamom, cumin and bay leaves

\*Carrots, peas, ginger, garlic, onions, baby corn, shiitake mushrooms

### **Shopping List**

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### Sunday

### **Shopping List**

drink

Fresh brewed green tea (8 ounces)

breakfast

Organic kamut blend with figs, apricots and cranberries
(1 cup)

nuch

Guacamole wraps with tofu, spinach leaves, bell pepper and brown rice

snack

Prunes or dried plums (1 small cup)

dinner

Onion-tomato gravy over roasted egg plant, squash served with quinoa

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introduction

### **MEAL PLAN WEEK 3**

### **Pre-Nourishing Phase**

### 7-Day Pre-Nourishing Phase

The body is well prepared after completion of Phase 1 (detoxification) and Phase 2 (transition) to enter Phase 3 which is the pre-nourishing phase. This phase is an important one and is primarily targeted at nourishing the cells that may have undergone damage due to the release of toxins.

The phase is aimed at repairing cells, synthesizing protein molecules for **building new cells** and **rejuvenating the body**. Unlike the other two phases, pre-nourishing phase is completely dedicated towards **light but nutritious meals** for all seven days.

The menu plans include **rich foods** such as almonds, coconut pulps, avocados, coconut milk, home-made salad dressing incorporated as easy to prepare smoothies. The menu can be switched around according to convenience and ease of preparation.

Through the pre-nourishing phase we are attempting to enter a filling phase of menu plan which is the Phase 4 and the last phase of the plan.

The menu plan of Phase 3 accommodates plenty of fruits and vegetables like other two phases. The nutritional profile of Phase 3 includes **vitamins**, **minerals**, **antioxidants**, **phytonutrients** – chlorophyll, carotenoids, bromelin and fats.

The Phase 3 covers healthy monounsaturated and saturated fats from plant sources which is imperative to be included at this stage to improve cell building and rejuvenation.

### **Pre-Nourishing Phase**

# explanation

Guacamole, coconut pulp and coconut milk are used in smoothies, lunch and dinner recipes. The saturated fats from coconut oils are **short chained fatty acids** which have significant health benefits. It should be remembered that the saturated fat obtained from plant source is healthier than that derived from animal sources.

During Phase 3, the body is given **nourishing foods** and hence the menu is accordingly planned to include **natural digestive enzymes** from papaya fruit, pineapple, and daikon radish.

# points to remember in pre-nourishing phase

- Continue to consume a minimum of **8 glasses of water** per day to effectively flush out toxins and aid in excretory process.
- Stay clear off caffeine, sugar and alcoholic beverages.
- Use **organic** produce wherever applicable including green tea leaves.
- Use only home-made salad dressing, avoid store-bought foods
- Cumin seeds, turmeric powder and curry powder are allowed in the recipe to aid in digestion, you may decrease the quantity of curry powder if too spicy.
- Use only **Manuka honey** as mentioned in the menu plan. Manuka honey is an anti-bacterial honey and is different from other honey because the nectar is obtained from single flower.

### **Glossary**

### **Buttermilk**

It is the liquid left after butter is removed from cream, which is highly acidic. Traditionally made from cow's milk and white vinegar or lemon juice. For a more alkalizing option, add 1 tbsp of apple cider vinegar or lemon juice to 1 cup of soy milk.

# others

### **Hummus:**

A very popular Middle Eastern dip made from chickpeas or garbanzo beans, tahini, olive oil, garlic, and lemon juice. Commonly used to complement pita bread.

### Quinoa:

A healthy whole grain or a seed that is packed full of proteins, fatty acids to prevent inflammation, as well as calcium. It is also one of the most alkalizing grains.

### Kale:

vegetables

One of the healthiest vegetables, it belongs to the cabbage family with leaves in shades of green and purple. Kale is packed full of antioxidants, flavonoids and fiber to help in detox and lowers the cholesterol.

### Spirulina:

A type of blue-algae that grows in the sea, using consumed in the form of nutritional supplement in tablet or powder form. It is rich in carotenoids, antioxidants, proteins, and ideal to boost immunity, fight infections, and protect against allergies.

# www.TheAlkalineDiet.org

	Σ	2	*	Ę	ш	Sa	Su
Morning Drink	Carrot-beetroot juice	Carrot- cucumber juice with a spoon of spirulina	Apple-celery juice	Carrot juice	Pineapple juice	Carrots + beets + cabbage juice	Green juice
Breakfast	Strawberry+ cantaloupe+ kiwi fruit salad with yogurt topping	Creamy smoothie with kale and apple	Strawberry, blueberry with pumpkin seeds and yogurt parfait	Cacao + coconut pulp fruit smoothie	Buckwheat porridge with fruits and cinnamon topping	Oats and wheat germ muesli	Buckwheat pancakes with brown rice syrup
Lunch	Detoxing & nourishing vegetable salad	Chick peas green salad with chunks of avocado and mixed parsley	Vegetable stir fry with brown rice	Squash and kale with tofu in a whole wheat wrap	Quinoa- vegetable salad	Vegetables cooked in coconut milk served over quinoa or brown rice	Spinach - Asparagus soup with spirulina
Snack	Raisins + walnuts	Carrot sticks with guacamole dip	Trail mix	Raw vegetables with hummus	Cut papaya fruit	Spirulina enriched buttermilk	Fresh coconut pulp
Dinner	Stir fried vegetables with nori and brown rice	Fruit-vegetable salad with goji berries and home-made salad dressing	Broccoli and ginger in barley broth	Yacon and vegetable curry over brown rice	Rice and tofu pudding with almonds and raisins	Kiwi-mandarin strawberry parfait	Guacamole- vegetable quesadillas

**MEAL PLAN WEEK 3 SUMMARY** 

### **Monday**

### **Shopping List**

www.TheAlkalineDiet.org

drink

**Carrot-beetroot juice** 

(8 ounces)

reakfasi

Strawberry + cantaloupe + kiwi fruit salad with yogurt topping

(1 cup)

unch

Detoxing & nourishing vegetable\* salad

(1 cup)

\*Chopped cauliflower, broccoli, shredded carrots, kale, mustard greens, watercress, cabbage, kelp granules, sunflower seeds, raisins, parsley, lemon juice)

nack

Raisins + walnuts

(1 small cup)

dinner

Stir fried vegetables\* with nori and brown rice

(1.5 cups)

\*Portobello , shiitake mushrooms, asparagus, carrots, broccoli

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### Tuesday

### **Shopping List**

www.TheAlkalineDiet.org

drink

Carrot + cucumber juice with a spoon of spirulina (8 ounces)

reakfast

Creamy smoothie\* with kale and apple

(8 ounces)

\*Avocado, almonds

unch

Chick peas green\* salad with chunks of avocado and mixed parsley

(1-1.5 cups)

\*Spinach, watercress, kale, celery sticks

nack

Carrot sticks with guacamole dip

inner

Fruit-vegetable salad\* with goji berries and home-made salad dressing\*\*

(1.5 cups)

\*Diced apple, cantaloupe, shredded carrot, baby spinach, lettuce leaves \*\* 2 tbsp each of red onion ,chopped cucumber, garlic powder, red wine vinegar, basil, guacamole, pureed till smooth

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### **MEAL PLAN WEEK 3**

### Wednesday

### **Shopping List**

drink

**Apple-celery juice** 

(8 ounces)

breakfast

Strawberry, blueberry with pumpkin seeds and yogurt\* parfait

(1 small serving cup)

\*Substitute with fermented soy for parfait layering if lactose intolerant

nuch

Vegetable\* stir fry with brown rice

(1-1.5 cups)

\*Carrots, broccoli, peas, cauliflower, shiitake mushrooms

snack

Trail mix\*

(handful)

\*Sunflower seeds, psyllium husks, almonds

dinner

Broccoli and ginger in barley broth

(1.5 cups)

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### **Thursday**

### **Shopping List**

www.TheAlkalineDiet.org

drink

**Carrot juice** 

(8 ounces)

reakfasi

Cacao & coconut pulp fruit smoothie

(8 ounces)

\*1 tbsp cacao powder, 1 flesh of coconut pulp, coconut water and raspberry

unch

Squash and kale with tofu in a wrap

(2 medium size whole wheat wrap)

nack

Raw vegetables\* with hummus

\*Carrot, cucumber, squash

linner

Yacon and vegetable\* curry over brown rice

(1.5 cups)

\*Carrots, spinach leaves, daikon radish, sweet potatoes seasoned with cumin seeds, turmeric and curry powder

### **Friday**

### **Shopping List**

### drink

### Pineapple juice\*

(8 ounces)

\*The enzyme bromlein aids in digestion, add equal parts of juice with equal parts of water

# reakfast

### Buckwheat porridge with fruits\* and cinnamon topping

(1 cup)

\*Banana, any antioxidant berry

### unch

### Quinoa-vegetable\* salad

(1-1.5 cups)

\*Scallions, bell peppers, zucchini, celery, cilantro, seasoned with almonds, thyme with olive oil

## nack

### Cut papaya fruit

(1 small cup)

# linner

### Rice and tofu pudding with almonds and raisins

(1 cup)

\*Blend tofu in a blender to a smooth consistency. Mix well with cooked brown rice and toppings of Manuka honey and cinnamon

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#### **Saturday**

#### **Shopping List**

www.TheAlkalineDiet.org

drink

Carrots, beets and cabbage juice (8 ounces)

reakfast

Oats and wheat germ muesli (1 cup)

unch

Vegetables\* cooked in coconut milk served over quinoa or brown rice

(1 cup)

\*Sweet potato, beans carrot and peas

nack

Spirulina enriched buttermilk

(8 ounces)

linner

Kiwi-mandarin strawberry parfait

(1.5 cups)

\*Layer the yogurt with mandarin, kiwi and strawberries

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#### Sunday

#### **Shopping List**

www.TheAlkalineDiet.org

drink

**Green\* juice** 

(8 ounces)

\*Spinach, kale, kiwi

reakfast

Buckwheat pancakes with brown rice syrup

unch

Spinach -Asparagus soup with spirulina

(1-1.5 cups)

\*Asparagus contains intestine-friendly prebiotics

snack

Fresh coconut pulp

(1 small cup)

dinner

Guacamole-vegetable quesadillas

(2 medium sizes)

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introduction

#### **MEAL PLAN WEEK 4**

#### Filling Phase

#### 7–Day Filling Phase

Phase 4 is the last phase also called the filling phase of the detoxification menu plan. This phase advocates foods that are **nutritionally sound** and **energy dense** aimed at giving a **filling sensation** to the body.

It should be kept in mind, that Filling Phase is not meant to stuff or pack the digestive system by overeating. During Phase 4 one needs to continue eating in a cautious way steering clear of processed, packaged foods, keeping the goal to simply **refuel** the body.

Phase 4 introduces meat such fish and salmon in the filling phase of detoxification diet. While consuming animal products, **avoid eating them during lunch** because animal protein is **difficult to digest** and leaves **acidic residue** in the body.

This puts the body to divert its energy in maintaining the pH which may cause **dip in energy levels** through the rest of the day. However, salmon and red snapper fish featured in the menu plan are good sources of **essential fats**, **omega-3** which are required to decrease inflammation, maintain hormonal balance.

One serving of wild salmon provides about 4–7 micrograms of vitamin B12. Vitamin B12 is an important vitamin in energy metabolism. While choosing sea food care must be taken that they are not prone to toxic waste and mercury contaminants. Choose **wild caught** salmon over the regular as they are less prone to toxicity.

The body's capacity to **flush out** the **toxins** and other waste materials is at its **peak beginning mid morning until noon**. Hence, the lighter an individual stays on breakfast, easier it is for the body to efficiently get rid off the metabolic waste accumulated overnight.

#### Filling Phase

# points to remember in filling phase

- Start the day with a full glass of water and continue to hydrate the body with 8 glasses of water per day.
- Always eat a **light** but a **nourishing breakfast**, the ideal choice are **smoothies** which are easier to prepare and best for morning rush.
- Allow your body to detoxify with **natural** and **wholesome**, **organic** foods.
- Once Phase 4 is completed, one can **re-start** from Phase 1 (7-day Detox Plan) at any time and follow each phase until Phase 4 reached.
- Try to eat **fresh** whenever possible, this adds to the **nutrient density** and value of the food consumed.
- If smoothies and juices consumed during breakfast does not satisfy hunger, one can consume a **healthy mid-morning snack** similar to the snack menu in the plan.
- Chewing your food well ensures that the digestive enzymes in the mouth act well on the food consumed and enables easier digestion.
- Stop consuming food when you are just about to be full.

# optional cheat list

#### **Please Control Portion Size**

- Ice creams
- Cocktails without soda
- Veggie patties / Veggie burger
- Cookies
- Glass of wine / beer
- Chicken or any meat cooked in curry\*
  \*Curry powder has turmeric which is a disinfectant and detoxifier

It is a good strategy to keep the cheat foods in the form of **snacks** to have a **good portion control**. Absolutely **no carbonated beverages.** 

#### **Glossary**

# fruits

#### **Pomegranate:**

A red color fruit commonly used in Mediterranean and Asian cuisine. When cut open, it contains numerous seeds and white membrane pulp. The seeds are commonly used to make salad or blended and sifted into pomegranate juice. Pomegranate is well-known for being full of antioxidants and helps to increase oxygen level in the body.

# others

#### Cannellini beans:

Large white beans which are very popular in Italian cuisine. It doesn't get mushy easily when cooked and display many health benefits of beans like high in protein, low in fat, and rich in vitamin B and minerals.

#### **Flaxseed**

High in magnesium, manganese and vitamin B, flaxseed is also high in Omega 3 fatty acids, which is a great source of replacement to fish for vegans. It is also high in fiber, phtyochemicals. Often used in desserts, smoothies and drinks.

# vegetables

#### **Collard greens:**

A green leafy cruciferous vegetable and is known for its cholesterol lowering ability. It also contains anti-cancer properties and is good for detox, digestion, heart functions and anti-inflammation. Take note not to overcook collard greens as they are cooked very easily.

#### Fenugreek:

The seeds and leaves (both dried and fresh) are often used as herb in Indian cuisine. Fenugreek seeds are commonly used in mothers to increase milk production. It also helps to improve mood, treat hormonal and reproductive disorders, and is beneficial to control diabetes.

# **MEAL PLAN WEEK 4 SUMMARY**

	Σ	2	M	Ę	ш	Sa	Su
Morning Drink	Coconut water	Lemonade with mint leaves	Pomegranate- blueberry juice	Kale, mint, ginger juice	Strawberry- Iemonade juice	Fresh brewed green tea	Dandelion detox tea
Breakfast	Steamed asparagus with one poached egg	Cucumber- yogurt smoothie	Home-made granola with watermelon slices	Buckwheat and oats muesli with banana and kiwi fruit	Oats with berries, ground flaxseed and walnut topping	Cantaloupe + banana with yogurt smoothie	Breakfast scramble
Lunch	Brown rice with beans with onions, garlic and thyme	Collard greens in creamy sauce	Whole wheat bread with organic eggs sandwich	Quinoa- vegetable salad with nuts	Vegetable curry over brown rice	Seasoned and cooked red lentils over brown rice	Corn meal with asparagus and fava beans
Snack	Apple	Figs	Cherries	Cranberries	Apple	Pomegranate	Apricots
Dinner	Vegetable salad seasoned with cayenne pepper, rosemary and thyme	Vegetables and Fenugreek khichari seasoned with ghee	Lentil-Quinoa stew with vegetables and mixed herbs	Tomato casserole on brown rice served with cannellini beans	Shrimp with broccoli, corn stir fry	Mexican style red snapper fillets	Baked salmon served with cooked quinoa

#### **Monday**

#### **Shopping List**

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drink

**Coconut water** 

(8 ounces)

breakfast

Steamed asparagus with one poached egg

nuch

Brown rice with beans\* with onions, garlic and thyme

(1 cup)

\*Black or white beans

snack

**Apple** 

(1 medium size)

dinner

Vegetable\* salad seasoned with cayenne pepper, rosemary and thyme

\*Diced bell peppers, cucumber, celery stalks, yellow squash, tofu, shiitake mushrooms

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#### Tuesday

#### **Shopping List**

www.TheAlkalineDiet.org

drink

Lemonade with mint leaves

(8 ounces)

breakfast

**Cucumber-yogurt smoothie** 

(8 ounces)

nch

Collard greens\* in creamy sauce\*\*

\*Fresh collard, green beans, carrots, celery, pinch parsley, garlic

\*\*Boil cauliflower, oregano, garlic, parsley in 2 cups of water, blend until creamy

snack

**Figs** 

(1 small cup)

dinner

Vegetables\* and Fenugreek khichari\*\* seasoned with ghee

\*Butternut squash, carrot, zucchini, sweet potatoes, burdock root or any seasonally available ones \*Khicahri is rice combined with vegetables

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#### Wednesday

#### **Shopping List**

www.TheAlkalineDiet.org

drink

Pomegranate-blueberry juice

(8 ounces)

reakfast

Home-made granola\* with watermelon slices

(1 cup)

\*Oats with almond nuts, raisins

nuch

Whole wheat bread with organic eggs sandwich

(4 pieces)

nack

**Cherries** 

(1 small cup)

linner

Lentil-Quinoa stew with vegetables\*and mixed herbs\*\*

(1 cup)

\*Sweet potatoes, yacon, peas, miso paste, tomato paste

\*\*Thyme, sage, oregano, tarragon

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#### **Thursday**

#### **Shopping List**

www.TheAlkalineDiet.org

drink

Kale, mint, ginger juice

(8 ounces)

breakfast

Buckwheat and oats muesli with banana and kiwi fruit

(1 cup)

nuch

Quinoa-vegetable\* salad with nuts

(1-1.5 cups)

\*Carrots, bell pepper, peas, portobello mushroom

snack

**Cranberries** 

(1 small cup)

dinner

Tomato casserole on brown rice served with cannellini beans\*

\*Soak the beans overnight, season with peppercorns, garlic, cumin and coriander powder

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#### **Friday**

#### **Shopping List**

www.TheAlkalineDiet.org

drink

Strawberry-lemonade juice

(8 ounces)

breakfast

Oats with berries\*, ground flaxseed and walnut topping

(1 cup)

\*Strawberries, blueberries, raspberries, goji berries

nch

Vegetable\* curry \*\*over brown rice

\*Green beans, carrot, zucchini, yellow squash, onions, peas, ginger-garlic minced

\*\*1 tsp each of curry, turmeric, cinnamon powder and ½ tsp of nutmeg and cayenne powder, adjust to individual preference

snack

**Apple** 

(1 medium)

dinner

Shrimp with broccoli, corn stir fry\*

(1-2 servings)

\*Cook ¼ - ½ pound shrimp in ginger-garlic paste, sesame oil, soy sauce . Add in corn and broccoli

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#### Saturday

#### **Shopping List**

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drink

Fresh brewed green tea

(8 ounces)

breakfast

Cantaloupe + banana with yogurt smoothie

(8 ounces)

nuch

Seasoned\* and cooked red lentils over brown rice

\*Seasoned with cumin seeds, turmeric powder, minced ginger-garlic, optional-curry powder

snack

**Pomegranate** 

(1 small)

dinner

Mexican style\* red snapper fillets

(2 servings)

\*Cook onion and diced tomatoes in olive oil, parsley and serve over the fish baked with lime juice, oregano, thyme and pepper

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#### Sunday

#### **Shopping List**

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drink

**Dandelion detox tea** 

(1 cup)

reakfas

**Breakfast scramble\*** 

(1 cup)

\*Shiitake mushrooms, white beans ( $\frac{1}{2}$  slightly mashed), a tsp turmeric powder, onions, gingergarlic minced, tomatoes, olive oil

nnch

Corn meal with asparagus and fava beans

\*Ground corn meal, minced garlic, olive oil, pepper and salt

snack

**Apricots** 

(1 small cup)

dinner

Baked salmon served with cooked quinoa

(1 cup quinoa, 1 salmon fillet)

\*Baked salmon with juice of lemon and grated ginger on top

#### **Alkalizing Mediterranean Diet**

# introduction

#### Mediterranean Diet

Mediterranean diet is named after the foods that are consumed in countries that surround the Mediterranean sea. The countries include Egypt, France, Greece, Italy, Spain and various others.

A traditional Mediterranean diet has **lighter meals for lunch** while the dinner will provide about half of the day's calorie requirement. The idea behind Mediterranean theme is to **include as many fruits and vegetables** as possible. A typical Mediterranean diet includes at least **ten servings** of fruits and vegetables per day.

- Choose produce that are **locally grown** and buy **organic** whenever possible and if you can afford.
- Include plenty of nuts and seeds that is predominant feature of Mediterranean foods. Nuts and seeds help lower the risk of diseases, energize the body, provide vitamins and minerals.
- Drinking **wine** is not mandatory but can be added into the menu plan, one glass per day is the ideal amount. We are including red wine due to the presence of powerful **antioxidant resveratrol** which is associated with decreased risk of inflammation.
- It is important to stay **physically active** as this helps in calorie expenditure. An important reason the Mediterranean diet is considered healthy is because of the high physical activity involved in the Mediterranean lifestyle.
- Since the focus of the menu plan is on consuming alkaline foods, the menu plan does not accommodate meat, however **sea foods** such as tuna and fish are included, but kept at two times a week.
- No trans-fats, added sugars and excessive sodium from packaged foods. It is important to consume **natural**, **whole food**s and less processed food.

# important features

#### **Glossary**

#### **Dolmades:**

It is a traditional Greek food that is made by using stuffing like rice, vegetables, and meat rolled up in vine leaf.

#### Falafel:

It is a traditional Middle Eastern food. It is mashed chick peas made into balls and deep fried.

#### Mousakka:

Traditional Greek preparation made by layering minced vegetables

#### Pignoli nuts:

Another name for pine nuts.

#### Pita bread:

mediterranean specials

Middle Eastern bread that has a pocket that develops when the steam puffs up the dough.

#### Polenta:

Ground corn meal cooked in water, it forms the base for many dishes.

#### Quesadilla:

It is a whole wheat tortilla wrap that is used as base for topping with cheese and vegetables / meat.

#### **Tahini:**

Ground paste of sesame seeds.

# **MEAL PLAN WEEK 5 SUMMARY**

	≥	Τι	Μ	Th.	ш	Sa	Su
Breakfast	Cooked red quinoa with chopped pecans, chia seeds, flax seeds, cherries	Tahini spread on toasted whole grain bread slices + almond milk	Steel cut oats topped with banana + chopped almonds and walnuts	Broken brown rice porridge with fruits	Egg omelet* with olives and spinach + freshly squeezed orange juice	Buckwheat pancakes with blueberries or strawberries	Low-fat Greek yogurt parfait with fruit layers
Mid	Banana	Apple	Mixed nuts	Fresh cherries	Fresh plum	Lemonade drink	Baby carrots with hummus
Lunch	Avocado salad + small cup of soy yogurt	Pita sandwich with tofu + fig	Vegetarian quesadilla	Falafel in pita bread + any fruit	Chick pea salad	Polenta topped with vegetables	Spinach and roasted vegetable frittata + cucumber salad
Snack	Dried prunes	Raw almond	Dolmades	Low-fat Greek yogurt	Trail mix	Roasted edamame beans	Tahini on whole wheat crackers
Dinner	Guacamole whole wheat wrap	Mediterranean veggie wrap	Vegetable moussaka with a glass of red wine	Mediterranean tuna salad	Grilled cheese sandwich + carrot salad	Brown rice pilaf with vegetables	Grilled salmon with steamed vegetables over brown rice

#### **Monday**

# breakfast

Cooked red quinoa with chopped pecans, chia seeds, flax seeds, cherries

(1 medium bowl)

# mid-morning

Banana

(1 piece)

### unch

Avocado salad\*+ small cup of soy yogurt

(1 medium bowl)

\*Cut avocados with spinach, feta cheese, cherry tomatoes, nuts

# snack

**Dried prunes** 

(1 small cup)

# dinner

**Guacamole whole wheat wrap\*** 

(2 medium size)

\*Whole wheat wrap filled with guacamole, tofu, spinach leaves, bell pepper and brown rice

#### **Shopping List**)

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#### **Tuesday**

# breakfast

Tahini\* spread on toasted whole grain bread slices + almond milk

(2 slices, 1 cup)

\*Protein rich paste made from sesame seeds

# mid-morning

**Apple** 

(1, small)

### unch

Pita sandwich with tofu + 1 fig

(1 medium size)

# snack

**Raw almonds** 

(1 small cup)

# dinner

Mediterranean veggie\* wrap

(2 medium size)

\*Fresh or left over vegetables like bell pepper, onions, cauliflower, carrots, squash and rice can be used

#### **Shopping List**

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#### Wednesday

# breakfast

Steel cut oats topped with banana + chopped almonds and walnuts.

(1 medium bowl)

# mid-morning

#### Mixed nuts

(1 small bowl)

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#### Vegetarian\* quesadilla\*\*

(2 or 3 pieces)

\*Onions, shredded carrots, tomatoes, peas, low fat shredded cheese)

\*\*Whole wheat tortillas for quesadilla

# snack

#### **Dolmades\***

(1or 2 pieces)

\*Stuffing rolled up in a grape leaf (vine leaf), stuffing include onions, dill, parsley, rice

# dinner

### Vegetable moussaka\*with a glass of red wine

(2 servings)

\*Traditional Greek dish made with eggplants, zucchini, portobello mushrooms, potatoes, tomatoes and other vegetables

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#### **Thursday**

# breakfast

### Broken brown rice porridge with fruits\*

(1 medium bowl)

\*Options include blueberries, strawberries, bananas

# mid-morning

#### **Fresh cherries**

(1 small cup)

### unch

#### Falafel in pita bread + any fruit

(1 medium size)

# snack

#### Low-fat Greek yogurt

(1 small cup)

## dinner

#### Mediterranean tuna salad\*

(1.5 cups)

\* Salad greens, olives, artichokes hearts, pignoli (pine) nuts tossed in tuna

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#### **Friday**

# breakfast

## Egg omelet\* with olives and spinach + a freshly squeezed orange juice

(1 glass)

\*2 eggs cooked as a single omelet with chopped olives and spinach for topping

# id-morning

#### Fresh plum

(1 medium-size)

### unch

#### Chick pea salad\*

(1.5 cup)

\*Chick pea, olives, green peppers, romaine lettuce, oregano herb, parsley

# snack

#### Trail mix\*

(1 small cup)

\*Ground nuts, almonds, pistachios, hazel nuts and macadamia nuts

# dinner

### Grilled cheese sandwich\* + carrot salad\*\*

(2 sandwiches and 1 small cup)

\* Whole wheat bread, 1 ounce low fat cheddar cheese

\*\*¼ cup grated carrot, ¼ cup onions and lemon
juice, salt for taste

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#### **Saturday**

# breakfast

Buckwheat pancakes served with blueberries or strawberries.

(3 medium size)

# mid-morning

Lemonade drink

(1 medium glass)

### unch

Polenta topped with vegetables\*

(1 medium serving cup)

\*Ground corn meal, with oven roasted squash, egg plants, and cube of feta cheese

# snack

Roasted edamame bean

(1 small cup)

# dinner

Brown rice pilaf with vegetables\*

(1.5 cups)

\*Mixed vegetable choice that is available in season

#### **Shopping List**

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#### Sunday

# breakfast

### Low-fat Greek yogurt parfait with fruit layers\*

(1 medium glass)

\*Strawberry, bananas, blueberries, topped with almonds and pistachio nuts

# nid-morning

#### Baby carrots with hummus

(5 to 10 carrots)

### nch

### Spinach and roasted vegetable frittata + cucumber salad

(1 serving of frittata, 1 small bowl of salad)
\*Onions, red pepper, low fat grated Parmesan
cheese

# snack

#### Tahini on whole wheat crackers

(4 crackers)

# dinner

### Grilled salmon with steamed vegetables\* over brown rice

(4 ounces salmon, 1 medium cup vegetables) \*Broccoli, carrots, squash, peas, cherry tomatoes and baby corn with drizzle of olive oil, fresh dill, lemon juice

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#### **Alkalizing Italian Diet**

# introduction

#### **Italian Diet**

An authentic Italian food is different from what we actually call Italian cuisine. Foods like pizzas, pastas were not part of Italian cuisine until the early 20th century.

The focus of the menu plan for the second week will be on the type of **vegetables and herbs** used in Italian cooking to eventually enjoy the health benefits of eating Italian cuisine. The **authentic ingredients** in Italian cooking include dried herbs, garden fresh tomatoes, squash and other produce, freshly prepared meals.

- Vegetables like egg plant, tomatoes, broccoli, squash, onions and herbs like thyme, basil, oregano occupy the **prime spot** in the menu, because they are predominant in Italian cuisine as well. This makes the food more alkalizing and healthier.
- Most **vegetables** are integrated as a **predominant portion** of a dish or they are consumed as a stand alone dish.
- Olive oil is the specialty in Italian cooking. All recipes including salads use olive oil, the flavorful combination of olive oil, tomatoes, basil and garlic cloves are the basis of most Italian recipes.
- Recipes can be built based on this healthy foundation that provides antioxidants, anti-inflammatory nutrients that are alkaline in nature.
- Cheese is an important aspect of Italian cuisine. We can keep the inclusion of cheese to a minimal in recipes and can be substituted with unripe cheese which is less acidic. One example for substitute can be unripe goat cheese.

# important features

#### **Glossary**

#### Crepe:

Thin cooked pancake, made from eggs, flour, and milk (rice, coconut or soy milk can be substituted instead of regular milk). Instead of eggs you can use a egg substitute or use a small cup of fermented yogurt and pinch of yeast, let it sit for a hour before making into thin pancakes.

#### **Fettuccine:**

Pasta in ribbon shape.

#### Olivada:

Blend of olive oil with olives, parsley, garlic, cherry tomatoes, fennel bulbs, cucumbers, processed to a chunky consistency and mixed with herbs.

#### Pesto:

A type of Italian sauce made with garlic, pine nuts, basil leaves and herbs. Commonly used with pasta.

#### Porcini mushroom:

A type of mushroom with a nutty flavor that is common in Italy and parts of Europe.

#### **Risotto:**

Traditional Italian dish of rice cooked in broth to form a creamy consistency.

#### **Provolone cheese:**

Italian soft smoked cheese.

#### Panini:

Italian word for bread. It is a type of pressed and grilled sandwich.

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	Σ	2	M	두	ıL	Sa	ns
Breakfast	Poached eggs with steamed asparagus	Toasted whole wheat bagel with vegetable spread	Granola with yogurt and mixed berries	Muesli with blueberries and cherries	Whole grain toast with vegetable spread	Pumpkin pancakes	Mushroom sandwich
Mid	Fresh fig	Orange	Banana	Peach	Clementine	Strawberries	Berry salad
Lunch	Whole grain pasta with vegetables in tomato sauce	Provolone cheese-tomato sandwich	Vegetable with spinach pesto in panini sandwich	Italian garden salad + soy yogurt	Grilled egg plant- parmesan sandwich	Grilled vegetable salad + fermented rice milk	Vegetables and egg frittata
Snack	Carrots sliced thin served with olivada	Trail mix	Cut carrots with hummus	Mixed nuts	Shredded carrots and beetroot with a dash of lemon	Bruschetta	Fresh cut tomatoes & black olives garnished with pepper, salt
Dinner	Porcini mushrooms risotto	Fettuccine and artichoke with tomato puree	Mushroom soup + avocado salad	Steamed fish in roasted vegetable bed + brown rice	Vegetable casserole	Spinach and mushroom crepe	Whole grain pizza with vegetable toppings

**MEAL PLAN WEEK 6 SUMMARY** 

#### **Monday**

# breakfast

### Poached eggs with steamed asparagus

(1 medium bowl)

\*2 eggs, remove 1 egg yolk if desired

# mid-morning

#### Fresh fig

(1 piece)

### ınch

### Whole grain pasta with vegetables\* in tomato sauce

(1 medium bowl)

\*Any seasonally available vegetable, examples include tomatoes, baby corn, squash, peas

# snack

### Carrots sliced thin served with olivada

(1 small cup)

\*Black olives, parsley, cherry tomatoes, fennel bulbs, cucumbers, processed to a chunky consistency

# dinner

#### Porcini\* mushrooms risotto

(1 - 1.5 cups)

\*Vegetable broth, onions, thyme, oregano, brown rice, Parmesan cheese (use as a condiment in small quantities)

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#### Tuesday

# breakfast

### Toasted whole wheat bagel with vegetable spread\*

(2 medium size)

\*Grilled or steamed seasonal vegetables processed coarsely with dash of lemon juice, salt, pepper

# mid-morning

#### **Orange**

(1 piece)

### unch

#### Provolone cheese-tomato sandwich\*

(2 or 3 pieces)

\*Use whole grain bread, herbs oregano, thyme, garlic, basil, 2 slices provolone

# snack

#### **Trail mix**

(1 small cup)

\*Ground nuts, almonds, pistachios, hazel nuts and macadamia nuts

# dinner

### Fettuccine and artichoke with tomato puree

(1 medium plate)

\*Garnish with mint leaves, Parmigiano cheese

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#### Wednesday

# breakfast

### Granola with yogurt and mixed berries

(1 cup)

# mid-morning

#### Banana

(1 piece)

### nch

### Vegetable\* with spinach pesto\*\* in panini sandwich

(2-3 sandwiches)

\*Bell pepper, sun dried tomatoes, onions, cucumber \*\*Sauce made from spinach, pine nuts, jalapeno pepper, salt, garlic cloves, olive oil

# snack

#### **Cut carrots with hummus**

(3-5 cut pieces)

# dinner

#### Mushroom soup\* + avocado salad

(1 small cup soup, 1 medium cup salad)

\*Portobello mushroom in vegetables stock, oregano, pepper, thyme

\*\*Avocado, cherry tomatoes, spinach, shredded cabbage, carrots, cilantro, lemon juice, pepper, salt

#### **Shopping List**

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#### **MEAL PLAN WEEK 6**

#### **Thursday**

breakfast

#### Muesli with blueberries and cherries

(1 cup)

\*Prepare muesli by soaking whole oats overnight in orange juice or water, this is the base. You can add in nuts, fruits, yogurt

mid-morning

#### **Peach**

(1 piece)

unch

#### Italian garden salad\* + soy yogurt

(1.5 cup salad, 1 cup yogurt)

\*Shredded cabbage, carrots, beetroot, chopped cauliflower, broccoli, dried tart cherries, red grapes, arugula greens, parsley, toasted pine nuts, pecorino romano cheese, balsamic vinegar, lemon juice

snack

#### Mixed nuts\*

(1 small cup)

\*Macadamia, cashews, pistachios, almonds

dinner

### Steamed fish in roasted vegetable\* bed + brown rice

(1/4 pound fish fillet, 1 medium serving plate)
\*Oven roasted parsnips, onions, turnips,
potatoes, squash, with minced garlic, rosemary
with zest of lemon juice

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#### **Friday**

# breakfast

### Whole grain toast with vegetable spread\*

(2 slices)

- \*Zucchini, butternut, broccoli, carrots, dill, ginger
- grilled or steamed and processed coarsely

# mid-morning

#### Clementine

(1 piece)

\*Clementine is a type of mandarin orange

### nuch

### Grilled egg plant-parmesan sandwich\*

(2 or 3 slices)

\*Whole grain bread, use minimal amount of cheese

# snack

### Shredded carrots and beetroot with a dash of lemon

(1 small cup)

# dinner

#### Vegetable\* casserole

(1 medium serving plate)

\*Egg plant, zucchini, spinach, marinara sauce, 2 ounces prepared polenta, low fat, shredded mozzarella cheese

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#### **Saturday**

# breakfast

#### Pumpkin pancakes\*

(3 numbers)

\*Combine rice/soy milk with pumpkin pulp, nutmeg, pecans, baking powder, wheat flour and beaten egg. Egg serves as a thickening agent. For vegans, add 1 tbsp ground flaxseed with ¼ cup water, and add Ener G egg replacer for better effect

# mid-morning

#### **Strawberries**

(1 small cup)

### ınch

### Grilled vegetable\* salad+ fermented rice milk

(1-1.5 cups salad, 1 small cup milk)

\*Seasonal vegetables, onions, egg plant, peppers, season with thyme, onion powder, garlic powder, oregano

# snack

#### Bruschetta

(2 numbers)

\*Use whole grain bread for toasting, beans and tomatoes for topping

## linner

#### Spinach and mushroom crepe

(2 medium size)

\*Saute chopped spinach and mushroom and add in the mixture as a filling inside the thin crepe and roll it

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#### Sunday

# breakfast

#### Mushroom sandwich

(2 pieces)

\*Whole grain bread with grilled / boiled portobello mushroom with roasted garlic

# mid-morning

#### Berry\* salad

(1 small cup)

\*Strawberries and blueberries

### unch

#### Vegetables and egg frittata

(2 cut slices)

# snack

### Fresh cut tomatoes & black olives garnished with pepper, salt

(1 small bowl)

\*Can be consumed with crackers or cut vegetables

# dinner

### Whole grain\* pizza with vegetable toppings\*\*

(2-3 slices)

\*Pizza dough is prepared from whole grain flour \*\*Caramelized onions, mushrooms, olives or any other vegetable of choice

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#### **Alkalizing Western Diet**

#### **Western Diet**

Western diet is consumed in many developed countries and is popular in developing countries due to the ease of preparation and convenience as a to-go food. Western menu is accused of being rich in sugar, refined grains, trans fats, processed, pre-packaged foods.

The menu featured takes the cue from the Western menu in terms of including easy to-go foods like smoothies, wraps and incorporates healthy vegetables in them. For instance, the following changes can be seen in the menu:

- Typical white bread in the burger is replaced by whole grain bread
- Refined flour wraps are replaced with whole grain wraps
- Refined flour with whole grain flour and whole wheat flour.
- In the convenient western dinner of macaroni and cheese, the cheese is completely replaced by a healthy alternative of mashed creamy veggies in broth.
- The menu has been kept dominant in vegetables and fruits.

# important features

introduction

- It is important to steer clear of all processed and refined foods
- In contrary to the typical western menu, the above menu plan features only vegetables, nuts and whole grains.
- The Western style of **quick to-go breakfast** is adapted to bring out convenient and super healthy **smoothie** recipes.

#### **Alkalizing Western Diet**

# important features

- Use **seasonally available** vegetables and fruits and choose locally grown vegetables for best results.
- Prepare selected meals overnight for recipes such as home-made muesli, pasta salads, while the rest of the can be prepared fresh during dinner time.
- No trans-fats, added sugars and excessive sodium from packaged foods. It is important to consume natural, whole foods and less processed foods.

#### **Glossary**

#### **Bagel:**

A type of bread in the shape of a ring. The healthier version are prepared from whole grain flour.

#### **Burrito:**

Originally a Mexican dish, but is now part of American cuisine. It is prepared from stuffing the whole wheat wraps and rolling them.

#### Mayonnaise:

It is a thick, creamy dressing prepared from olive oil, vinegar, seasoning and egg.

#### **Pancakes:**

Pancakes are typical part of western breakfast. They are made from a batter and cooked on a skillet or griddle. They can be thin and flat and needs to be flipped to ensure both sides are cooked properly.

#### Quiche:

It is a type of tart with savory filling

#### **Smoothie:**

It is another name for a blended drink. It is prepared from blending fruits/vegetables, powders, ice or yogurt.

#### Waffles:

Waffles are made from the same batter as pancakes. They are prepared in specialized iron griddle which creates pockets or indents on the dough when cooking.

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Breakfast	Whole grain waffles topped with strawberries	Antioxidant fruit smoothie	Toasted whole wheat bagel	Poached egg in whole grain English muffin + freshly squeezed orange	Soy or almond smoothie	Avocado smoothie	Oats and wheat germ muesli with berries
Morning	Apple	Cherries	Iced Lemonade	Wheat grass juice	Mandarin orange	Strawberries	Goji berries
Lunch	Vegetable salad + soy yogurt	Vegetable burrito	Veggie burger	Brown rice spelt salad with artichokes	Chick pea salad with brown rice	Sweet potato salad + soy yogurt	California veggie wrap
Snack	Pomegranate juice or pomegranate seeds	Cucumber salad with pepper seasoning	Walnuts	Cut papaya	Cocoa-banana slices	Stuffed tomato	Orange– strawberry parfait
Dinner	Butternut squash macaroni and cheese	Thyme seasoned tofu spread in whole grain bread sandwich	Vegetable whole wheat pizza + fruit salad	Cold pasta salad	Mushroom soup and vegetable sandwich	Broccoli-penne pasta	Quinoa veggie pilaf

**MEAL PLAN WEEK 7 SUMMARY** 

# **Monday**

# breakfast

Whole grain waffles topped with strawberries

(2 or 3 waffles)

# mid-morning

**Apple** 

(1piece)

# unch

Vegetable salad\* + soy yogurt

(1 medium cup salad, 1 small cup yogurt)
\*Broccoli, shredded cabbage, shredded carrots,
beetroot, portobello mushrooms, cherry
tomatoes

# snack

Pomegranate juice or pomegranate seeds

(1 pomegranate)

# dinner

Butternut squash macaroni and cheese\*

(1 medium bowl)

\*Prepare the sauce with vegetable broth, milk (from rice/soy/coconut), and mash the cooked squash, no cheese is actually used

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# **Tuesday**

# breakfast

#### Antioxidant fruit smoothie\*

(1 tall glass)

\*Blueberries, strawberries, raw/ Manuka honey + yogurt

# mid-morning

#### **Cherries**

(1 small cup)

# ınch

#### **Vegetable burrito**

(2 medium)

\*Whole wheat wrap, vegetables include peppers, onions, shredded carrots, chick peas, brown rice

# snack

# Cucumber salad with pepper seasoning

(1 small cup)

# inner

# Thyme seasoned tofu spread\* in whole grain bread sandwich

(3 pieces)

\*Combine mayonnaise, paprika powder, water and whisk well to blend. Add thyme seasoned chopped tofu, finely chopped apple, celery, salt, raisins, lemon juice and mix well and refrigerate before use

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# Wednesday

breakfast

Toasted whole wheat bagel

(2 or 3 pieces)

mid-morning

**Iced Lemonade** 

(1 medium glass)

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Veggie burger\*

(1 medium size)

\*Sliced tomatoes, cucumbers, lettuce leaves, onions and a vegetable patty sandwiched between whole grain bread

snack

**Walnuts** 

(1 small cup)

inner

Vegetable whole wheat pizza\* + fruit salad\*\*

(2-3 medium slices, 1 small cup salad)
\*Mixture of cooked spinach, onions, broccoli, olives, mushrooms with slices of avocado topping on whole wheat flour dough
\*\*Chopped apples, grapes, peaches

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# **Thursday**

breakfast

Poached egg in whole grain English muffin + freshly squeeze orange juice

(1 muffin, 1 tall glass juice)

mid-morning

Wheat grass juice

(1 small cup)

nch

Brown rice spelt salad with artichokes

(1.5 cups)

\*Cooked brown rice, cooked spelt, mint, parsley leaves, olive oil, onions, chopped artichokes, cooked navy beans, tossed with lemon juice

snack

**Cut papya** 

(1 small cup)

dinner

Cold pasta salad\*

(1.5 cups)

\*Combine cooked pasta, tomatoes, carrots, sweet corn, tablespoon cooked chick peas, lemon juice, salt and pepper

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# **Friday**

# breakfast

#### Soy or almond smoothie\*

(2 or 3 waffles)

\*Soy or almond milk, tofu, banana, raw/Manuka honey and cocoa powder

# mid-morning

#### **Mandarin Orange**

(1piece)

# unch

#### Chick pea salad with brown rice

(1 medium cup)

\*1 small cup of seasoned chick peas over 1 small cup of cooked brown rice

# snack

#### Cocoa-banana slices

(3-5 pieces)

\*Slice bananas, roll them on cocoa powder, sprinkle dry coconut flakes

# linner

# Mushroom soup and vegetable sandwich\*

(1 small bowl soup, 3 sandwiches)

\*Whole grain bread with cooked or steamed vegetables like broccoli, shredded carrots, onions, mushrooms, tofu

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# Saturday

# breakfast

#### Avocado smoothie\*

(1 tall glass juice)

\*1 peeled avocado blended with juice of orange and raspberry

# mid-morning

#### **Strawberries**

(1 small cup)

# unch

## Sweet potato salad + soy yogurt

(1medium bowl salad, 1 small cup yogurt)
\*Steam and mash sweet potatoes, add carrots,
cucumber and mayonnaise, black pepper and
combine well

# snack

#### Stuffed tomato\*

(1-2 pieces)

\*Finely chopped arugula, cucumber, avocado, lemon juice, salt, olive oil, toss well and fill into scalded tomatoes

# dinner

## Broccoli-penne pasta\*

(1 medium cup)

\*Wholemeal penne, seasoned with thyme, oregano herbs

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# Sunday

# breakfast

# Oats and wheat germ muesli with berries

(1 medium cup)

# mid-morning

## Goji berries

(1 small cup)

## California veggie wrap\*

(2 medium wraps)

\*Shredded carrots, radish sprouts, baby spinach, sliced avocado, unripe goat cheese, red bell pepper arrange all of them in centre of the whole grain wrap. Roll up tucking in the ends and secure with a toothpick

# snack

## Orange-strawberry parfait\*

(1 small cup yogurt)

\*Slices of orange and sliced strawberries layered in fermented yogurt ( made from soy, rice, or coconut milk) and refrigerated

# dinner

#### Quinoa veggie pilaf\*

(1 medium cup)

\*Cooked quinoa, combined with sautéed carrots, peas, onions, tomatoes, green beans

# **Shopping List**

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# **Alkalizing Asian Diet**

# introduction

#### **Asian Diet**

Asian cuisine has drawn lot of attention from the rest of the world, owing to its simplicity and earthly touch to all its dishes. Many studies have shown that Asians are relatively **more healthy** compared to their western counterparts primarily because of the type of foods consumed and preparation methods.

The featured menu plan includes the Asian men from China, South East Asia, Korea and Japan. Asian cuisine is well known for use of plenty of lentils, rice, mushrooms and algae which attribute to the significant health benefits.

Asian cuisine is predominant in plant fiber and a seafood-rich diet. However since the menu plan is based on alkaline foods we have focused on plant based foods, sea vegetables, spices, herbs and condiments.

# important features

- Avoid tinned or canned foods and other processed foods
- Substitute salt with **condiments** and **spices**, they enhance the flavor and give a twist to recipes
- Try to eat as much as **freshly prepared** meals as possible, this nourishes the body better.
- Choose **nutrient-dense** foods like berries, cucumber, tomato etc. Most fruits and vegetables are nutrient-dense, they yield low calorie but high in nutrients.

# **Glossary**

#### **Congee:**

It is a type of rice porridge that is garnished with seasonings, herbs and some vegetables. The rice gruel is the base, upon which garnishing are added as per taste.

#### **Curry /curry powder:**

It is a mixture of condiments and spices such as ginger, corainder, turmeric and cumin powder.

#### **Dumplings:**

They are steamed balls of dough made from flour, potato. They contain finely shredded vegetables and or meat.

#### **Edamame:**

Green soybeans, which is steamed or cooked in their pods

#### Hijiki:

It is a high fiber sea weed that looks like short noodles- thin, needle shaped.

#### **Kelp broth:**

Kelp is a type of seaweed. To prepare the broth, allow the kelp strips to stand in water for 20 minutes, bring the water to a boil over medium heat, immediately remove the strips, the left over liquid makes the kelp broth.

#### Miso:

It is a thick paste from fermented soybeans, barley or rice malt. Used commonly in traditional Japanese cuisine in soups.

# **Glossary**

#### Nori:

It is a type of edible sea weed that is consumed fresh or as dried sheets.

#### **Red lentil:**

It is a type of pulse, that is predominantly used in Asian cuisine. The color of lentils range form yellow – red and is used in preparing stews, soups.

#### Soba noodles:

Thin Japanese noodles made from buckwheat and whole wheat

#### Wakame:

asian specials

A type of edible brown sea weed

#### Wonton wrapper/ sheet:

It is made as thin sheets with the flour, egg, water and salt.

#### Yacon:

It is a type of sweet tasting tuber and known for its health benefits.

# **MEAL PLAN WEEK 8 SUMMARY**

	Σ	η	>	T T	ш	Sa	Su
Breakfast	Soy spinach congee	Miso soup with wakame and tofu	Rice pudding	Hot brown rice porridge with blueberries	Sweet potato miso soup	Pomegranate with minty rice	Quinoa with seeds and honey
Morning	Green tea	Jasmine tea	Orange glazed carrots with sesame seeds	Tomato soup with hint of coconut milk	Apricot	Mixed nuts	Watermelon slices
Lunch	Curried lentil soup with brown rice	Tofu-coconut curry over brown rice	Pepper corns, cumin seeds seasoned brown rice cooked with red lentils	Vegetable fried rice	Coconut- vegetable curry with yacon served with brown rice	Creamy portobello mushroom soup + vegetable dumplings	Hijiki brown rice with shiitake mushroom
Snack	Cucumber- tomato salad with pepper seasoning	Crisp nori ribbons	Almond milk with dates	Strawberries	Cut cantaloupe	Steamed bean cake	Mango pudding
Dinner	Soba noodles with vegetables	Edamame-basil spaghetti	Grilled vegetable kebab over jasmine rice	Avocado sushi rolls + fruit salad	Bok choy salad + soy yogurt	Green salad with apricots + Brown rice pudding with coconut	Buckwheat noodles in tomato broth

# **Monday**

# breakfast

## Soy spinach congee\*

(1 medium cup)

\*Brown Jasmine rice cooked in spinach, salt and milk (rice or soy milk)

# d-morning

#### Green tea

(1 cup)

# nch

## Curried lentil soup with brown rice\*

(1.5 cups)

\*Cook red lentils with enough water until well done, simmer and add ¼ tsp curry powder, turmeric powder, grated ginger-garlic, serve over brown rice or add the cooked brown rice to the soup

# snack

# Cucumber-tomato salad with pepper seasoning

(1 small cup)

# dinner

## Soba noodles with vegetables\*

(1.5 cups)

\*Carrots, cabbage, peas, sweet corn, green pepper

# **Shopping List**

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# Tuesday

# breakfast

## Miso soup with wakame and tofu\*

(1 medium bowl)

\*Warm the kelp broth over medium heat and dissolve white miso paste. Add tofu and wakame, simmer and cook in low heat till done

# d-morning

#### Jasmine tea

(1 cup)

# unch

## Tofu-coconut curry over brown rice

(1.5 cups)

# snack

#### **Crisp nori ribbons**

(1 small cup)

# dinner

## Edamame-basil spaghetti\*

(1.5 cups)

\*Cooked green soy beans and basil tossed with thyme, oregano, pepper, salt and cooked spaghetti

# **Shopping List**

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# Wednesday

# **Shopping List**

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# breakfast

#### Rice pudding

(1 medium bowl)

\*Combine cooked black or brown rice, almond milk, dates. Bring to a boil over medium heat, simmer for another 15 minutes. Turn off heat, and add chia seeds, ground flax seeds, cinnamon powder, shredded coconut stir and allow to stand covered for 5 minutes. Serve warm or cold

# mid-morning

# Orange glazed carrots with sesame seeds

(3-5 cut carrot pieces)

\*Combine orange juice and tbsp of agave syrup. Allow the syrup to thicken and pour over steamed baby carrots and sesame seeds, toss to coat well. Cool and serve

# unch

Pepper corns, cumin seeds seasoned brown rice cooked with red lentils (1 medium cup)

# snack

#### Almond milk with dates

(1 small cup)

\*By using a blender crush pre-soaked almonds, dates, water and ¼ teaspoon vanilla

# linner

# Grilled vegetable kebab\* over jasmine rice

(1 medium bowl)

\*Red pepper, yellow squash, mushroom, onions, egg plant

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# **Thursday**

# breakfast

# Hot brown rice porridge with blueberries

(1 medium cup)

# mid-morning

# Tomato soup with hint of coconut milk\*

(1 small cup)

\*Coconut milk is optional

# nuch

## **Vegetable fried rice\***

(1.5 cups)

\*Onions, mushrooms, squash, cauliflower, peas, baby corn, sweet potatoes, ginger-garlic paste

# snack

#### **Strawberries**

(1 small cup)

# inner

#### Avocado sushi rolls\* + fruit salad\*\*

(2-3 rolls, 1 small cup salad)

\*Lay a sheet of nori on plastic wrap. Moist your fingers and firmly pat a thick layer of cooked brown rice. Place thin sliced avocado, bell pepper strips, alfalfa sprouts in a line along the bottom edge of the sheet, and tightly roll into a thick cylinder \*\*Apple, pomegranate, peaches, fresh figs

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# **Friday**

# breakfast

#### Sweet potato miso soup

(1 medium bowl)

\*Warm the kelp broth over medium heat and dissolve white miso paste. Add chopped sweet potato, simmer and cook in low heat till done

# mid-morning

## **Apricot**

(1 fruit)

# unch

# Coconut-vegetable\* curry with yacon served with brown rice

(1.5 cups)

\*Sweet potato, peas, beans, yacon stir fried and cooked in coconut milk

# snack

#### **Cut cantaloupe**

(1 small cup)

# dinner

## Bok choy salad\* + soy yogurt

(1.5 cups salad, 1 small cup yogurt)

\*Chopped bok choy, finely chopped apple, raisins, goji berries, onion, shredded carrots. Blend soy milk, vinegar, cashews to serve as dressing

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# Saturday

# breakfast

#### Pomegranate with minty rice

(1 medium bowl)

\*Finely grated orange peel, black pepper, chopped mint, toasted almonds, cooked brown rice, vinegar, oil, salt, orange juice, pomegranate seeds

# mid-morning

#### Mixed nuts

(1 small cup)

\*Walnuts, pistachios, cashews and almonds

# Inch

# Creamy portobello mushroom soup\* + Vegetable dumplings\*\*

(1 cup soup, 2 medium size dumplings)

\*Saute portobello mushrooms, add soy milk, black pepper, salt, minced garlic and cook till thicken \*\*Stir very finely chopped carrots, shredded cabbage, spinach, beans, tofu, salt and pepper. Place mixture in wonton sheet and shape as desired, steam for 12 min

#### Steamed bean cake\*

(1-2 pieces)

\*Combine adzuki bean paste with whole wheat flour, unbleached all purpose flour, baking powder, oil, brown sugar and avocado pulp (egg replacer as softening agent), soymilk to make a dough and bake

# inner

# Green salad\* with apricots + Brown rice pudding with coconut

(1 medium cup salad, 1 small cup rice pudding)
\*Include all green veggies like green squash, spinach
leaves, steamed -green beans, peas, broccoli

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# Sunday

# breakfast

#### Quinoa with seeds and honey

(1medium cup)

\*Combine cooked guinoa with sunflower, flax, sesame seeds, cinnamon powder and raw/ Manuka honey

# mid-morning

#### Watermelon slices

(2 slices)

## Hijiki brown rice with shiitake mushroom

(1 medium cup)

\*Soak hijiki and shiitake mushroom in water to rehydrate, heat oil in a wok, and add ginger-garlic paste, onions, chili flakes, shiitake, hijiki, edamame green soy beans, soy sauce, brown rice. Toss well

#### Mango pudding

(1 small cup)

\*Combine mango puree, rice milk, agar-agar powder. Add this mixture to 1 tbsp diced mango mix well and set in cups to refrigerate. Allow to set for 45 minutes and serve

#### Buckwheat noodles in tomato broth

(1 medium deep serving bowl)

\*Prepare kelp broth, add fresh diced tomatoes, onions . Simmer with sage and thyme. Add finely chopped spinach. Stir in soy sauce, and wakame sea weed. Cook buckwheat noodles. Pour broth over it and serve

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