

# 56 DAYS ENHANCED ALKALIZING MEAL PLANS



By Emma Deangela

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# Introduction

## 56 Days Enhanced Alkalizing Meal Plans

### 56 Days Enhanced 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 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!

# MEAL PLAN WEEK 1

## 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.

### week 1 menu plan explanation

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.

# MEAL PLAN WEEK 1

## 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.

### points to remember on a detox plan

- **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.

# MEAL PLAN WEEK 1

## 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.

# MEAL PLAN WEEK 1

## Glossary

### herbs

#### **Cumin:**

This condiment is used widely in Indian cuisine. It aids in digestion, anti-inflammatory 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.

### others

#### **Gojiberry:**

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

#### **Miso:**

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.

# MEAL PLAN WEEK 1

## Glossary

### vegetables

**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

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

















# MEAL PLAN WEEK 2

## Transition Phase

### introduction

#### 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.

### week 2 menu explanation

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

# MEAL PLAN WEEK 2

## 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.

### points to remember in transition 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.

# MEAL PLAN WEEK 2

## 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.

### others

#### **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 amino acid tryptophan. Tryptophan contributes to the secretion of serotonin that calms and induces healthy sleep patterns.

### vegetables

#### **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.

# MEAL PLAN WEEK 2 SUMMARY

	M	Tu	W	Th	F	Sa	Su
<b>Morning Drink</b>	Lemonade with mint leaves	Dandelions root tea	Psyllium husks in water	Gingery-lemonade drink	Kale + ginger juice with mint leaves	Strawberry lemonade	Fresh brewed green tea
<b>Breakfast</b>	Carotenoid punch smoothie	Greens smoothie in a dash of lemon	Sprout surprise with a dash of lime	Antioxidant fruit smoothie	Gojiberry, yacon and gynostemma smoothie	Super foods combo smoothie	Organic kamut blend with figs, apricots and cranberries
<b>Lunch</b>	Grated carrot and daikon radish salad with rice vinegar	Avocado salad with spinach leaves and bell peppers	Quick veggie coleslaw	Quinoa-vegetable salad	Tomato, bean* salad served with grilled bell pepper, onions and tarragon leaves, herb	Tamari baked tofu over green salad	Guacamole wraps with tofu, spinach leaves, bell pepper and brown rice
<b>Snack</b>	Fresh Cherries	Trail mix with psyllium husks, fennel and flax seeds	Carrot sticks with hummus	Fresh strawberries	Fresh blueberries	Pomegranate	Prunes or dried plums
<b>Dinner</b>	Cabbage soup with zucchini and yellow squash	Steamed broccoli with pea pods and cauliflower with coriander, thyme, pepper	Buckwheat noodles with stir fried vegetables	Pad thai with Shiitake mushrooms	Miso paste soup with tofu and edamame	Vegetable-rice pilaf garnished with cardamom, cumin and bay leaves	Onion-tomato gravy over roasted egg plant, squash served with quinoa

















# MEAL PLAN WEEK 3

## Pre-Nourishing Phase

### introduction

#### 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.

### week 3 menu plan explanation

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.

# MEAL PLAN WEEK 3

## 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.

# MEAL PLAN WEEK 3

## Glossary

### others

#### **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.

#### **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.

### vegetables

#### **Kale:**

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.

# MEAL PLAN WEEK 3 SUMMARY

	M	Tu	W	Th	F	Sa	Su
<b>Morning Drink</b>	Carrot-beetroot juice	Carrot-cucumber juice with a spoon of spirulina	Apple-celery juice	Carrot juice	Pineapple juice	Carrots + beets + cabbage juice	Green juice
<b>Breakfast</b>	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
<b>Lunch</b>	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
<b>Snack</b>	Raisins + walnuts	Carrot sticks with guacamole dip	Trail mix	Raw vegetables with hummus	Cut papaya fruit	Spirulina enriched buttermilk	Fresh coconut pulp
<b>Dinner</b>	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 4

## Filling Phase

### introduction

#### 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.

### week 4 menu plan explanation

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.

# MEAL PLAN WEEK 4

## 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**.



# MEAL PLAN WEEK 4

## 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

	M	Tu	W	Th	F	Sa	Su
<b>Morning Drink</b>	Coconut water	Lemonade with mint leaves	Pomegranate-blueberry juice	Kale, mint, ginger juice	Strawberry-lemonade juice	Fresh brewed green tea	Dandelion detox tea
<b>Breakfast</b>	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
<b>Lunch</b>	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
<b>Snack</b>	Apple	Figs	Cherries	Cranberries	Apple	Pomegranate	Apricots
<b>Dinner</b>	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

















# MEAL PLAN WEEK 5

## 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.

### important features

- 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 foods** and less processed food.

# MEAL PLAN WEEK 5

## Glossary

### mediterranean specials

**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:**

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

	M	Tu	W	Th	F	Sa	Su
<b>Breakfast</b>	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
<b>Mid Morning</b>	Banana	Apple	Mixed nuts	Fresh cherries	Fresh plum	Lemonade drink	Baby carrots with hummus
<b>Lunch</b>	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
<b>Snack</b>	Dried prunes	Raw almond	Dolmades	Low-fat Greek yogurt	Trail mix	Roasted edamame beans	Tahini on whole wheat crackers
<b>Dinner</b>	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

















# MEAL PLAN WEEK 6

## 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.

### important features

- 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**.

# MEAL PLAN WEEK 6

## Glossary

### italian specials

**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.

# MEAL PLAN WEEK 6 SUMMARY

	M	Tu	W	Th	F	Sa	Su
<b>Breakfast</b>	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
<b>Mid Morning</b>	Fresh fig	Orange	Banana	Peach	Clementine	Strawberries	Berry salad
<b>Lunch</b>	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
<b>Snack</b>	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
<b>Dinner</b>	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 7

## Alkalizing Western Diet

### introduction

#### 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

- 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.

# MEAL PLAN WEEK 7

## 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.

# MEAL PLAN WEEK 7

## Glossary

### western specials

**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.



# MEAL PLAN WEEK 7 SUMMARY

	M	Tu	W	Th	F	Sa	Su
<b>Breakfast</b>	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
<b>Mid Morning</b>	Apple	Cherries	Iced Lemonade	Wheat grass juice	Mandarin orange	Strawberries	Goji berries
<b>Lunch</b>	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
<b>Snack</b>	Pomegranate juice or pomegranate seeds	Cucumber salad with pepper seasoning	Walnuts	Cut papaya	Cocoa-banana slices	Stuffed tomato	Orange-strawberry parfait
<b>Dinner</b>	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

## 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)

**lunch**

**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

## Shopping List

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# MEAL PLAN WEEK 7

## 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**

(1 piece)

**lunch**

**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

**dinner**

**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

## Shopping List

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# MEAL PLAN WEEK 7

## Sunday

breakfast

### Oats and wheat germ muesli with berries

(1 medium cup)

mid-morning

### Goji berries

(1 small cup)

lunch

### 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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# MEAL PLAN WEEK 8

## Alkalizing Asian Diet

### introduction

#### Asian Diet

Asian cuisine has drawn a lot of attention from the rest of the world, owing to its simplicity and earthy 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 menu 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.

# MEAL PLAN WEEK 8

## Glossary

### asian specials

#### **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.

# MEAL PLAN WEEK 8

## Glossary

### asian specials

**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 from yellow – red and is used in preparing stews, soups.

**Soba noodles:**

Thin Japanese noodles made from buckwheat and whole wheat

**Wakame:**

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

	M	Tu	W	Th	F	Sa	Su
<b>Breakfast</b>	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
<b>Mid Morning</b>	Green tea	Jasmine tea	Orange glazed carrots with sesame seeds	Tomato soup with hint of coconut milk	Apricot	Mixed nuts	Watermelon slices
<b>Lunch</b>	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
<b>Snack</b>	Cucumber-tomato salad with pepper seasoning	Crisp nori ribbons	Almond milk with dates	Strawberries	Cut cantaloupe	Steamed bean cake	Mango pudding
<b>Dinner</b>	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















