



The Definitive
Acid & Alkaline Food Chart

version 3.0
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Definitive listing of acid & alkaline foods in an
easy to read, easy to print chart

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alkaline diet made easy

The Energise Acid/Alkaline Food List

Your VERSION 3.0 Energise Acid/Alkaline Food List contains the following updates:

How to Test Your pH

It's easy to get this wrong and doing so will put you back SO far! In this handy, quick and concise guide you will learn exactly how to do the pH test the RIGHT way.

30 New Foods Added

Based on your feedback I have added another THIRTY foods to the charts, including more fruits, vegetables, grains, packaged foods, fermented foods and lots more! The charts grow and grow!

The Alkaline/Acid Food Test!

An at-a-glance test to see whether a food is acid-forming or alkaline-forming - on the go, at a restaurant, at the grocery store - wherever you are! This is so easy to learn, anyone can do it!

The Philosophy Behind Our Food Chart

As you are probably aware, there are many different conflicting food charts available online. So before we start I want to clarify why how we have classified the foods contained within this list. I know it is quite confusing to see such differences in the charts. This amount of conflicting information is the main reason I set up Energise and I believe our chart (based on the research of the Alkaline Diet pioneer, Dr Young) is the most accurate.

The reason that other charts show such disparity is because they base their classifications on the readings for the Potential Renal Acid Load research (PRAL). This is not an accurate source for this purpose. The reason for this is, to test for PRAL they basically burn the food at an extreme temperature and then take a read of the 'ash' that is left behind and what its pH is.

While this does give a read of its alkalinity from the mineral content of the food, this is only half the picture. By burning it at such a high temperature they also burn away all of the most acid-causing content of the food, namely sugar. That is why on some charts high sugar fruits are listed as alkaline. Bananas for instance are high in the alkaline mineral potassium, BUT they are also 25% sugar which makes them very acidifying when we consume them.

So, basically, the main difference between the charts comes down to one simple thing:

Some charts determine acidity or alkalinity on the food before it is consumed & others (like mine) are more interested in the effect the food has on the body after it has been consumed.

Personally, I have no interest in what a food is before I've eaten it – I want to know whether it will alkalise or acidify my body. Make sense?

I hope this helps clear things up.

The At-A-Glance Acid/Alkaline Food List

EAT MORE

EAT LESS

CAN BE INCLUDED IN YOUR 20% ACID

Highly Alkaline

pH 9.5 alkaline water
 Himalayan salt
 Grasses
 Cucumber
 Kale
 Kelp
 Spinach (baby and grown)
 Parsley
 Broccoli
 Sprouts (soy, alfalfa etc)
 Sea Vegetables (Kelp)
 Green drinks
 All Sprouted Beans/
 Sprouts

Moderately Alkaline

Avocado
 Beetroot
 Basil
 Capsicum/Pepper
 Cabbage
 Celery
 Chives
 Collard/Spring Greens
 Coriander
 Endive
 Garlic
 Ginger
 Green Beans
 Lettuce
 Mustard Greens
 Okra
 Onion
 Radish
 Red Onion
 Rocket/Arugula
 Tomato
 Endive
 Chicory
 Snowpeas
 Lemon
 Lime
 Butter Beans
 Soy Beans
 White Haricot Beans
 Chia/Salba
 Quinoa

Mildly Alkaline

Artichokes
 Asparagus
 Brussels Sprouts
 Cauliflower
 Carrot
 Courgette/Zucchini
 Leeks
 New Baby Potatoes
 Peas
 Pumpkin
 Swede
 Squash (Butternut,
 Summer etc)
 Watercress
 Fennel
 Grapefruit
 Coconut (fresh, milk,
 water, cream, yoghurt)
 Pomegranate
 Rhubarb
 Buckwheat
 Lentils
 Tofu
 Goat & Almond Milk
 Herbs & Spices (Thyme,
 Mint, Ginger, Cumin etc.)
 Avocado Oil
 Olive Oil
 Coconut Oil
 Flax Oil/ Udo's Oil

Neutral/ Mildly Acidic

Black Beans
 Chickpeas/Garbanzos
 Kidney Beans & Other
 Beans
 Seitan
 Potatoes
 Cantaloupe
 Fresh Dates
 Nectarine
 Plum
 Sweet Cherry
 Watermelon
 Millet
 Oats/Oatmeal
 Spelt
 Soybeans
 Buckwheat Pasta
 Cous Cous
 Brown Rice
 Rice/Soy/Hemp Protein
 Freshwater Wild Fish
 Rice & Soy Milk
 Brazil Nuts
 Pecan Nuts
 Hazel Nuts
 Sunflower Oil
 Grapeseed Oil

Moderately Acidic

Fresh, Natural Juice
 Ketchup
 Mayonnaise
 Butter
 Apple
 Apricot
 Banana
 Blackberry
 Blueberry
 Cranberry
 Grapes
 Guava
 Mango
 Mangosteen
 Orange
 Peach
 Papaya
 Pineapple
 Strawberry
 Goat's Cheese
 Vegan Cheese
 Rye Bread
 Wheat
 Wholemeal Bread
 Wild Rice
 Wholemeal Pasta
 Ocean Fish

Highly Acidic

Alcohol
 Coffee & Black Tea
 Fruit Juice (Sweetened)
 Cocoa
 Honey
 Jam
 Jelly
 Mustard
 Miso
 Tempeh
 Rice Syrup
 Soy Sauce
 Vinegar
 Yeast
 Dried Fruit
 Beef
 Chicken
 Eggs
 Farmed Fish
 Pork
 Shellfish
 Cheese
 Dairy
 Artificial Sweeteners
 Syrup
 Mushroom

The Detailed List of Alkaline Foods

Eat these alkaline foods freely! Try to incorporate as many as you can into your daily diet...

Vegetables!

Asparagus	Coriander
Broccoli	Basil
Chilli	Brussels Sprouts
Capsicum/Pepper	Cauliflower
Courgette/Zucchini	Carrot
Dandelion	Beetroot
Snowpeas	Eggplant/Aubergine
Green Beans	Garlic
String Beans	Onion
Runner Beans	Parsley
Spinach	Celery
Kale	Cucumber
Wakame	Watercress
Kelp	Lettuce
Collards	Peas
Chives	Broad Beans
Endive	New Potato
Chard	Pumpkin
Cabbage	Radish
Sweet Potato	Squashes (Summer, Butternut etc)
Mint	Pumpkin
Ginger	Fresh Corn
Chicory	Leeks
Endive	Fennel

Fruit!

Avocado
Tomato
Lemon
Lime
Grapefruit
Fresh Coconut
Pomegranate

Nuts & Seeds!

Almonds
Coconut
Flax Seeds
Pumpkin Seeds
Sesame Seeds
Sunflower Seeds
Almond Butter

Grains & Beans!

Amaranth	Lima Beans
Buckwheat	Mung Beans
Chia/Salba	Pinto Beans
Kamut	Red Beans
Millet	Soy Beans
Quinoa	White Beans
Lentils	(note: beans are 'neutral but can be included)
Chickpeas	

Oils!

Avocado Oil
Coconut Oil
Flax Oil
Udo's Oil
Olive Oil

Grasses!

Wheatgrass
Barley Grass
Kamut Grass
Dog Grass
Shave Grass
Oat Grass

Other!

Alkaline Water
Tofu
Goat & Almond Milk
Herbal Tea
Buckwheat Pasta
Coconut Water, Cream, Milk and Yoghurt
Hummus

Sprouts!

Soy Sprouts	Kamut Sprouts
Alfalfa Sprouts	Mung Bean Sprouts
Amaranth Sprouts	Quinoa Sprouts
Broccoli Sprouts	Radish Sprouts
Fenugreek Sprouts	Spelt Sprouts

Breads!

Sprouted Bread
Sprouted Wraps
Gluten/Yeast
Free Breads & Wraps



The Detailed List of Acid Foods

Try to avoid these foods and drinks, and try to keep to a maximum of 20% of your diet

Meat!

Bacon	Oyster
Beef	Pork
Clams	Rabbit
Corned Beef	Sausage
Eggs	Scallops
Lamb	Shellfish
Lobster	Shrimp
Mussels	Tuna
Organ Meats	Turkey
Venison	Veal
Fish	

Fruit!

Apple
Apricot
Currants
Dates
Grapes
Mango
Peach
Pear
Prunes
Raisins
Raspberries
Strawberries
Tropical Fruits
Cantaloupe
Cranberries
Currants
Honeydew Melon
Orange
Pineapple
Plum
Figs

Drinks!

Alcohol
Black Tea
Coffee
Carbonated Water
Pasteurized Juice
Cocoa
Energy Drinks
Sports Drinks
Colas
Tap Water
Milk
Green Tea
Decaffeinated Drinks
Flavoured Water

Nuts & Seeds!

Cashews	Walnuts
Peanuts	Brazil Nuts
Pecans	Chestnuts
Pistachios	Hazelnuts
	Macadamia Nuts

Sauces!

Mayonnaise	Vinegar
Ketchup	Tabasco
Mustard	Tamari
Soy Sauce	Wasabi
Pickles	Vegetemite
Apple Cider Vinegar	Marmite

Dairy & Eggs!

Butter	Cottage Cheese
Cheese	Ice Cream
Milk	Sour Cream
Whey	Soy Cheese
Yogurt	Eggs

Sweeteners!

Artificial Sweeteners	Saccharine
Carob	Sucrose
Corn Syrup	Sucralose
Fructose	Honey
Processed Sugar	Maple Syrup

Oils!

Cooked Oil
Solid Oil (Margarine)
Oil Exposed to Heat,
Light or Air

Other!

Mushrooms	Drugs
Miso	Candy!
White Breads, Pastas, Rice & Noodles	Quorn
Chocolate	Tempeh
Chips	Miso
Pizza	Kombucha
Biscuits	Chlorella
Cigarettes	Spirulina



The Best of the Rest!

These are the foods you guys have emailed me asking for classification!

Other Alkaline Foods

Freshly made tahini
Fresh corn on the cob
Pomegranate
Figs
Almond butter (fresh)
Kohlrabi
Yam
Radish
Turnip
Sesame seeds
Artichoke
Rhubarb
Cayenne pepper
Sorrel
Red cabbage
Coconut Milk
Coconut Cream
Coconut Water
Coconut Flesh

Other Acidic Foods

Apple cider vinegar
Canned corn
Dark chocolate
Rye bread (but MUCH better than white)
Buttermilk
Paneer
Acai
Stored potatoes (any other than new)
Cottage cheese
Cottonseed oil
Rice bran oil
All vinegars
All mushrooms
All fruit juices
All meats
Kombucha
Miso
Kimchee
All other fermented foods



Is it Alkaline? The Easy Foolproof Test!

How would you love to be able to tell if a food is acid or alkaline forming just by looking at it. In the supermarket, grocery store, restaurants or when you're digging around in the fridge or pantry. In this short, but exciting guide I am going to show you how you can accurately decide if a food is alkaline-forming or acid-forming, with a quick test and a few simple questions.



Acid & Alkaline Foods - How Do You Know Which is Which?

In general there are two methodologies out there for determining the alkalinity or acidity of a foods and this is what the alkaline food charts (like mine here) are based upon. There is one KEY difference between these methods and to me it determines whether it is correct or not, and also explains the inconsistencies between lists.

Method One: PRAL



The Potential Renal Acid Load (PRAL) method is very accurate for many uses, but not the alkaline diet. This is the method used by 90% of alkaline food charts out there, but it is sadly misleading and can lead to errors being made by beginners.

The PRAL method measures the alkalinity or acidity of a food by burning it down to an ash residue and then measuring the pH of that ash.

This is all well and good, BUT - the burning burns away two of the biggest determinants of whether a food is alkaline-forming or acid-forming: yeast and (most importantly) sugar.

The KEY here is not whether a food is acid or alkaline. The key is whether the food is acid-forming or alkaline-forming to the body once consumed.

Understanding this key distinction will unlock everything I am about to teach you.

It also explains why lots of charts show fruit as alkaline forming (the PRAL method burns off all the sugar, the principle reason why fruit is acid forming) and other inconsistencies.

Method Two: The Effect on the Body

Principally, this approach (which my alkaline food chart is based on) comes from the founding work of the major researcher of the alkaline diet Dr. Robert Young. He has amassed a list of foods as acid-forming or alkaline-forming based upon the results from his blood work (and samples of over 150,000 live blood analysis tests).

This approach is then supplemented by common sense and the rules I'm about to teach you.



How To Instantly Tell if a Food is Acid or Alkaline Forming

This is really simple, but darn effective. There are two types of foods, broadly speaking: **Fresh** and **Packaged**. So you need to use your common sense and all the clues you have at your disposal to apply this test. But it's easier than it sounds.

Factors that Make a Food Alkaline

Is it Fresh? Fresh foods are always more alkaline forming - they have all nutrients still in tact and have not been made acidic through processing. This is especially true of foods containing oils, which become toxic with exposure to heat, light and air.

What is the Mineral Content? Alkaline foods are alkaline predominantly (almost entirely) because they contain a lot of alkaline minerals. The most alkaline minerals to look out for are calcium, magnesium, potassium, sodium bicarbonate, manganese, iron.

Is It Low in Sugar? Sugar is sugar and all sugar, no matter whether it's glucose, fructose, dextrose etc. is highly acid-forming to the body. Fruits contain high levels of fructose and so are acid forming and should be eaten in moderation.

Is it a Vegetable? Almost all vegetables are mildy-to-very alkaline forming.

Does it Have a High Water Content? High water content foods are generally more alkaline forming.

Is it Green? Green foods contain chlorophyll which is very alkaline forming



Factors that Make a Food Acidic

Does it Contain Sugar? Sugar is the biggest contributor to whether a food is acidic or alkaline. Avoid sugar as much as possible!

Does it Contain Yeast? Similar to sugar, yeast is next on the 'avoid' list - yeast based foods are always acidic.

Is it Fermented? Fermentation makes foods acidic. End of. Miso, tempeh, apple cider vinegar, kombucha etc. are all acid forming

Does it Contain Dairy? Dairy is next on the list! Avoid - acidic and mucous forming.

Is it Refined? The more 'prepared' and 'refined' a food is, the more likely it is to be acid forming. Aim for fresh wherever possible.



What This Means: Alkaline & Acid Foods Made Easy

With this methodology, you should now be able to self-select whenever you're on the go without your copy of my alkaline food chart handy, at a restaurant, eating out with friends and so on!

This should make your life a lot easier! Hope it helps!



Food pH Chart

The pH score given is an approximate relative potential of acidity (-) or alkalinity (+) within one ounce of food

Alkalising Foods/Drinks

	Relative pH
Cucumber	+31.5
Alfalfa Sprouts	+29.3
Soy Sprouts	+29.5
Avocado	+15.6
Tomato	+13.6
Summer Radish	+39.4
Kamut Grass	+27.6
Carrot	+9.5
Soy Beans (soaked)	+12.8
Soy Lecithin (pure)	+38
Cabbage	+14.1
Celery	+13.3
Garlic	+13.2
Spinach	+13.1
Watercress	+7.7
Leeks	+7.2
Courgette	+5.7
Fresh Soy Beans	+12
Tofu	+3.2
Lemons	+9.9
Limes	+8.2
Cucumber	+31.5
Wheatgrass	+33.8
Sprouted Radish Seeds	+28.4
Barley Grass	+28.1
Red Cabbage	+6.3
Almonds	+3.6
Olive Oil	+1
Flax Seed Oil	+3.5
Turnip	+8
Asparagus	+1.3
Onion	+3.0
Watermelon	-1.0

Relative pH



Acidifying Foods/Drinks

	Relative pH
Pork	-38.0
Veal	-35
Beef	-34.5
Chicken	-18
Eggs	-18
Hard Cheese	-18.1
Quark	-17.3
Cream	-3.9
White Bread	-10
Wholemeal Bread	-6.5
Rye Bread	-2.5
Pistachios	-16.6
Peanuts	-12.8
Cashews	-9.3
Margarine	-7.5
Corn Oil	-6.5
Butter	-3.9
Artificial Sweeteners	-26.5
Chocolate	-24.6
White Sugar	-17.6
Fructose	-9.5
Honey	-7.6
Ketchup	-12.4
Mayonnaise	-12.5
Mustard	-19.2
Soy Sauce	-26.2
Vinegar	-39.4
Liquor	-38.7
Wine	-16.4
Beer	-26.8
Coffee	-25.1
Fruit Juice (Natural)	-8.7
Fruit Juice (Processed)	-33.6
Tea (Black)	-27.1

*Source - Back to the House of Health (Redford-Young, S)

Lookouts & Top Tips

Tip #1 - Fruits

It might come as a surprise that fruits are considered to be acid-forming. This is purely because of their high sugar content, and so I strongly advise that you keep fruit to a minimum. However, you don't have to avoid it completely and a piece per day as part of a balanced diet is fine.

Tip #2 - I Thought It Was Acid?!

There are a few exceptions where intuition goes out of the window and the most obvious of these is lemons and limes being considered as alkaline. This is because they have a high alkaline mineral content and almost no sugar - so they have an alkaline effect on the body *after* they are consumed. The same goes for tomatoes.

Tip #3 - Soy & Soy Sauce

Soy sauce, miso, tamari and all other fermented foods are acid-forming. This does not apply to the unfermented versions however, and soy sauce & tofu as OK to consume as part of your 20% mildly acid foods.

Tip #4 - Tea & Coffee

Tea & coffee are, of course, acid-forming - so if you need to cut them from your diet look for substitutes. All herbal teas are alkaline (except for the very fruity ones and green tea, which contains nearly as much caffeine as coffee). Rooibos (Redbush) tea is a fantastic, anti-oxidant rich alternative to coffee and tea.

Tip #5 - Bread

Bread is a tough one for many people, who rely upon it as a quick, filling part of lunch and breakfast. Try sprouted breads, which are mildly alkaline. If these are hard to find go for wraps instead of sandwiches and look for yeast free/gluten free varieties.

Tip #6 - Hydration

Staying properly hydrated is probably the most important element of the alkaline diet. Not just any water will do! Tap water is actually mildly acidic in most areas with a low pH and traces of pesticides, heavy metals, fluoride and other nasties. Research the alkaline water options at energiseforlife.com - and take the time to look at the ionizers - nothing beats ionized, alkaline water.



How to Test your pH

Testing your saliva and urine pH is a great, cheap and easy way to measure your progress - but it has to be done right! Random testing throughout the day will only give you a measure of what you just ate or drank - it won't tell you how you're doing. To get an accurate test, follow these steps for my Ultimate Guide to pH Testing!

3 Steps to Testing Your pH

Step One: The Sunrise Saliva Test

As soon as you wake up, before anything else, test your pH of your saliva. Note the pH (colour and number on your pH strip) and write it down.

Important: do this before you put anything else in your mouth! Don't clean your teeth, drink, eat or anything else.

INTERPRETING STEP ONE RESULT

The saliva tells us how effective your body is at dealing with the acidic foods you may have eaten the day and night before, and the overall ability of the body to respond to your lifestyle. It shows us how well the salivary glands (as well as the stomach, pancreas, gallbladder and liver are performing in dealing with excess acidity from diet.

GOAL pH: you want this pH to be at least 7.0 and ideally above pH 7.2

Step Two: The Upon-Rising-Urine Test

Now it's time to test your urine and it's important this is your first pee of the day. This is the measure of your body's hard overnight work.

Again, note the colour and number on the pH strip and write it down.

INTERPRETING STEP TWO RESULT

The first urine of the day is the pee that has been stored in your bladder overnight and is a track record of the stored alkaline buffers you have that have been working while you sleep to neutralise the acids you've consumed and that your body has created overnight through bodily functions (such as metabolism).

GOAL pH: Your first urine should be at or above pH 7.0 If you are below pH 7.0 then you are low in alkaline buffers. If you are at pH 7.2 or above then you are doing great

Step Three: The Post-Hydration Test

Next you want to test your 2nd urine of the day. Do this before eating any food if possible. This will give you a different measure to the first urine. Note the colour and number.

INTERPRETING STEP THREE RESULT

Now that the first urine has washed through the stored, overnight urine that contained the results of your overnight acidity/buffering, your second urine should show an improvement on the first.

GOAL pH: Your second urine should definitely be higher than pH 7.2 If the pH is lower than 7.2 then you are in overly acidic. This is what Robert Young (pH Miracle) refers to as "a state of latent tissue acidosis". It means you are deficient in alkaline minerals.

This can also suggest your diet is too high in protein, especially animal proteins, which lead to an increase in acids including nitric, sulfuric, phosphoric and uric acid.



How to Test your pH

Repeat Steps 1 to 3 Daily for 30 Days. pH testing with strips/sticks does not give any meaningful result in isolation, as a one-off test. To get true, measurable and meaningful results you need to track changes over time.

Commit to testing every day or every other day for 30+ days and track your movements over time. Remember, getting and staying healthy is something for the long-term, not a quick fix!

How to Increase Your pH

If the pH of your saliva is consistently below 7.2 and the pH of the urine is consistently below pH 7.0 then you need to take steps to change this as soon as possible



Step One: Go Green



Try to consume at least five serves of green foods each day. Salads and green vegetables are highly alkaline and full of alkaline minerals. Try the green juice and smoothie recipes on my site at <http://www.energiseforlife.com/wordpress>

Step Two: Super Hydrate



Aim to drink at least 3-4 litres of filtered, alkaline water daily. This will do so much for your energy and skin and will massively support your body in getting rid of excess acidity.

Step Three: Get Oiled Up



Omega 3 oils are so critical, yet most of us are chronically deficient. Having sufficient omega 3 in your diet will buffer acids, promote cell health and alkalise your body quickly and for the long term.

Step Four: Re-Mineralise



The body needs alkaline minerals to buffer acids. While you will get lots of these from the alkaline foods you eat, it is smart to supplement with calcium, magnesium, potassium and sodium bicarbonate. These four alkaline minerals are incredibly effective in buffering acids and maintaining the alkaline design of the body.



Top Seven Alkaline Snacks

Warning: this list will probably make you laugh out loud if you are new to alkalising, but I swear on erm...Tottenham's chances of qualifying for the Champion's League (it is a big deal) – that the longer you alkalise the more these foods WILL feel like a treat to you.

It is a well known phenomenon that as you start alkalising your body, your tastes adjust. Personally, I literally cannot stand the thought of drinking a can of Coke now – so sugary sweet! On the flip-side of this, you begin to get more of a sweet sensation from subtle flavours such as peppers and carrots, which can only be a good thing.

So – here are my top 7 alkalising snacks:

1 - Jason Vale's Veggie Juice in a Bar: AT LAST! A tasty, healthy, alkaline snack bar! We've been waiting YEARS for something like this to come along and at last our prayers have been answered. Jason's Veggie Juice in a Bar is a 100% raw, 100% organic snack that contains no artificial stuff or sugars.

They taste absolutely fantastic – they are a legitimate, tasty, healthy snack!

No more wondering what to snack on or going hungry when you're on the go! THANK YOU JASON!

2 - Dr Martin's Coco Juice: This drink is like a snack in a pouch! Made only from organic, young green coconut water, Dr Martin's Coco Juice is a nutritional powerhouse that replenishes, alkalises and keeps you going. It can be used either as a natural isotonic energy drink, perfect as a sports energy drink or general everyday booster or as a wonderfully alkaline base to smoothies, juices and more!

Rich in bioavailable vitamins, minerals, amino acids and living enzymes, Dr Martins Organic Young Green Coconut Water is naturally low in calories, virtually fat free and cholesterol free. And it tastes awesome. And it reminds me of happy days.

3 - Almonds: packed full of protein, fibre, calcium, magnesium, potassium (yes, 3 of the 4 most alkaline minerals) vitamin E and other antioxidants and phytochemicals – and unsaturated fat. If possible, remember to soak your almonds overnight in order to increase the potential for the body to digest the nutrients and goodness.

4 - Sprouts: these are one of the most alkalising, nutritious and easily accessible foods known to man. Being rich in vitamins, minerals, proteins and enzymes, they can be grown easily in four to six days and require no effort and very little cost. Crunchy, raw and delicious!

5 - Raw Carrots: shredded, sticks, chunks or just peeled – carrot offers a sweet, water-rich, nutrient dense snack that is packed full of vitamin A, C, K and B1, B3 and B6, fibre, magnesium, potassium and folate. Bonza

6 - Seed Mix: get a mixture of pumpkin, sesame, sunflower and flax. This will give you a filling snack, plus a range of minerals, proteins and essential fatty acids. What more could you ask for?

7 - Raw Soups: make yourself a giant batch and then eat/drink as much as you like, whenever you are hungry, tired or bored! The raw alkalising soups will give your body a HUGE boost of nutrients in a form that the body can easily assimilate, meaning that it will require absolutely no energy to digest. This is a real body booster.



Top Alkaline Lunchbox Ideas

Your Lunch Box Is: 2x Alkaline Wraps, 2 handfuls of nuts and seeds, a piece of fruit, 1/2 a stuffed avocado and 300ml of alkaline smoothie. Sounds great!

Tip #1 - Wraps Are SO Easy

When people first start alkalising they realise breads are pretty much out...and then opt for salads. This is a great move, BUT it can get boring and you can find yourself giving up because you crave breads and sometimes salad alone just doesn't do it. The solution? WRAPS. Sprouted wraps are best, but if you can't get them then gluten-free wraps are fine (and usually easy to find). Simply fill the wrap with salad and hummous or tahini and enjoy. Feel free to make them MASSIVE as it's all alkaline goodness inside.

Extra Tip: spread the hummous onto the wrap and then sprinkle seeds onto this - that way the seeds stick and don't fall out everywhere when you eat it!

Tip #2 - Nuts & Seeds ARE Filling

When people think of snacking on nuts and seeds they don't really see it as a legitimate snack, or something that can actually fill you up. This just isn't true. Eat more, eat a variety! I like a mix of almonds, sunflower seeds, flax seeds, pumpkin seeds and sesame seeds with a few naughty nuts thrown in like macademias and walnuts. A few decent handfuls of this definitely wipes out any hunger between meals and gives you an awesome dose of omegas.

Tip #3 - A 'little' Fruit Is OK

You can eat a little fruit - one portion a day is absolutely fine and won't have your pH nose-diving any time soon. My top picks to AVOID are still banana and pineapple as these are basically pure sugar, and in the case of banana - devoid of water.

Go for berries, watermelon, grapefruit and at a push mangoes and plums. These are 'lower' in sugar and higher in water content.

Tip #4 - Avo Goes a LONG Way

Half an avocado can be a lunchbox treat and savior. So easy to prepare, all I do is scoop out half an avo, mix with a few chopped cherry tomatoes, sprinkle in some sesame seeds and squeeze a little fresh lemon in and then pack back into the avo shell and wrap it up and put it in my lunchbox. Filling & tasty!

Tip #6 - Pack a Smoothie

So few people think of this but it's great - when you make your morning smoothie (or juice) just make extra and take some with you!



Alkalising Chilli Spring Greens

This is a fabulous and highly alkalising recipe



Serves:

2 as a main dish

4 as a side dish

Preparation Time: 30 Minutes

Ingredients:

500g Spring greens leaves, finely chopped

2 tbs grapeseed or rapeseed oil

6 tbs water or yeast-free vegetable stock

1-2 garlic cloves, finely chopped

1 large or 2 medium onions, thinly sliced

1 fresh red chilli, seeded and finely sliced

Juice of 1 fresh lemon

Himalayan Crystal Salt or celtic sea salt

Freshly ground black pepper

Optional: Brown basmati rice, cooked as per instructions

Instructions:

- 1** Cook the spring greens in the stock or water in a large frying pan over medium heat, covered, for about 5 minutes.
- 2** In another frying pan, heat the oil over a medium heat and gently fry the onion, garlic and chilli for about 3-4 minutes.
- 3** Add these to the spring greens, then cover and steam for about 10 minutes. Season to taste with salt and pepper, add the lemon juice and serve.



Coconut Quinoa and Sweet Potato Curry

This one is a WINNER!



Serves: 4-5

Preparation Time: 30 Minutes

Ingredients:

1 can chickpeas drained
1/2 cup dry quinoa
1 medium-large sweet potato, peeled and cubed
1/2 medium onion, chopped
2 to 3 cloves garlic, minced
2 to 3 tablespoons coconut oil
1 teaspoon coriander, cumin and tumeric
3/4 teaspoon garlic powder
1/2 teaspoon cayenne
1/8 teaspoon cardamon
1/8 teaspoon ginger
salt, to taste
pepper to taste
1 can coconut milk

Instructions:

- 1** Prepare quinoa, chickpeas, and sweet potatoes. In a saucepan, add chickpeas, quinoa and 300ml of water. Heat over medium-high heat to bring chickpea liquid to a boil. Cover with a tight-fitting lid and reduce heat; simmer for 15 minutes, or until quinoa and chickpeas have softened. Now steam the sweet potato until it is tender (about 15 mins).
- 2** In a skillet/pan, heat coconut oil over medium heat. Add onion and garlic and saute until the onion is translucent. Add all of the spices (coriander, cumin, turmeric, garlic powder, cayenne pepper, cardamon, ginger, salt, and pepper).
- 3** Add the chickpea-quinoa-sweet potato mixture to the skillet. Add coconut milk and mix well and allow to boil over high heat. Reduce to low heat, cover, and simmer for 10 to 15 minutes, stirring every few minutes, until the milk has condensed into a nice curry.



'Creamy' Brussels Sprouts

This 'creamy' recipe is alkaline, energising and deeeee-licious.



Serves: 1

Preparation Time: 30 Minutes

Ingredients:

5-10 Brussels sprouts, halved

1 tablespoon coconut oil

1-2 tablespoons tahini

1-2 teaspoons Bragg (or tamari)

1-2 tablespoons toasted sesame seeds

Instructions:

- 1** Steam the Brussels for about 8-10 minutes until they're just softening, but not going mushy or losing their colour.
- 2** Drain water off, add oil and place into a pan and saute until golden brown. Meanwhile, in a bowl, mix tahini and Bragg (or tamari). If mixture gets really thick, add a little water.
- 3** Once sprouts are done sauteing, pull off heat and add the tahini/tamari mixture and mix until all sprouts are coated. This should not be anything near 'soupy'. If it's a bit watery, get it back on the heat until it reduces and thickens up.
- 4** Once all sprouts are coated, pour onto plate/bowl and generously sprinkle with the sesame seeds.



Alkaline Sushi Recipe

Here are my Alkaline Sushi rolls! With just a few tweaks sushi gets the alkaline makeover



Serves: 4

Preparation Time: 30 Minutes

Ingredients:

215g (1 cup) brown rice

4 nori sheets

1 ripe avocado, peeled, mashed

1/2 cucumber, cut into thin strips

1/2 red capsicum, deseeded, cut into thin strips

1/3 cup coarsely grated carrot

Bragg Liquid Aminos

Optional: fresh red chilli or dried chilli flakes

Optional: firm tofu

Instructions:

- 1** Cook the brown rice according to the packet instructions and then place in a large bowl. Using a fork, mash in 1/4 of an avocado with the rice to give it that traditional 'sticky' feel of Japanese sushi rice. This way is much more alkaline!
- 2** Slice all of the vegetables, and if you're using tofu too, quickly fry this in coconut oil and a little Bragg Liquid Aminos (soy sauce replacement)
- 3** Place a nori sheet, shiny-side down, on a clean surface. Use wet hands to spread one-quarter of the rice mixture over half the nori sheet, leaving a 2cm-wide border along the edge closest to you. Spread about a quarter of the remaining avocado across the centre of the rice. Arrange one-quarter of the capsicum and cucumber across the avocado and top with one-quarter of the grated carrot. If you're using the tofu, place this in here now too.
- 4** Roll up firmly to enclose filling. Brush edge of nori with warm water to seal. Repeat with remaining nori, rice, avocado, capsicum, cucumber and carrot. Set rolls aside, seam-side down, for 5 minutes to rest. Cut each roll into 6 pieces. Serve with Bragg and optional chilli!



Soba Pasta Pesto Pine Extravaganza!

Combined with fresh, raw pesto, uncooked oil and pine nuts, this meal is a great transition recipe.



Serves: 2

Preparation Time: 30 Minutes

Ingredients:

1 pack of soba noodles (make the noodles just 20% of your plate)

250g pine nuts (pref organic)

1 cup of cold-pressed olive oil, flax oil or Udo's Choice

1 bunch of basil, plus parsley and coriander to taste

Himalayan Crystal Salt

Freshly ground pepper

Optional: extra veggies, steamed such as zucchini, broccoli, tomato (raw), rocket, peas etc...or serve with a big side salad of rocket.

Instructions:

- 1** Cook the soba noodles as per instructions on the packet. Remember to keep the noodles to 20% of the plate.
- 2** Give the herbs a good wash (basil, coriander and parsley) and blend these up with the pine nuts and a tiny amount of oil to get it going. Once these are blended, toss in the rest of the ingredients and blend until you get a creamy sauce.
- 3** At this stage if you're going to have with other veggies or a salad, prepare this now.
- 4** Once the veggies are ready and the noodles are cooked, I like to toss together with the pesto in a saucepan to warm gently. Season with salt and pepper and you're ready to go!



The Alkaline Diet Recipe Book (Volume II)

More Energy, Perfect Digestion, No More Candida, No More Reflux, and Your Perfect Body and Ideal Weight... So Easily!

“ It's like I've found the instruction manual for my body. **I've lost 30kg since May 2012** (five months) and I've got more energy, I'm happier and more confident. **I love how good the food tastes** and the variety your recipes bring. Your recipes have **increased my health and energy massively.**”

Daniel Stone, Australia
Alkaline Diet Recipe Book Owner



What if the alkaline diet was finally easy to stick to?

What if you could get easily get results like Daniel's, above, or Genevieve who after many years of frustration now has NO acid reflux within a few weeks of cooking with my recipes and has lost 20kg, or Heather who now no longer has digestive issues, catarrh, psoriasis, no more joint pain and has lost 7kg along the way?

Now this is all possible, and so easy, with the release of my Alkaline Diet Recipe Book Volume II

Click here to go to www.alkalinedietmadeeasy.com to find out more!

Ingredients and chop to size to fit your list, rather than all of one ingredient so all of the ingredients are gone, in juicer (if your juicer allows this) to.	Nutritional Highlights: This recipe is beneficial for: Heart Health Acne Digestion IBS Candida
	Each serve contains the following RDA %'s:
	Protein 10%
	Vitamin A 322%
	Vitamin C 114%
	Vitamin E 10%
	Vitamin K 624%
	Riboflavin 11%
	Vitamin B6 12%
	Folate 57%
	Calcium 10%
	Iron 15%
	Magnesium 20%
	Potassium 24%
	Manganese 58%
	Dietary Fibre 11%

Every recipe has a nutritional panel breakdown so you know exactly how healthy it is!