

The Definitive Acid & Alkaline Food Charts

427 foods classified PLUS the full guide to getting
alkaline & living an energized life...the easy way

Ross Bridgeford





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congratulations & thank you!

I'm so thrilled you've downloaded my Acid/Alkaline Food Charts and started on this journey with me.

I'm full of gratitude that you have chosen to invest your time into me and this guide. Time is precious, and I don't take that lightly. I am incredibly passionate about teaching this and I want to help you in every way I can. I know that it can change your health and life forever, and I want to thank you for putting your faith in me as your teacher. Together we're going to get you some incredible results.

Before we dig in, right away I want you to know a few things:

- 1** there is nothing for sale in this guide - this is just a gift from me to you – I want you to relax and learn and get some amazing results for your body...asap!
- 2** everything you're going to learn from me is about making it easy, enjoyable, fun and delicious
- 3** I'm not into 'no-pain-no-gain', hard slog, restricting, depriving and feeling like you're 'on a diet' for the rest of your life
- 4** amazing results can be so effortless and I'll show you how - starting today with this guide
- 5** I want you to fall back in love with your body, feel connected to it and on the same team – all we need to do is give your body the tools and it will sing for you

[Note: you might be getting the drift, but **this is more than just a food chart**]

In this guide you will of course get your full Acid/Alkaline Food Charts – there are over 400 foods listed and categorised in that, and you'll get a printable 1-page chart too – BUT...

You'll also, in the next few pages, get my guide to understanding the alkaline diet (lifestyle) the way I teach it, the research-based, science-based FACTS about the alkaline diet and the first steps to getting you started on your journey.

I have absolute certainty that when you apply the alkaline approach it works – abundantly and quickly – and I am also absolutely certain I can get results for you.

I've worked with tens of thousands of people over the last 15 years and right now, the 2,000 members of my hands-on alkaline coaching group (NAME HERE) are thriving and loving living alkaline. I have the proof and the certainty I will make it work for you and change your health forever.

So as you go through this guide, and study your food charts, remember – this path has been walked by thousands upon thousands before you – with all different challenges, goals, life situations and backgrounds – and it always gets results.

You're in the right place, and I can't wait to be your coach and take you to the next level too. Whether that's as a subscriber to my newsletter or as a client on one of my programs or indeed my NAME group – I know we're about to have an amazing journey together.

Let's do this – here's to certainty

Ross

Who is Ross Bridgeford and Why Should You Listen to Me?

Hey, my name is Ross Bridgeford and I am so glad we've found each other. I am absolutely certain that the information, guidance and tools I'm going to share with you in this guide and over the next few weeks has the power to change your life.

I am certain because I have coached tens of thousands of people over the past fifteen years to their biggest health goals – a level of health and energy that is simply wonderful – and I know how to make it happen.

But more than that, I know how to make it happen in a way that is fun, easy, effortless, achievable and sustainable.

I'm not interested in getting results for you for just a few days or a few weeks – I want to give you the practical, do-able skills and tools to make this an effortless lifestyle.

Being healthy and energised is how we are meant to live and feel. It's not supposed to be a battle or hard work, or like you have to be on a 'diet' for the rest of your life. Yuk. That's not what I am about and I am definitely not interested in confining you to a life of 'dieting'.

My approach is rooted in the science of the alkaline balance in your body, the balance your body needs. And there is extensive science, research and studies that validate this - but the real world application of this is that I am guiding and coaching you to simply give your body the tools it needs to thrive.

I believe your body is amazing – you are amazing – and your job is to simply give your body what it needs so that it can repair, rebuild, nourish and thrive.

Your body knows what to do – it just needs our helping hand to give it what it needs to be amazing.

My approach to coaching you to your best ever health can be defined by three core pillars:

- 1 when you nourish your body with the right tools, it thrives
- 2 everything your body needs is found in nature, we don't need 'magic bullets', pills, potions or a \$500-a-month supplement bill - real, whole, nourishing foods will get you there
- 3 the journey to your best ever health should be effortless, enjoyable and delicious

As we get to know each other, I hope you discover that I am a man of my word – I am going to make this **easy, delicious and effortless for you!**

Why I Do What I Do and Why I am So Passionate About It!

When most people see how much training and information I happily give away for free (there are over 500+ guides on my site and over 200+ alkaline recipes) - the kind of information most people are charging a fortune for – they're shocked.

They always ask me why.

The answer is simple: this is my passion.

My Mission: to end every preventable 'lifestyle' disease in the World.

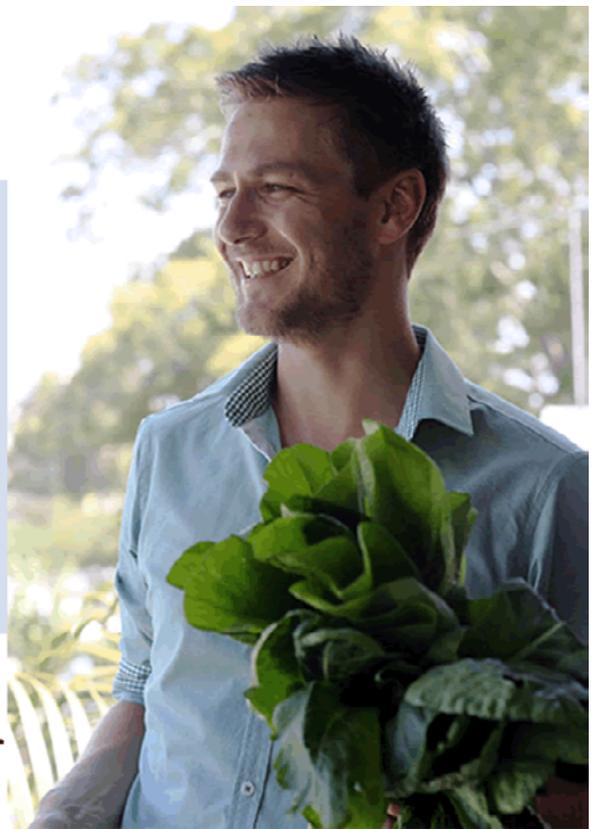
Almost every cancer, heart disease, stroke, type 2 diabetes and more, every single case that is a result of lifestyle can be prevented, and I am on a mission to prevent it.

It's a big goal...*but it's my mission and my purpose.*

MY MISSION :

To prevent every non-communicable 'lifestyle' death in the World.

Ross Bridgeford



I started out simply wanting to help people get healthy, get more energy, lose some weight...But I quickly realised the power of what I am teaching went well beyond that.

I also realised that I have a real skill in being able to translate all of the complex health information out there and make it doable, achievable, to give people momentum and to make it easy.

I had to take it further. Not long after I started coaching (I started out on this journey by running an alkaline supplement site, but soon found my real calling was coaching), I started getting emails from people sharing their results with me.

This blew me away. At first it was one every few months, then every month, then every week and now it's practically daily. I love it. What more motivation do I need?

What really shocked me was the scale of the results – brain tumours disappearing, arthritis, lupus, chronic fatigue, type 2 diabetes – all disappearing... and of course, lots of weight lost, energy gained, and joy returned.

The work I was doing was changing lives – and it was rippling out. People were starting to tell me their results were inspiring their family, their friends, co-workers and people at their church, in their community and more. Doctors, nutritionists, dieticians and more were referring their patients and clients to my site.

This thing was starting to make a real impact.

I realised I had to play a bigger game.

I know I can't do it alone (more on this another day), but I know I can move closer this goal by helping you achieve YOUR health goals – right now, starting today.

To Put an End to Preventable Disease Is a Big Goal...But...

I know my mission is big. But these non-communicable diseases such as heart disease, cancer and diabetes, which now account for 90 per cent of deaths each year, are needless, preventable and have to be stopped.

Listen, I want you to know this right now: we CAN reverse practically every health condition we face, even the most dangerous.

Research has shown that many of the most widespread and threatening diseases are preventable through diet and lifestyle choices, according to research collected by the Centers for Disease Control, Harvard University and the Alzheimer's Association, to name a few:

- Cancer: Between up to 95% preventable through diet
- Type 2 diabetes: 90% preventable through diet
- Heart Disease: 82% preventable through diet
- Stroke: 80% preventable at least through diet
- Alzheimer's: up to 99% preventable through diet
(references cited at the back of this guide)

I've experienced first hand, on too many occasions, the pain and suffering these diseases can cause. And they can be stopped. And we can stop them.

Your health and your future are in your hands. No matter what your situation is right now, you can change and, quite rapidly, turn your health around and get to the energy, vitality and body of your dreams.

And I would love to be your coach, starting today. We've just got to get started – and once we're moving, it's my job to keep you moving. You just need to take the first step with me.

What is the Alkaline Diet & WHY 'Go Alkaline'?

Over the next few days and weeks I'm going to be giving you the EXACT STEPS to get started and most importantly to make it easy and build momentum. You'll get the training you need to get consistent, build some simple, new healthy habits and you will rapidly get results.

But first things first – you need to know exactly WHAT the alkaline diet is, how it works and WHY it works!

I am guessing you're here because you want a higher level of health, you want more and you are looking for a roadmap, a plan, a strategy that's going to help you to get there. And I have committed my life to helping as many people as possible achieve that, folks just like you – and my goal is to make it as achievable as I possibly can for you.

Now, I don't know you personally (yet), but if you're anything like me, when it comes to your health:

- You're sick and tired of conflicting information
- Fed up with everything seeming so complex and impossible to stick to
- You don't have hours and hours to spend crafting in the kitchen – you need things to be quick and easy
- You don't want to keep having to wonder 'what's for dinner (or breakfast... lunch...or snacks)
- And not prepared to give up everything and be 'perfect' or 'on a diet' for the rest of your life

I'm here to tell you know that isn't how it needs to be!

I've spent the last (almost) fifteen years teaching tens of thousands of people how to get to their dream health and energy AND find it easy and fun, AND not have to give up everything, AND still have treats, nights out, blow outs and have an enjoyable social life...

All while rapidly reaching their health goals, skyrocketing their energy and getting an incredible level of mental clarity and vitality.

My Alkaline Diet Plan: How It Is Going to Happen for You!

If you answered a resounding YES to being sick of ‘conflicting information’ then I am sure you’ve probably already read a few guides to the alkaline diet that seem to be discussing completely different topics.

It’s frustrating, because following the alkaline protocol is the fastest and most powerful way to completely reset your health – but it is without question the most misunderstood. And as with anything, when it’s misunderstood it will likely lead to poor results and frustration. Let’s put an end to that.

Because when I explain it properly to people, not only is there a great big ‘a-ha’ but the results almost always start to flow right away.

The alkaline diet is based on scientific data and research (I only EVER suggest things to you that have already been rigorously studied and proven), AND it’s super intuitive and common sense. I love it.

So let’s get into it and cover the basics of what the alkaline diet actually is!

What is the Alkaline Diet?

The alkaline diet is an approach to health that focuses the majority of your foods and drinks on those that will have an alkaline-forming effect on your body, supporting the body to maintain it’s delicate pH balance, while limiting those that will have an acid-forming effect on the body (note the word “forming”, this is important and we’ll get onto why in a minute).

The ‘alkaline diet’ is as simple as that – eat mostly alkaline-forming foods, don’t eat too many acid-forming foods.

Don’t get bogged down in the detail right now – that’s all you need to know and that’s why my food chart is so important – so you can start adding in more alkaline and reducing your acidic.

Importantly - don't strive too much for perfection, go easy on yourself, and take it one step, and one day at a time – it's actually less of a diet and more of a lifestyle, the Alkaline Lifestyle if you will.

THE ALKALINE DIET IN A NUTSHELL!

Focus your diet on eating lots of alkaline-forming foods: leafy greens, fresh foods, veggies, salads, healthy oils, nuts, seeds and proper hydration, while limiting acid-forming foods such as processed foods, junk foods, sugar, gluten-containing grains, excessive dairy & meat, alcohol, fast-food and so on. It is as simple as this, and this is why, once you've learned the acid and alkaline foods, I'll focus on teaching you HOW to do it!

CASE STUDY: Juanita Butler



I started with Ross because I was diagnosed with lupus. The doctor told me there was no cure, that it would be an ongoing disorder that would affect the rest of my life.

Steroids every day, pain every day, going into hospital for three to five days because the pain would be unbearable. That would be your existence.

At one point, I was having to take so many steroids, it felt like my body just shut down. I couldn't walk properly. My head was dizzy, I couldn't focus. I couldn't do my job. I was all over the place. I did not want to accept that this was it. If I did, it would have felt like my life was done.

I was sure there would be an answer with food and nutrition and I just loved what Ross had to say. He made it sound so easy and the way he described his approach just made sense.

After a very bad day, I said, "That's it." I went straight to Ross and started his plan. And before I knew it, everything just went away. **I was pain free!** Just that speaks for itself! The flare-ups were no longer happening and all of my inflammation has gone, too. I had so much inflammation and pain in my legs, they were always be swollen. Well, that went down, too.

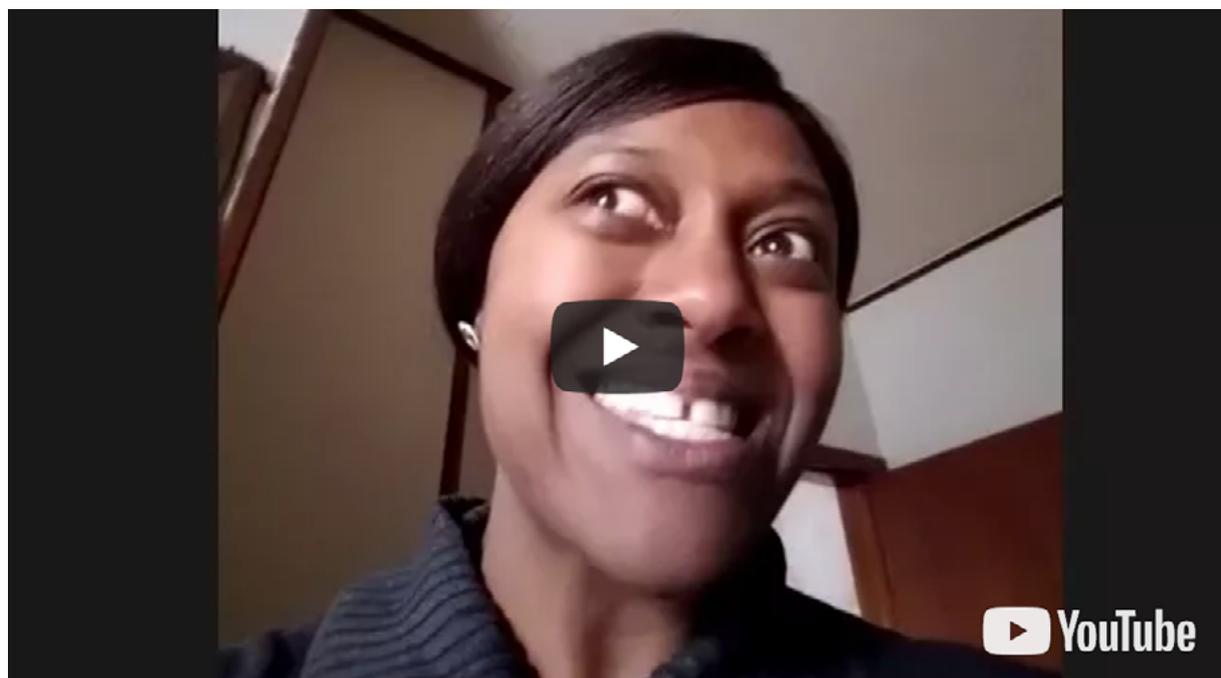
The doctors told me that I'd never have another day of pain-free living, but I've proved them wrong. By going alkaline with Ross, I can tell you, I have now had a LOT of pain free days in a row!

So this WORKS! After no time, I realized how much weight was just dropping off me. I weighed myself after thirty days and I had lost over 20lbs! People think I'm younger than I am now, too, so it's just awesome!

My future is now looking very bright. From being in pain every day and on horrendous amounts of steroids to being pain free, medication free, lighter, more energized and feeling great.

The alkaline way is it for me. I'm never going back to that old way of living.

[Watch Juanita's full story here and see more case studies for Ross' coaching](#)



Why an Alkaline Lifestyle?

It's important for you to know WHY we're focusing on alkaline. So to keep this simple and not too science-y (references are all at the back of this guide if you want to explore the science too) – we need to eat more alkaline-forming foods than acid-forming foods (and drinks) because:

The body HAS to maintain the pH of the blood and other extracellular fluids at a slightly alkaline pH of 7.365 – when this pH deviates, it causes incredible stress within the body and the damage is far-reaching and long-term.

Nobody disagrees with this and it is an accepted truth in the scientific community. There are literally hundreds, if not thousands, of studies out there that prove this (again, references at the back of this guide).

So your body HAS to and WILL maintain this pH at 7.365 at all costs. Your body will literally do whatever it takes to maintain this balance. If your blood drops below this level of 7.365 your kidneys shut down and you die, pretty quickly. It's

that critical, and your body will always keep your pH there – at 7.365.

I hear you say: “Hmmm. Interesting. If your body will maintain this pH for you, then why should you worry about eating alkaline? I mean, if your body stays in pH balance no matter what you eat then why worry about it?”

I hear you. Totally get it. This is an intuitive, natural question – so let me explain. When we eat, drink and live in a way that pushes that pH down, your body will regulate the pH back to 7.365 – and your body will do whatever it takes to do so.

But this comes at a cost.

When your body has to work to bring your pH back up from acidic to alkaline it causes incredible stress in the body.

Recent research has shown (and this is just scratching the surface) that when we go into what the scientific community calls ‘diet-induced acidosis’ we dramatically increase our risk of:

- Cancer
- Type 2 diabetes and insulin resistance
- Adrenal fatigue
- Kidney disease
- Liver disease
- Rheumatoid arthritis
- Thyroid disorders
- Osteoporosis
- Weight gain
- Muscle loss
- Heart disease and other CVD
- Reflux & GERD
- And so much more ...

Again, your body will sacrifice your long-term health to keep you alive in the short term – it will do things to maintain this pH balance even if, long-term they will slowly damage your body.

And here's where the problem of an acidic diet comes in (or the benefits of an alkaline diet) – *your body having to correct this pH and neutralise the acidity is hugely stressful.*

It puts your body into a state of emergency. But the body will always choose to do whatever it takes to keep your pH from falling too far, no matter what the long-term damage of this will be.

The damage caused by being chronically in this state of emergency (i.e. by constantly eating and drinking acid-forming foods and drinks), forcing your body to raise your pH back up from acidic to mildly alkaline, is huge, far reaching and touches practically every organ, gland, and cell in your body – from your brain to your bones, and from your lymph to your lungs – they are all at risk of damage when we are in a chronically acidic state.

The medical research community refer to this as 'diet-induced acidosis' or 'diet net acid load', where we eat a diet that is loaded towards acid-forming rather than alkaline-forming foods.

And here is the CORE TRUTH OF THE ALKALINE DIET:

The goal of the alkaline diet is NOT to make your body 'more alkaline'. The goal of the alkaline diet is to give your body all of the tools it needs to it can effortlessly MAINTAIN your pH at 7.365.

Read that again – it's essential you fully understand this – the alkaline diet isn't aiming to make your body 'more alkaline', we are just aiming to eat more of the foods and drinks that enable the body to stress-free, effortlessly maintain this critical pH balance – and LESS of the foods that are acid-forming and that cause it stress.

The Alkaline Diet 'Myth'?

As you do more research and reading, I am certain you'll come across those who say that the alkaline diet is a 'myth' or 'pointless', but the reason why they are saying this is based on the actual truth of:

You can't change your pH!

100% true. If we were saying this then I'd understand those criticisms, the people out there (usually doctors with zero nutritional training) who say 'the alkaline diet is not valid because you can't change your pH' – and again, this is absolutely correct.

The goal is not to change our pH – it's to give the body the tools it needs so it can maintain its pH balance effortlessly. Because, again when we give the body the right tools, it thrives.

When you explain to these critics that we're not actually trying to change our pH, we're just supporting our body to do so, they usually go quiet.

They also go quiet when you explain that 'going alkaline' means eating tons of fresh, healthy foods and eliminating junk foods. How can you argue with that?

If you simply focus 70-80% of your diet on these alkaline-forming foods and minimise the consumption of the acid-forming foods your body will effortlessly be able to maintain its pH, will be able to remove and prevent inflammation, will maintain its delicate gut bacteria balance, will have well balanced hormones and an efficient endocrine system, your liver and kidneys will be rejuvenated with such little toxins to filter and you, as a result of this, will be energized, healthy and thriving.

Case Studies from Ross' Students



“ I started on the alkaline journey with you because of a brain tumor diagnosis in 2015.

Since then the tumor has disappeared and I have lost around 50lbs (23kg) and cholesterol, triglycerides and glucose are all at healthy levels.

Your coaching has brought me more energy without the need for coffee and I highly recommend it. I feel better than I've ever felt.

Thanks again for the amazing lifestyle you've introduced me to. You may very well have saved my life! ”

Ali Sharifi, USA



“ I honestly feel fabulous. I've lost 21.1kg (46lbs) the majority of that since the Cleanse. I have gone down 3 dress sizes and I've completely changed the way I eat. It's amazing how good I am feeling and how much healthier I am looking ”

Cali Marsh, Australia

[See more case studies at https://bit.ly/studentsofross](https://bit.ly/studentsofross)

Free Training

14-Days to Alkaline

Step-by-step advanced training from Ross, teaching you exactly how to get instant results from the alkaline diet, and make it easy and enjoyable to stick to for life.

Claim my free spot now

On This Free Training You Will Learn:

- ✔ What to eat and drink to put your body into a peak, alkaline state
- ✔ How to get alkaline and thriving without giving anything up (i.e. the easiest way to huge results)
- ✔ How to master the (fast) alkaline breakfast to energize your body and set your day up for success
- ✔ How to double, or triple, your energy, naturally and all day long (say goodbye to the post-lunch energy dips)
- ✔ How to get your husband/wife/kids to join you (and be supportive!) without them realising!
- ✔ PLUS: your 14-day alkaline diet plan to put everything on autopilot

In this 60-minute free-training webinar, Ross will guide you through everything you need to know to get started on the alkaline diet and make it achievable and easy to stick to.

Claim my free spot now

The Definitive Acid/Alkaline Food Charts



This is the definitive list of alkaline foods

In this section we get to the core of it all: the foods that are alkaline and the foods that are acid. In the first section I explain in more detail why alkaline food charts are often different and conflicting, and who you should trust (and why).

Then you'll find my printable, stick-on-your-fridge-able 'At a Glance' alkaline food chart. This is a great quick reference chart.

Then on the pages that follow you will see the complete breakdown of practically every common food ranked from very alkaline - thru neutral - thru to very acidic.

This is your ultimate alkaline diet companion.

If there are any foods I've missed, feel free to let me or the team know!

Is it alkaline? Who do you trust?

When you're first starting the alkaline diet, one of the most frustrating things is seeing such inconsistencies between the food charts that are out there on the internet. I want to clear this up for you, once and for all, right now!

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 (see my Biggest Alkaline Diet Mistakes post here).

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.

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 Robert Young. He has amassed a list of foods as acid-forming or alkaline-forming based upon the results

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.

Ahh – did you see the distinction there?

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.

from his blood work (and samples of over 40,000 live blood analysis tests).

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

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...

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

This is really simple, but darn effective.

There are two types of foods, broadly speaking:

1. Fresh
2. 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 Contribute To a Food Being Alkaline:

If a food has two or three of these boxes ticked, it's probably 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

And if a food has ANY of these boxes ticked, it's most likely 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.
- **Does it Contain Gluten:** gluten is one of the most inflammatory, acidifying substances known to man. Avoid gluten-containing foods as much as possible.

What This Means: Alkaline & Acid 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!

The At-A-Glance Acid/Alkaline Food List

EAT MORE

EAT LESS

CAN BE INCLUDED IN YOUR 20% ACID

Highly Alkaline

Greens such as:
Spinach, Kale,
Arugula, Watercress,
Chinese Greens,
Lettuce, Beet Greens
Herbs including:
Basil, Coriander
(Cilantro), Parsley
etc.
Cucumber
Avocado
Capsicum (Bell
Pepper)
Celery
Sea Veg i.e. Kelp
Broccoli
Sprouts
Himalayan Salt
Coconut Oil
Flax Seeds/Oil
Grasses such as:
Wheatgrass, Barley
Grass etc.

Moderately Alkaline

Almonds
Beetroot
Cabbage
Carrots
Chives
Endive
Garlic
Ginger
Turmeric
Coconut Milk &
Coconut Cream
Chia Seeds
Quinoa
Onion
Radish
Red Onion
Tomato
Chicory
Snowpeas
Lemon
Lime
Beans Including:
White Beans, Kidney
Beans, Chickpeas,
Lentils etc.

Mildly Alkaline

Artichokes
Asparagus
Brussels Sprouts
Cauliflower
Courgette/Zucchini
Leeks
New Baby Potatoes
Peas
Pumpkin
Swede
Squash (Butternut,
Summer etc)
Fennel
Grapefruit
Pomegranate
Rhubarb
Buckwheat
Tofu
Nut Milk (ie Almond)
Other Herbs &
Spices (Thyme,
Mint, etc.)
Avocado Oil
Olive Oil
Sesame Oil
Sprouted Protein
Powders
Cacao
Maca
Aloe Vera

Neutral/ Mildly Acidic

Seitan
Potatoes
Cantaloupe
Nectarine
Plum
Sweet Cherry
Watermelon
Oats/Oatmeal
Gluten Free Breads and
Pasta
Brown Rice
Freshwater & Deep Sea
Wild Fish (non farmed)
Rice & Soy Milk
Brazil Nuts
Pecan Nuts
Hazel Nuts
Cashew Nuts

Moderately Acidic

Fresh, Natural Juice
Apple
Apricot
Banana
Blackberry
Blueberry
Cranberry
Grapes
Guava
Mango
Mangosteen
Peach
Papaya
Strawberry
Other Vegetable
Oils

Highly Acidic

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

Acid & Alkaline Food Chart

Beverages (Non-Alcoholic)	Alkalisng Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Apple Cider Vinegar				✓		
Apple Juice						✓
Berry Juice Blend						✓
Carrot Juice (Fresh)			✓			
Chamomile Tea			✓			
Coffee (Decaf)						✓
Coffee (Espresso)					✓	
Cola						✓
Ginger Tea			✓			
Ginseng Tea			✓			
Goat's Milk				✓		
Grape Juice					✓	
Grapefruit Juice			✓			
Lemon Juice			✓			
Milk Shake						✓
Orange Juice					✓	
Pear Juice					✓	
Pineapple Juice						✓
Rice Milk (Unsweetened)				✓		
Root Beer						✓
Soft Drinks (Carbonated)						✓
Soy Milk (Unsweetened)				✓		

Acid & Alkaline Food Chart

Beverages (Non-Alcoholic)	Alkalising Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Tea (Black)					✓	
Tea (Green)				✓		
Tea (Herbal)		✓				
Tomato Juice (homemade)			✓			
Vegetable Juice	✓					
Water (Most Bottled)					✓	
Water (Ionized)	✓					
Water (Tap)					✓	
Ale (Dark)						✓
Ale (Pale)						✓
Beer (Dark)						✓
Beer (Pale)						✓
Malt Liquor						✓
Scotch						✓
Vodka						✓
Wine (Red)					✓	
Wine (White)						✓
Spirits (Most)						✓

Acid & Alkaline Food Chart

Grains & Cereals	Alkalising Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Barley (Whole)					✓	
Barley Flour					✓	
Bran (Cereal)					✓	
Bran (Oats)				✓		
Brown Rice			✓			
Buckwheat Flour			✓			
Buckwheat Whole			✓			
Corn (Processed)					✓	
Hemp Seed Flour			✓			
Malt						✓
Millet				✓		
Oat Bran			✓			
Oat Flour			✓			
Whole Oats			✓			
Quinoa		✓				
Rice (Brown)			✓			
Rice (White)				✓		
Rice Flour				✓		
Rye					✓	
Soy Flour				✓		
Wheat Flour (White)						✓
Wheat Flour (Whole)						✓

Acid & Alkaline Food Chart

Nuts & Seeds	Alkalisng Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Almonds		✓				
Amaranth Seeds			✓			
Cardamom Seeds		✓				
Cashews			✓			
Celery Seeds			✓			
Chestnuts			✓			
Coriander Seeds			✓			
Cumin Seeds		✓				
Dill Seeds			✓			
Fennel Seeds		✓				
Flaxseed		✓				
Hazelnuts				✓		
Macadamia Nuts			✓			
Peanuts						✓
Pecans				✓		
Pine Nuts			✓			
Pistachio Nuts				✓		
Pumpkin Seeds		✓				
Quinoa Seeds			✓			
Sesame Seeds			✓			
Soy Nut				✓		
Sunflower Seeds			✓			
Walnuts				✓		

Acid & Alkaline Food Chart

Fish & Other Seafood	Alkalising Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Bass				✓		
Clams						✓
Crab						✓
Flounder				✓		
Herring				✓		
Lobster						✓
Mackerel				✓		
Mussels						✓
Oysters						✓
Perch					✓	
Salmon			✓			
Scallops					✓	
Shrimp						✓
Snapper				✓		
Swordfish				✓		
Tuna			✓			
Trout			✓			
Whiting				✓		

Acid & Alkaline Food Chart

Fruits	Alkalisng Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Apples					✓	
Apricots					✓	
Apricots (Dried)						✓
Avocado	✓					
Bananas					✓	
Berries (Black)				✓		
Berries (Blue)				✓		
Berries (Raspberry)				✓		
Cherries (Sour)				✓		
Coconuts (Fresh)		✓				
Cranberries				✓		
Cranberries (Dried)						✓
Currants						✓
Dates					✓	
Dates (Dried)						✓
Figs (Dried)						✓
Grapefruit			✓			
Grapes					✓	
Guava				✓		
Kiwi Fruit				✓		
Lemons		✓				
Limes		✓				
Mandarins					✓	
Mangos					✓	

Acid & Alkaline Food Chart

Fruits	Alkalisng Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Olives (Green)			✓			
Olives (Ripe)				✓		
Oranges					✓	
Papayas				✓		
Peaches					✓	
Pears					✓	
Persimmons				✓		
Pineapples						✓
Plums				✓		
Pomegranates			✓			
Prunes						✓
Raisins						✓
Raspberries				✓		
Strawberries				✓		
Tangelos				✓		
Tangerines				✓		
Tomatoes		✓				
Watermelon			✓			

Acid & Alkaline Food Chart

Vegetables	Alkalisng Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Artichokes		✓				
Asparagus	✓					
Barley Grass	✓					
Beans (Black / Kidney)			✓			
Beans (Lima)			✓			
Beans (Mungji)			✓			
Beans (Navy)			✓			
Beetroot		✓				
Beet Greens	✓					
Bell Pepper (Capsicum)	✓					
Broccoli	✓					
Brussels Sprouts		✓				
Burdock Root	✓					
Cabbage (Chinese)		✓				
Cabbage (Red)		✓				
Cabbage (White)		✓				
Cantaloupe				✓		
Carrots			✓			
Cauliflower		✓				
Celery	✓					
Chards (Swiss)	✓					
Chinese Cabbage	✓					
Chicory		✓				
Collard Greens	✓					
Corn (Fresh)			✓			

Acid & Alkaline Food Chart

Vegetables	Alkalisng Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Cucumber	✓					
Daikon Radish	✓					
Dandelion Greens	✓					
Dill Weed		✓				
Eggplant		✓				
Endive	✓					
Garlic			✓			
Ginger	✓					
Hops						✓
Jerusalem Artichokes		✓				
Kale	✓					
Kelp	✓					
Kohlrabi	✓					
Leek		✓				
Lentils			✓			
Lettuce	✓					
Leaf Lettuce	✓					
Lotus Root	✓					
Mushrooms						✓
Mustard Greens	✓					
Okra		✓				
Onions			✓			
Other Grasses	✓					
Paprika			✓			
Parsley	✓					

Acid & Alkaline Food Chart

Vegetables	Alkalisng Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Parsnips			✓			
Peas			✓			
Pinto Beans			✓			
Potatoes (with Skin)			✓			
Radishes			✓			
Rhubarb				✓		
Romaine Lettuce	✓					
Rutabagas		✓				
Salad Greens	✓					
Soybeans			✓			
Spinach	✓					
Spring Onion		✓				
Squash (Winter)			✓			
Sprouts	✓					
Sweet Potato			✓			
Tomato		✓				
Turnip Greens	✓					
Watercress	✓					
Wheatgrass	✓					
Yams				✓		
Zucchini		✓				

Acid & Alkaline Food Chart

Herbs & Spices	Alkalisng Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Basil		✓				
Bay Leaf			✓			
Cinnamon		✓				
Coriander (Arugula)	✓					
Dill		✓				
Ginger	✓					
Marjoram		✓				
Oregano		✓				
Parsley	✓					
Pepper (Black)		✓				
Pepper (Cayenne)			✓			
Tarragon		✓				
Thyme		✓				
Turmeric	✓					

Acid & Alkaline Food Chart

Sweeteners	Alkalising Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Aspartame						✓
Corn Syrup						✓
Honey (Processed)						✓
Honey (Natural)					✓	
Maple Syrup						✓
Molasses						✓
Rice Syrup				✓		
Saccharin					✓	
Stevia				✓		
Sugar (Brown)					✓	
Sugar (White)						✓

Acid & Alkaline Food Chart

Various Foods	Alkalisng Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Almond Butter		✓				
Apple Cider Vinegar				✓		
Avocado Oil			✓			
Balsamic Vinegar						✓
Bee Pollen			✓			
Butter (Regular)					✓	
Butter (Grass Fed)				✓		
Canola Oil					✓	
Chocolate (Dark >80%)				✓		
Chocolate (Milk)						✓
Cacao (Raw)			✓			
Chlorella			✓			
Coconut Oil		✓				
Flaxseed Oil		✓				
Macadamia Oil				✓		
Malt						✓
Miso					✓	
Nori Seaweed	✓					
Olive Oil			✓			
Peanut Butter						✓
Peanut Oil						✓
Salt (Table)						✓
Salt (Sea)		✓				

Acid & Alkaline Food Chart

Various Foods	Alkalising Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Salt (Himalayan)		✓				
Seaweed	✓					
Sesame Oil			✓			
Soybean Oil				✓		
Spirulina		✓				
Sunflower Oil				✓		
Tahini Sauce			✓			
Tempeh (Fermented)				✓		
Tofu (Fermented)				✓		
Vegetable Oils (Most)					✓	

Acid & Alkaline Food Chart

Drinks	Alkalisng Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Soy Milk (unsweetened)				✓		
Almond Milk (unsweetened)			✓			
Coconut Milk (unsweetened)			✓			
Coconut Water		✓				
Filtered Water			✓			
Alkaline, Ionized Water	✓					
Cola / Soft Drinks						✓
Carbonated Drinks					✓	
Cow's Milk						✓
Goat's Milk				✓		
Black Tea (w/ Milk)					✓	
Black Tea (w/o Milk)					✓	
Insant Coffee						✓
Espresso					✓	
Espresso (w/ Milk)						✓
Tap Water					✓	
Herbal Tea			✓			
Green Tea					✓	
White Tea					✓	
Lemon Water			✓			
Lime Water			✓			
Green Juice (no fruit)	✓					
Green Smoothie (no fruit)	✓					

Acid & Alkaline Food Chart

Drinks	Alkalising Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Fruit Juice (processed)						✓
Fruit Juice (fresh)					✓	
Green Juice (w/ fruit)				✓		
Green Smoothie (w/ fruit)				✓		
Beer						✓
Wine					✓	
Spirits (straight)					✓	
Spirits (w/ mixer)						✓

Acid & Alkaline Food Chart

Meat & Meat Products	Alkalising Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Bacon						✓
Beef (Frankfurters)						✓
Beef (Hamburgers)						✓
Chicken Liver					✓	
Chicken Meat					✓	
Duck					✓	
Goat					✓	
Ham						✓
Lamb					✓	
Lard					✓	
Liver					✓	
Rabbit					✓	
Roast Beef					✓	
Salami						✓
Sausages (Most)						✓
Steak					✓	
Turkey					✓	
Veal						✓
Venison					✓	

Acid & Alkaline Food Chart

Processed Foods	Alkalisng Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Baked Beans					✓	
Beans (Canned)			✓			
Burritos (Beef)						✓
Burritos (Chicken)						✓
Chicken Nuggets						✓
Chicken Sandwich						✓
Chicken Soup						✓
Chips (Fried)						✓
Coleslaw (Homemade)				✓		
Corn Chips					✓	
Corn Syrup						✓
Corned Beef						✓
Couscous (White Flour)					✓	
Crackers (Rye)					✓	
Crackers (White Flour)						✓
Cranberry Sauce						✓
French Fries						✓
Fruit Pies						✓
Hash Browns						✓
Hot Dogs						✓
Hummus (Homemade)		✓				
Jam						✓
Ketchup						✓
Lasagna						✓
Liverwurst						✓
Macaroni						✓
Margarine						✓

Acid & Alkaline Food Chart

Processed Foods	Alkalisng Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Mayonnaise						✓
MSG						✓
Mustard (Prepared)				✓		
Noodles (Most)						✓
Pancakes						✓
Pastrami						✓
Pepperoni						✓
Pickle Relish						✓
Pizza (Most)						✓
Popcorn (Salted)				✓		
Pork Sausage						✓
Potato Chips (Baked)						✓
Potato Chips (Fried)						✓
Preserves (Most)						✓
Puddings						✓
Salad Dressing (Shop Bought)					✓	
Sauerkraut			✓			
Soy Sauce					✓	
Spaghetti						✓
Sweet Pickles					✓	
Tacos						✓
Tomato Paste (Natural)			✓			
Tomato Sauce					✓	
Tortilla (Fried)						✓

Acid & Alkaline Food Chart

Baked Products and Cakes	Alkalisng Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Apple Pie						✓
Bagels						✓
Baked Potato				✓		
Baking Soda	✓					
Biscuits (Most)						✓
Bread Sticks (White)						✓
Brownies						✓
Carrot Cake						✓
Cheese Cake						✓
Cookies						✓
Croissants						✓
Danish Pastry						✓
Donuts						✓
Ice Cream (All Flavors)						✓
Pita (White Flour)						✓
Pita (Whole Flour)					✓	
Pretzels						✓
Puff Pastry						✓
Pumpnickel					✓	
Rye Bread (Whole)					✓	
Sprouted Breads		✓				
Tortillas						✓
White Bread						✓
Whole Wheat Bread					✓	

Acid & Alkaline Food Chart

Dairy & Cheese	Alkalisng Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Butter (Regular)					✓	
Butter (Grass-Fed)				✓		
Camembert Cheese						✓
Cheddar Cheese						✓
Coconut Milk			✓			
Coconut Cream			✓			
Coconut Yoghurt			✓			
Cottage Cheese					✓	
Cream						✓
Cream (Sour)						✓
Cream Cheese						✓
Egg (Whole)						✓
Egg (White Only)						✓
Ghee				✓		
Gouda						✓
Hard Cheese (Most)						✓
Milk (Cow's Skim)						✓
Milk (Cow's Whole)						✓
Mozzarella						✓
Skim Milk						✓
Soft Cheese						✓
Soy Yoghurt				✓		

A vibrant display of fresh vegetables including bell peppers, basil, eggplants, and potatoes, with a chalkboard sign that says "Locally Grown".

Getting Started & Putting it Into Action

How to Get Started: The Four Steps to Focus on First!

The CORE of the Alkaline Diet: The Most Important First Steps to Get You Started & Thriving

It would be very easy to either get bogged down in too much detail right now, or indeed too little. I could go into all of the intricacies of every food you should and shouldn't eat, their nutrient profile, what all of those nutrients do, the mechanics of how it all affects the body and so on...

Or I could just say: eat good stuff, don't eat bad stuff.

Truthfully, both of those approaches could have their time and place, but today I want to give you your actionable first steps.

These are the easy, but powerful things you can start to do right away that will have the most impact. They will start to support your body in maintaining that delicate pH and therefore you will be giving your body everything it needs to thrive.

Now, some are very intuitive, but even if you feel "I already know that", unless you're doing it right now you don't know it well enough. So put those thoughts aside and stick with me.

If you put these simple things into practice for just a few days, you'll start to see and feel a massive difference.



the CORE first steps to make it easy

Alkaline Diet Habit #1: Greens Everywhere

The simple fact is this: very, very few people get anywhere near enough serves of fresh vegetables each day – let alone GREEN vegetables! Think back now over the past 2-3 days, how many serves of greens did you get?

For most people it's 1-2 per day, if they were lucky.

But I can tell you now, in my decade-and-a-half experience – getting your green food content up to 5-7 serves per day will make a massive, immediate, long-lasting difference to your life.

When people do this, it's like flipping an 'ON' switch in their brain and body. It works like crazy and it works for everyone. This is a core part of my alkaline diet plan.

Regardless of your goal – weight loss, digestion, hormone balancing, inflammation, bone health...- your body will benefit hugely from getting this influx of greens every day.

In the much-celebrated 'Powerhouse Fruits & Vegetables' study from 2014 (full research study referenced at the end of the guide), the researchers identified the top 41 foods on Earth based on their micronutrient content (vitamins, minerals, antioxidants etc) and ranked from 1-41.

The top fifteen are ALL leafy green vegetables. This tells you something.

If you can start adding more serves of greens each day, you will see a big difference in your energy, mental clarity, health challenges will disappear...and of course, you'll be giving your body an abundance of those tools it needs to thrive and effortlessly balance your pH.

In terms of high-pH foods, greens top the charts.

There are heaps of tips and tricks, strategies and solutions to help you get more greens in each day, and this is something we cover relentlessly in my Alkaline Base Camp coaching group – but for the sake of simplicity and preventing overwhelm, I'm going to cover two of the most powerful ones here in this plan:

Get More Greens Tip #1: Side Salad with Every Meal

This is SO simple, just how I like it. All you need to do is serve a very simple side salad with every lunch and dinner you eat, and if you're eating out, order one. No excuses, this is too easy not to do.

Now, we're not talking one of those side salads you get at a Wetherspoons (non-UK folks, picture a wizened leaf of iceberg lettuce and an almost transparently thin slice of tomato) – it's a bit more than that...

But also, we're not talking an elaborate quinoa, pomegranate and goats-cheese salad with tamari-toasted almonds and a cilantro dip. Not that complex.

All we're talking about here is grabbing a couple of handfuls of green leaves from the fridge and dressing with some olive oil and lemon juice. That's it. Handful-handful-drizzle-done.

Doing JUST THIS adds 3-4 serves of leafy greens to your day. Just this.

Can you see what I am talking about here when I say I make it as easy as possible?

Get More Greens Tip #2: Sneaking In the Spinach

Spinach is magic. It disappears! When you cook it, it literally disappears into your meal. It goes from a massive serve to about the size of a penny coin. Amazing. And it barely alters the flavour or taste profile either.

So every time you are cooking, you should be thinking, can I wilt some spinach into this – either into the meal or as a side. Wilted spinach with a little butter, or coconut oil, salt and pepper is a delicious little side, all-gone-in-one-mouthful – but it’s an extra serve of greens nonetheless.

Every time you cook a:

Soup

Curry

Pasta

Sauce

Dip

Stew

Casseroles

Dressing

...always be thinking – ‘could I throw a serve of spinach in here’?

And then really, the third big tip is:

Alkaline Diet Habit #2: Daily Vegetable Juices & Smoothies

Yep, this is obviously a really amazing way to get a LOT of extra greens in every day...plus a heap of other high pH foods into your daily diet.

It goes without saying, this is a non-negotiable for me. I will NOT do a lot of other things on a daily basis, but I won’t skip this. I won’t. I won’t. I won’t!

A daily juice or smoothie is a must and allows you to easily, rapidly get 5-7 serves of vegetables (mostly greens), all alkaline, all antioxidant rich, all anti-inflammatory – all awesome – every day.

Having a daily green juice or smoothie will change your life.

I promise you this. For the 10-15 minute commitment, you will get a huge uplift in your quality of life.

There are a few ground rules:

No fruit! This is a shock for many folks, but the fructose delivered direct to your liver in one quick big hit (and with juices it has the fibre removed too – even worse) is incredibly acid-forming and stressful to the body. Get the fruit out of your juice and smoothies – and see below if you need more info).

Green heavy: go green as much as possible – spinach, kale, lettuce, watercress, chard – and so on, and DEFINITELY when you can, add a scoop of green powder too (my top pick is Organifi Green Juice) for an extra massive energy boost

Feel Free to Water Down a Little: when you're first getting started, if the flavour is a bit intense for you

Make 2x: to halve your prep time, make twice as much as you need and have the second serve tomorrow

Flavour with Stuff: in my Green Juice Guide here I give you a heap of suggestions to make your green drink taste delicious, check that out.

Alkaline Green Juice Ingredient Examples:

A typical alkaline green juice will contain lots of super high pH foods like:

Cucumber
Celery
Spinach
Kale
Lettuce
Watercress
Carrots
Beets
Ginger
Turmeric

(not all of those, but a combination of 4 or more of them)

Alkaline Smoothie Ingredient Examples:

And a typical alkaline green smoothie would contain some other, additional, equally alkaline foods like:

(all of the above plus)

Avocado

Coconut oil

Almonds

Coconut / Almond milk

Cacao

Maca

Chia seeds

Oats

Plant-based protein (I love Organifi Complete Protein in my smoothies.

I promise you – if you can get a green juice or green smoothie into your daily life – your life will change forever.

Alkaline Diet Habit #3: Hydration

So simple. So simple in fact it often gets ignored or forgotten. Yet proper hydration is one of the cheapest, easiest ways to shift your alkalinity, and amplify your health and energy. In my alkaline diet plan I insist you take hydration seriously.

There are various calculators based on body size, type, temperature of where you live, physical exertion and all sorts of other variables, but it works out that most people should be drinking between 3-4.5 litres (100-150 fl oz) of filtered water per day.

There are tons of different methods of making your water ‘more alkaline’ but I don’t want to get bogged down in that today, and I’ll send you a follow up guide all about this soon – today I just want to make sure you’re covered on the ‘how to get enough’ part of the plan.

Aside from thinking:

“Hydration, yeah I know, of course”

And then doing nothing about it, there are two principle reasons people don’t/ can’t drink enough water.

To the hydration-aware, and even the most motivated water-sippers, there are two main challenges:

- 1) REMEMBERING to drink enough
- 2) PHYSICALLY BEING ABLE to drink enough!

Let's address both of those...

HYDRATION CHALLENGE 1: REMEMBERING to drink enough

This is probably the biggest of the challenges when it comes to hydration – and I have been through this too! You get to the end of the day and think “NOT AGAIN...I forgot to drink any water!” ...

At this stage trying to down four litres before bed is not smart. You can try, but it won't work out too well for you, or your bed mate!

If this happens to you – just have a big glass of water and put in to place a couple of the reminders and tips I'll give you below.

HYDRATION CHALLENGE 2: The BLOAT & The TOILET FREQUENCY!

The second concern is physically feeling able to drink that much without needing to go to the toilet every two minutes and feeling as bloated as a whale!

My advice here is to just take it slowly and build up...

Don't try to go from zero to four litres (a gallon) in 24 hours.

Set yourself the target of 1.5 litres (50 fl oz) for the rest of this week...then 2 litres next week, 3 litres the next...

The more you build up, the more your body will get used to it. The more you get used to it, the more your body will be able to USE the water you consume. It won't just wash straight through into your bladder.

An analogy I like to use is to imagine your body like a dried up sponge. When you first start drinking water it's like running a dried up sponge under a faucet. The water just runs straight over it and down the sink. But little by little, the

more you run the water over the sponge the more it begins to absorb...and after no time at all the sponge is now able to hold an incredible amount of water to do it's job.

Your body is just like this. The more hydrated you get the more your body will be able to hold comfortably. You won't feel bloated at all. And the more hydrated you get the LESS frequently you'll need to go to the toilet.

Everything will get easier the more you do it, so just ease in, take it a day at a time. If you mess up one day, don't worry about it! Just have a glass of water then and there and get back on with your plan the next day!

Tips for Remembering to Drink Enough / Making Hydration Delicious & Easy

Step One: Carry a Big Bottle

This is the best tip – because it makes sure you always have your water on you to sip. I personally like to have a big 1 litre bottle at all times and when I do this I always drink my 4.2 litres! Really simple, but SO effective. How many times are you sat at your desk, thirsty as hell, thinking – when I finish this task I'll go get a water...and then 2 hours later you're still sat there thirsty?

Step Two: Set a Reminder

This isn't something you will have to do forever, but I recommend you set an hour reminder on your phone or watch to beep and remind you to have a big gulp or a glass of water every hour. It is amazing how often you suddenly realise it is lunchtime and you've not really had anything to drink!

Step Three: Substitute

For every other drink you go to have, be it a tea, coffee or juice – substitute in water. You will be surprised at a) how good it makes you feel and b) how much of a pat on the back you can give yourself afterwards. This simple tip can lead to some really good, positive reinforcement that yes, you can say no and it makes you even more healthy!

Step Four: Always Have Water At Your Desk

Building on Step One – simply having a bottle at your desk at all times means that when you do remember you can tuck straight into it, rather than thinking “oh yes, water, now let me just finish this email first”.

Step Five: The Power of Tea!

Herbal teas are alkaline! Mostly. You only really have to avoid green and white tea and the rest are caffeine free and alkaline. I find this is a great way to beat the boredom of plain water and it gives me at least a litre of hydration per day. My favourites are peppermint, Rooibos, caffeine-free chai, ginger and orange. Delicious hot or cold!

Step Six: Flavour!

Water is water and it's pretty dull. That's ok. Try to see hydration as a source of health and energy rather than a source of flavour. However, remember – you can add lemon, mint, lime, grapefruit...all manner of fresh stuff added in to make water more enjoyable. I'm personally loving lime and mint at the moment. Mint grows like nothing else in the garden too – so you can get it in abundance for free (or in a pot if you're living in a unit). Genius.

Step Seven: Know your Outcome and Plan your Route to Success

Set goals. Write them down. Track your progress. Read your goals aloud day and night.

Honestly, being hydrated is THE most important part of any health goal and will get you a long way towards where you want to be, whether that is weight loss, weight gain, muscle growth, more energy, better digestion, better skin...

Alkaline Diet Habit #4: Fats & Oils

You have to get comfortable with fats and oils on my alkaline diet plan – they are simply essential to your health & energy.

When you start consuming healthy fats, the body not only loves you for the many

beneficial effects the fats bring (increased metabolism, support for the liver and kidneys, brain health, skin health, digestive health and so on) but the body is also able to directly use this for energy production.

Fats supply twice the caloric energy as carbohydrates and are converted to energy by being split into fatty acids and glycerol. Glycerol is then converted to either glucose or glycogen. The body is easily able to do this while also utilising the fat for a plethora of other important roles.

The addition of healthy fats into the diet therefore provide an abundance of energy in two ways:

1) by being an easily accessed and readily available source of energy (converted to glucose or glycogen)

2) by healing and nourishing the important organs and glands responsible for energy production (or those functions and areas of the body who cause fatigue when not nourished properly such as the adrenals, thyroid, kidneys, liver and many areas of the brain which are all reliant on dietary sources of fat).

Which Fats & How Much?

You should be looking to consume, every day, somewhere in the region of:

Omega 3: 2-3 tablespoons (from flax, green leafy vegetables, oily fish and so on)

Saturated Fats: 0.5-1 tablespoons (primarily from coconut oil)

For other oils (omega 6, 9, polyunsaturated etc) there no set rule, just get a variety of foods including avocado, olive oil, nuts, seeds, leafy green vegetables and so on. These all contain a combination of omega 3, 6, 9, saturated and other fats to varying degrees.

Again, Fat Will NOT Make You Fat

I could go into a whole essay on just that statement, but please do be confident in the knowledge that this is true. To learn a whole lot more on this topic check out my guide here [“The REAL Fat Loss Equation”](#)

And to give you some evidence of my statement of ‘Fat will not make you fat’, in the past few years (2012-2016) there have been some AMAZING studies into fats and sugar, amazing. But this one really stands out.

Study: Association of dietary, circulating, and supplementary fatty acids with coronary risk: a systematic review and meta-analysis; Chowdhury R, Warnakula S, Kunutsor S, et al; Annals of Internal Medicine, 2014; March 18; 160(6):398-406. (source here)

In this study, Dr Rav Chowdhury and his team at Cambridge University looked at 72 of the best studies on fat and heart disease (more than 600,000 people from 18 countries) and came to the conclusion there was no link between total fat or saturated fat and heart disease. It also found that trans-fats increased, and omega 3 decreased heart disease.

IMPORTANTLY when it comes to saturated fats, they showed two types of saturated fat that ARE linked to increase risk of heart disease – palmitic and stearic acid.

Yes, there are two saturated fats that increase risk of heart disease. BUT: what is critical to note (and what is conveniently overlooked by the food industry) is that these are NOT the saturated fats found in coconuts, butter, coconut oil, ghee etc.!

These two saturated fats are predominantly made as a toxic byproduct of the liver processing excess fructose!

Eating fructose is the only way these two types of harmful saturated fats appear in the bloodstream. It's SUGAR not FAT that makes you fat.

This throws the entire low-fat, saturated-fat-scared industry into the bin. Of course, "low-fat" is now worth billions of dollars so that will never happen (regardless of the effect on our health), but thankfully YOU now have the hard, cold evidence.

How to Get Enough Fats

Getting enough of the healthy fats is relatively easy but it does take a little conscious action to begin with.

My recommendation for coconut oil, to get those critical saturated fats, is to:

[+] COOK with coconut oil: coconut oil is practically the only oil that does not

become toxic when heated, meaning you can cook with it AND it stays healthy!

[+] Add it to smoothies – just blend in your daily requirement when you're making a smoothie (or soup for that matter).

[+] Simply Supplement – simply take a tablespoon of coconut oil like you would any other oil supplement – it tastes great!

My recommendation to get enough omega 3 is to start with a supplement as your baseline.

It can be trickier, which is why I always recommend taking a supplement alongside your dietary intake. You can use a combination of fish oils, krill oils, flax and so on. Whichever you choose, you really do need to make sure it's a high quality product. There is nothing worse than cheap oils – they are not only completely ineffective, but can also be counter-productive if they have oxidised.

Aside from using a supplement, look to include lots of:

[+] Leafy green foods

[+] Nuts, especially almonds

[+] Seeds

[+] If you're not vegan/vego, you can include good quality oily fish too

Upping your oil intake will make a huge difference. I highly, highly recommend this.

This Is the Alkaline Diet Made Easy

By just focusing on these four core actions (5-7 serves of greens every day, daily juice or smoothie, hydration & healthy fats) you will get huge results.

Of course, this isn't everything you will ever need to do - but these four things are, in my 15-years of experience that are both the easiest and most effective things to start with.

They are the things that will get you the most impact for the amount of effort needed (I'm a big believer in the 80/20 principle or the Minimum Effective Dose - more on that another day).

If you can get consistency with any of these, ideally all of them, but even just starting with one or two of them, you will start to see results very quickly.

And when you start with the core, simple things - those things that will get results without you having to give everything up and try to be perfect - doesn't it seem achievable, much less daunting, and doesn't it feel like something you can do?

Doesn't it make it feel exciting and get you motivated and energized?

when you realise how simple it can be to get noticable, visible results, it gets **VERY** exciting

In the 14 Days to Alkaline webinar I will walk you step by step through everything you need to effortlessly put this into action. You will master the fundamentals and build the new habits that will put your health goals on autopilot.

If you want to get alkaline, nourish your body and make it both easy and delicious, then I do recommend you sign up now. It's going to be a lot of fun, and in just 60 minutes I'll give you all of the tools you need to make this a breeze.

[Here's the link to get registered for the session.](#)

CASE STUDY: Denise Bird-Newell



When I think back to my reason for starting the with Ross, it goes back to December 2016 when I got a virus that wouldn't go away. I just couldn't recover. I felt really low energy for a month, and then, in January 2017, I noticed a swelling in my fingers that got worse and worse. It was very painful and looked awful.

And then it spread to my back and neck. All of a sudden I couldn't move freely and most of my day was spent in pain.

After seeing the doctor, I was diagnosed with psoriatic arthritis. They told me the only answer was a lifetime of medication and to expect it to get worse as time went on. I was so scared and felt so hopeless, but worse, the medication didn't work.

I'd followed Ross' alkaline eating before and it had worked for me then to increase my energy. I knew I needed something more powerful this time. I had to do it in a big way so I joined his Alkaline Reset Cleanse program.

Wow, after just the first "reset," the difference was amazing. My energy was unrecognizable. I actually felt well again, full of life, waking up early and not feeling tired from the moment I got up was just fantastic. I'd get home from work still energized despite being on my feet all day.

The inflammation and pain subsided straight away and everything started to come together. The fact that my energy came back, that my neck, back and joints were pain-free again, was enough incentive. This is going to be for life.

Within just a few months I completely stopped taking the medication. I went to see the consultant who did all of the x-rays and blood exams, and everything came back clear.

I am completely free of arthritis!

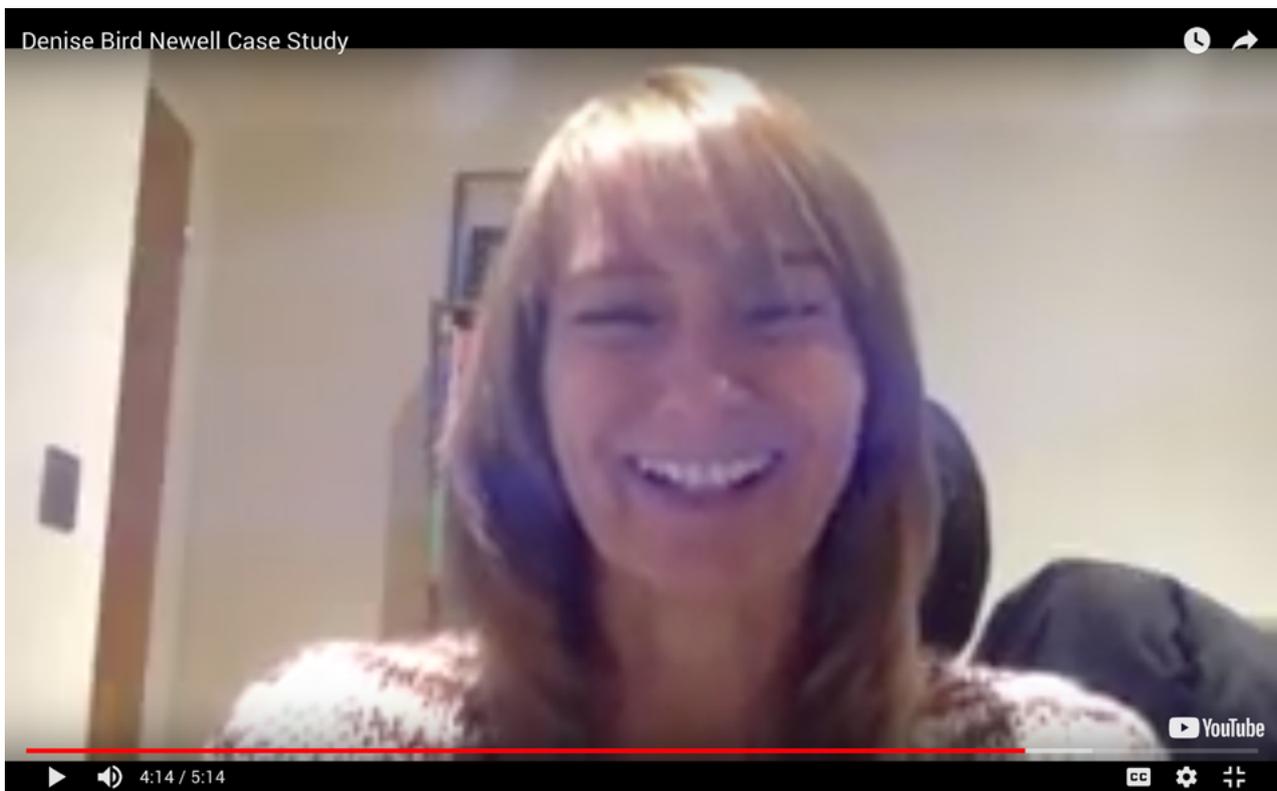
The benefits never end. Over course of the week before, the week during and a week after, **I lost over fifteen pounds**. You know the ones that are the hardest to lose? Now I'm back to how much I weight before I had children in my early twenties!

My psoriasis has also gone, which has been a real life-changer, too. It used to be quite debilitating and depressing when it flared up, but no more. That's just another amazing thing Ross has given me.

But really, it's given me back my life. Feeling fit, feeling healthy, having a level of energy I never thought I'd see again. There is just no substitute for how I feel now.

Thank you, Ross!

[Watch Denise's full story here & see more case studies](#)



A bunch of fresh carrots with green tops, tied together with twine, resting on a rustic wooden surface. The carrots are arranged vertically, with their green tops fanning out at the top. The text "twelve starter alkaline recipes" is overlaid on the right side of the image in a white, sans-serif font.

twelve
starter
alkaline
recipes

BREAKFASTS

Live Energized



Energy-Doubling Breakfast Smoothie



Ingredients

- 1/2 a ripe avocado
- 2 handfuls of spinach
- 1 handful of kale
- 1/2 cucumber
- 200ml almond milk
- 3 tbsp coconut oil
- 50g soaked almonds
- 25g soaked cashews
- 1 tbsp sunflower seeds
- 1 tbsp chia seeds

Live Energized

Preparation Time: **xx minutes**

Serves: **4**

Instructions

1. If you are reading this a few hours (at least) before you're going to make this energy-booster, start by soaking your almonds and cashews for at least an hour or so, preferably overnight. If you want to make it now, try to soak them for at least 20 minutes!
2. Start the blending with the avocado, liquids and cucumber
3. Next add the oil and the leaves
4. Finally add the soaked nuts, the seeds and blend at a high speed until smooth

Chai-Infused Quinoa Porridge



Ingredients

- 1 cup of dry quinoa (pref organic)
 - 2 cups of water (pref alkaline)
 - 1 stick of cinnamon (or 1/2 teaspoon)
 - 1 1/2 teaspoons ground ginger or 1 inch piece of fresh root ginger finely grated
 - 1/2 teaspoon ground nutmeg (pref fresh grated)
 - 1/2 cup of coconut cream or milk (depending on how creamy you want it)
 - 1/2 lemon skin grated (or lime)
 - 1 vanilla bean pod or vanilla essence
- Sprinkle (half a handful) of assorted nuts and seeds to your liking

Optional: coconut yoghurt

Optional: cloves, ground

Optional: 1 grated apple (if transitioning)

Live Energized

Preparation Time: **15 minutes**

Serves: **2**

Instructions

First prepare the quinoa to the packet instructions OR follow the excellent advice on cooking light fluffy quinoa here at [TheKitchn](#)

Once the quinoa is cooked and drained, add it back to the saucepan and stir in the chai spices (cinnamon, ginger, nutmeg and cloves if you've done them in a pestle and mortar) and add the coconut cream or milk and throw in the scraped out vanilla pod (or add the drop or two of vanilla essence).

You can pick either the milk or cream depending on how creamy and thick you want it.

When it's ready, grate in the apple if you're using it – right at the end.

Warm through and then serve in a big bowl. To serve, add the lemon rind grated onto the top and sprinkle with extra ground cinnamon. Finally throw on the seeds and nuts (I recommend sesame seeds with this especially).

As an indulgent extra, you can also serve with a dollop of coconut yoghurt, which is alkaline and JUST DELICIOUS!

Eat while it's hot!

Baked Bean Salsa Brekkie



Ingredients

- 1 can of haricot beans (pref. organic)
- 4 spring onions
- 6 cherry tomatoes
- 1 handful of basil
- 2 handfuls of spinach
- 2 cloves of garlic
- 1 avocado
- ½ lemon
- Olive oil
- Himalayan salt & black pepper

Live Energized

Preparation Time: **15 mins**

Serves: **2**

Instructions

Roughly chop the spring onions, halve the cherry tomatoes, and finely chop the garlic. Now, in a reasonably sized frying pan, bring a little water to the boil (maybe 50ml or less) and 'steam fry' the garlic for one minute. Now throw in the cherry tomatoes, haricot beans and spring onions until everything softens.

Next add the basil and spinach until it is wilted and season with Himalayan salt and black pepper.

While this is cooking prepare a side salad and halve the avocado and voila.

Serve the bean salsa mix with salad and the halved avocado, with lemon and olive oil drizzled all over.

A photograph of a bowl of orange soup, likely carrot soup, garnished with fresh herbs. In the background, there are several whole carrots, a green bell pepper, and a basket of bread on a wooden surface. The text 'LUNCH!' is overlaid in a green box, and 'Live Energized' is overlaid in a light green box.

LUNCH!

Live Energized

Kale Slaw & Creamy Dressing



Ingredients

- 1 bunch Tuscan, Cavalo Nero or Curly kale, thick stems removed and leaves thinly sliced
- 4 cups shredded red cabbage (about 1 small head), quartered and cored)
- 1 small red onion, thinly sliced
- 1 large red bell pepper (capsicum), cored, seeded and thinly sliced
- 1/3 cup sunflower seeds
- 1/2 bunch of coriander, roughly chopped
- 1/4 cup sesame seeds
- 1 inch piece of root ginger, sliced thinly

Live Energized

Preparation Time: **15 minutes**

Serves: **2**

For the dressing:

- 1 cup of raw cashews, soaked overnight
- 1 cup of vegetable stock
- 1 clove of garlic

- 1 Start by shredding the kale and red cabbage and place this into a large salad bowl
- 2 Next add the thinly sliced onion, bell pepper, coriander, seeds and the ginger
- 3 Toss these ingredients
- 4 Next, make the cashew dressing by blending these ingredients together on high until smooth. You can either add the stock warm to make a warm dressing, or allow it to cool first. Note: if you have a powerful blender you will not need to soak the cashews overnight.
- 5 Add more stock or more cashews to get your desired consistency.
- 6 Stir the dressing through the slaw and serve!

Anti-Inflammatory Soup



Ingredients

- 200g Pumpkin, roughly chopped
- 4 Carrots, roughly chopped
- 1 Sweet Red Potato, roughly chopped
- 4 Tomatoes, roughly chopped
- 3 Cloves Garlic
- 1tsp Mustard Seeds
- 1 Red Onion
- 300ml Vegetable Stock
- 200ml Coconut Cream
- 1 Handful of Fresh Coriander (Cilantro), roughly chopped
- 1 Inch Fresh Turmeric Root
- 1 Inch Fresh Ginger Root
- 1/2 Red Pepper (Capsicum/Bell Pepper)
- 1 Cup of Lentils
- Coconut Oil

Live Energized

Preparation Time: **xx minutes**

Serves: **4**

Instructions

1. Start by chopping the red onion, garlic, ginger (peeled) and turmeric (peeled) roughly.
2. Gently heat a little coconut oil in a pan and very gently get the onion started, and once it's cooking a little, add the turmeric, ginger, mustard seeds and garlic – being careful not to burn the garlic.
3. Now add the root veggies (carrot, pumpkin, sweet potato), the red pepper and the tomatoes and stir it all around to coat the veggies in the oil and flavours (you should be able to smell that delicious turmeric now)
4. Add the stock and then add the lentils. If you're using dried lentils, you will need to add an extra 50ml of stock to allow for an additional 10 mins cooking time, but if you're using tinned lentils (please buy organic), add them now and move onto the next step.
5. Turn the heat down to simmer and let all of the veggies soften and the lentils cook.
6. Once everything has softened, add the coconut cream and chopped cilantro (coriander) and then transfer to a blender and blend until smooth
7. This will stay nice and warm for about an hour in the blender jug, but if you want, you can return to the pan to keep warm
8. To make the optional topping (which I've found really nice and a delicious extra texture to the soup), simply roughly smash up the cashews on a chopping board under a knife, and cook with the pumpkin seeds in a little coconut oil with the minced garlic until it's warmed through and a little browned.
9. Serve the soup in bowls with a sprig of cilantro, a drizzle of coconut cream and the cashew topping (with optional chilli) and LOVE it

Cool Summer Salad



Ingredients

- A little box/punnet of cherry tomatoes (or about 15)
- 1 serve as per your pack instructions of quinoa (about 1/2 a cup dry I estimate)
- 1 carrot
- 1 avocado
- 1 beetroot
- A handful of baby peas
- A handful of basil
- A good pinch of sage leaves
- A pinch of healthy salt (Celtic, Himalayan etc)
- A pinch of black pepper
- A dressing of olive oil with lemon juice – mix to suit your taste

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Preparation Time: **xx minutes**

Serves: **2**

Instructions

Firstly, get the quinoa cooked and out of the way. The rough guide is to mix one part quinoa to five parts water, so do this (unless you pack says otherwise), bring to a boil and then simmer super-gently until the water has absorbed.

Next, you have two options with the beetroot and carrot. If you have a Spiral Slicer use this to make carrot and beetroot spirals, but if not then you will want to grate them with a standard cheese grater into a bowl. Once grated, press with some kitchen roll/towel to get rid of some of the excess moisture.

While you're spiralsing or grating have the baby peas steaming gently for a few minutes to cook through and then put aside.

Slice or dice your avocado as you like and then mix all of this into a large bowl with the herbs (which you can roughly chop or rip) and set it all aside while you sort out yer' tomatoes!

Now, you're going to be grilling the tomatoes (surprise!) so chop them in half and drizzle with olive oil and place under the grill for about 5 minutes until they start to just blacken and are warmed.

With the tomatoes done you can mix it all up into a big bowl and dress with the olive oil and lemon juice.

There you have it – colorful, nutrition-ful and flavourful!

Optional extra: you can add some fresh chilli, thinly sliced to spice it up if you want! I do!

DINNERS



Raw Pad Thai

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Preparation Time: **15 minutes**

Serves: **2**

Instructions

- 1** First, prepare the carrot and courgette 'noodles' by using either a spiralizer or mandolin. If you don't have either of these, use a vegetable peeler to make slices of the zucchini and carrot and then use a sharp knife to slice these into very thin strips.
- 2** Put these into a large bowl with the spring onions, shredded cabbage, beansprouts (thoroughly washed), cauliflower and coriander.
- 3** Now prepare the sauce by blending the tahini, almond butter, tamari, coconut sugar, lime/lemon juice, garlic and grated ginger. Add a little water if needed – this is a very thick sauce.
- 4** Finally, mix the sauce into the bowl and get everything evenly coated.
- 5** Serve with a sprig of coriander and an extra little squeeze of lemon or lime!

Ingredients

- 3 medium courgettes (zucchini)
- 3 large carrots
- 2 spring onions, chopped (also known as green onions, scallions)
- 1 cup shredded red cabbage
- ½ packet of beansprouts
- 1 cup cauliflower florets
- 1 bunch of fresh coriander/cilantro, chopped roughly

Sauce

- ¼ cup tahini
- ¼ cup almond butter
- ¼ cup tamari
- 1 tsp coconut sugar
- 2 tbsp lime or lemon juice
- 1 clove garlic, minced
- 1 inch of ginger root, grated

Alkaline Thai Green Curry



Ingredients

- 2 spring onions
- Broccoli
- 1/4 cauliflower
- 1 carrot sliced
- 125ml coconut milk
- Handful of coriander
- Large finger of ginger
- 1 stick of lemongrass
- 1-2 chillies
- 2 limes
- Asian greens (bok choy etc)
- 1 teaspoon of green curry paste
- Cubes of firm tofu (optional)
- Soba noodles or brown rice.

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Preparation Time: **40 minutes**

Serves: **2**

Instructions

- 1** Juice the lime, slice and bash the lemongrass, slice the ginger and roughly chop the coriander. Mix together and allow to infuse.
- 2** Next thinly slice the spring onion and carrot, cut the broccoli and cauliflower and steam fry along with the Asian greens and tofu if desired.
- 3** Once steamed (five mins) add the infused chilli, lime and lemongrass, coconut milk and paste.
- 4** Gently simmer for five minutes and serve either alone or with soba noodles or brown rice.
- 5** Optional: grate the lime before juicing and use as a garnish when serving.

Tuscan Bean Soup



Ingredients

- 2 Tbs (30mL) olive oil
- 1 medium onion, chopped
- 2 stalks celery, chopped
- 4 cloves garlic, chopped
- 3 cups (680g) chopped tomatoes
- 6 cups (900g) tinned cannellini beans
- 5 cups (1.25L) water
- 1/2 tsp (3g) Himalayan Salt
- Freshly ground pepper, to taste
- 1 cup (75g) spelt pasta shells, or other small pasta shape
- 1/4 cup (9g) fresh basil leaves, coarsely chopped

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Preparation Time: **35 minutes**

Serves: **6**

Instructions

Firstly, you need to steam fry the onions, celery, and garlic until tender. Do this in a few spoons of water in a large pan. Once it is all nice and tender you can add the chopped tomatoes (juice n' all) and warm this over a medium to low heat, breaking up the tomatoes so that it is all chunked down in nice small chunks. Cook this all together for about fifteen to twenty minutes.

Now you can add the lovely creamy-textured cannellini beans, the water, salt, pepper and cook over a medium-low heat for another twenty minutes. Once the beans are soft you're good. Now you can add the spelt pasta and cook for another ten minutes until it is al dente.

Once the soup has cooled a little bit, stir in the olive oil and add the basil leaves.

A close-up photograph of several round, textured snacks, likely rice crackers, arranged on a light-colored surface. The snacks have a porous, fibrous appearance. A purple rectangular banner is overlaid on the upper right portion of the image, containing the word "SNACKS" in white, uppercase, sans-serif font.

SNACKS

Crispy Cauliflower 'Buffalo Wings'

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Preparation Time: **45 minutes**

Serves: **4**

Instructions

Firstly, get the oven heated to 230 degrees (450f).

Now in a bowl, mix together the flour, water, garlic powder and salt and whisk this until it is like a smooth batter.

Toss through the cauliflower and then bake for around 15-20 minutes, giving a shuffle around half way through.

If you're making your own barbeque sauce as per the ingredients above, this is what you'll do while the cauliflower is cooking:

Warm the coconut oil in a pan over low heat and then add the onion, garlic, coriander, cumin, allspice and cayenne.

Cook these together for about four to five minutes and then add the lemon juice.

After another minute or so add the tomato sauce, mustard and Worcestershire sauce and 250ml of water.

Turn up the heat to a medium level and season with fresh Himalayan salt and black pepper and once it's almost boiling, reduce the heat again and simmer for 10-15 minutes.

Once it has thickened, allow it to cool a little and then blend smooth.



LIVE ENERGIZED

Ingredients

- 1 head of cauliflower, chopped or snapped down into bite-sized pieces
- 1 cup of chickpea (garbanzo) flour
- 1 cup of water
- 1 tsp of garlic powder
- 1/2 teaspoon of Himalayan salt (finely ground)

Coconut Energy Balls



Ingredients

- 1/4 cup cold pressed coconut oil, room temperature
- 1/4 cup organic maple syrup
- 1/3 cup organic cacao or pure cocoa powder
- Pinch of sea salt
- 1 cup raw pecans or walnuts, soaked and dehydrated
- 2/3 cup organic shredded unsweetened coconut

Live Energized

Preparation Time: **10 minutes**

Serves: **16 balls**

Instructions

- 1** In a bowl, mix together the coconut oil, maple syrup and cacao powder. Stir and press the oil until thoroughly blended.
- 2** Toss the remaining ingredients in and stir together.
- 3** Layout a sheet of wax paper on a plate.
- 4** Then, with your hands, form mixture into 3/4-inch round balls.
- 5** Freeze each plateful of balls for 15 minutes.
- 6** To preserve them nicely keep them refrigerated.

Alkaline Home-Baked Pumpkin Bread



Ingredients

- 1 small pumpkin
- 300g gluten-free flour
- 2 tsp baking powder
- 1 tsp of Italian seasoning
- 2 tbsp of oil (udo's choice, hemp oil, flax oil etc)
- 50-75ml of water

Live Energized

Preparation Time: **30 minutes**

Serves: **2**

Instructions

- 1** First and foremost, the oven must be preheated to 200C (or gas mark 6). Once this has preheated, put the entire pumpkin onto a baking tray and bake for at least 40-50 minutes or until the pumpkin has become quite soft.
- 2** Cool the pumpkin (still on the tray) for at least half an hour.
- 3** Remove the skin from the pumpkin, cut out the stalk and remove the seeds. Mash the pumpkin well, and then stir in the remaining ingredients.
- 4** Next, put the pumpkin onto a floured surface and knead until the mixture becomes sponge-like. If it feels too sticky, add a little more water.
- 5** Shape the mixture into a circular loaf shape and place on a lightly oiled baking tray. Make a pattern in the top of the loaf such as a cross.

Bake for 30-40 minutes or until done (you can tell by tapping the base of the loaf - if it sounds hollow, it is ready).

Free Training

14-Days to Alkaline

Step-by-step advanced training from Ross, teaching you exactly how to get instant results from the alkaline diet, and make it easy and enjoyable to stick to for life.

Claim my free spot now

On This Free Training You Will Learn:

- ✔ What to eat and drink to put your body into a peak, alkaline state
- ✔ How to get alkaline and thriving without giving anything up (i.e. the easiest way to huge results)
- ✔ How to master the (fast) alkaline breakfast to energize your body and set your day up for success
- ✔ How to double, or triple, your energy, naturally and all day long (say goodbye to the post-lunch energy dips)
- ✔ How to get your husband/wife/kids to join you (and be supportive!) without them realising!
- ✔ PLUS: your 14-day alkaline diet plan to put everything on autopilot

In this 60-minute free-training webinar, Ross will guide you through everything you need to know to get started on the alkaline diet and make it achievable and easy to stick to.

Claim my free spot now

You Can Do This!

In your hands you have the core basics to get started on the alkaline diet and start thriving. Over the next few days and weeks I'll send you more free training - more step-by-step guidance and answer your biggest questions too.

Getting to the health, energy and vitality of your dreams - overcoming whatever big health challenges you have right now - **is a lot easier than you've been led to believe.**

It can be simple, it should be enjoyable, and I am so excited to help you along this journey.

You absolutely can do it. I have complete certainty because I've seen it time and time again, with tens of thousands of people who I've coached from all walks of life.

You are walking a path that many have walked before you and you should take huge comfort and confidence from that. You **WILL** succeed and I will help get you there as quickly, effortlessly and enjoyable as possible.

Let's do this - here's to your best ever health, body, energy and vitality.

Ross

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