



The Acid/Alkaline Food Chart

Ross Bridgeford



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A hand is shown pouring a vibrant green juice from a blender's spout into a clear glass. The background is slightly blurred, showing the kitchen environment.

The Definitive Acid / Alkaline Food Chart

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THE ULTIMATE ALKALINE DIET STARTER GUIDE

...and your food charts!

What You'll Discover in This Guide:

- ✓ How to easily get started on the alkaline diet - with no overwhelm, confusion or hard work
- ✓ What the most alkaline & acid foods are
- ✓ How to know if a food is alkaline & why the food charts are so different (and which to trust)
- ✓ The easiest way to get started on the alkaline diet
- ✓ The 4 simple changes to focus on to remove the overwhelm, get results & build momentum
- ✓ The core steps you need to get started *right now*
- ✓ The biggest myths about the alkaline diet
- ✓ The most delicious, easy-to-make, alkaline recipes to get started today!

welcome to my world! here's to a wonderful, energized, vital life ahead



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.

So as we go into this guide, there are five things that are absolutely essential for you to know...

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 members of my hands-on alkaline coaching group **The Alkaline Base Camp** 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 Alkaline Base Camp group – I know we're about to have an amazing journey together.

Let's do this – here's to certainty, and the energy, body, confidence and health YOU deserve!

Ross



Juanita Butler

Juanita started on the alkaline path with me after receiving a lupus diagnosis. She was in constant pain, every day & requiring daily steroids to help control it. She had gained weight, became fatigued and struggled with inflammation.

By following the simple steps of my alkaline lifestyle she is now pain free and thriving. The inflammation has gone too and she's lost 20lbs.

Alkaline Base Camp Member #241

WHO IS ROSS?

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.

I am the author of the bestselling book *The Alkaline Reset Cleanse*, the creator of the world's biggest alkaline diet coaching program, *The Alkaline Base Camp* and the *Alkaline Reset Cleanse Coaching Program*.

I have been featured in *What the Doctors Won't Tell You*, *Women's World* and *First for Women*, the *Hay House World Summit & more* and I have been teaching, coaching and researching since 2004 to make the alkaline lifestyle as simple, yet powerful as possible.

I know how to make it happen in a way



that is fun, easy, effortless, achievable and sustainable. I'm not interested in getting you results 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 (nutrients), 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!



WHAT IS THE ALKALINE LIFESTYLE?

and 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 road-map, a plan and 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
- You don't have hours and hours to spend crafting in the kitchen
- You don't want to keep having to wonder 'what's for dinner'
- 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 now that this 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 its 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.

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!





Ali Sharifi

I started on the alkaline journey with you because of a brain tumor diagnosis. Since then the tumor has disappeared and I have lost around 50lbs (23kg) and my cholesterol and triglycerides are all at healthy levels.

Your coaching has brought me more energy without the need for coffee, I feel better than ever.

Thank you. You may very well have saved my life.

Alkaline Base Camp Member #94



WHAT DOES THE ALKALINE LIFESTYLE WORK SO WELL?

and why 'go alkaline'?

It's important for you to know WHY we're focusing on alkaline. So to keep this simple and not too science-y – 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.

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.

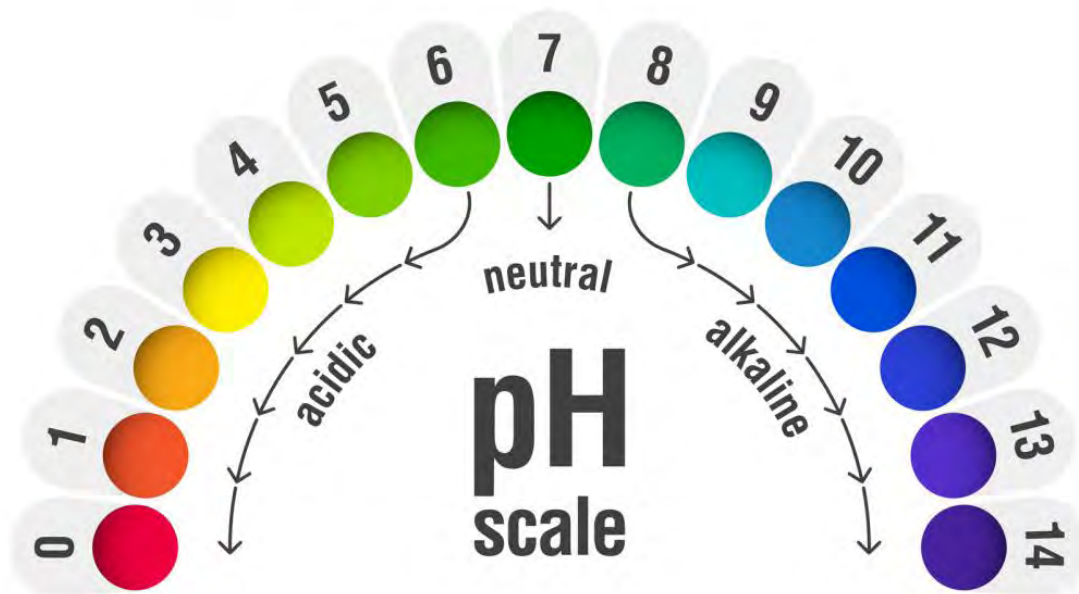
I hear you say: “Hmmm. Interesting. If your body will maintain this pH for you, then why should you worry about eating alkaline? I mean, if your body stays in pH balance no matter what you eat then why worry about it?”

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 - 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 do **whatever it takes** to keep your pH from falling too far, no matter what the long-term damage of this will be to the other areas and organs in your body.

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.

Remember - the goal is not to change our pH – it's to give the body the tools it needs so it can maintain it's 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 it's pH.

It 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, will be energized, healthy & thriving.

WHY ARE THE FOOD CHARTS SO DIFFERENT?

what makes a food alkaline?

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! 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.

The last thing you need is confusion and overwhelm right now, so even so, going into this section I want you to remember:

You don't have to be perfect...

You don't have to stress or have any anxiety about eating a food that one chart says 'alkaline' and the other says 'acidic'. You can use these charts to find your own path, and I will let you know the big things to look out for in the next couple of pages.

The differences in the food charts are largely down to the method that the food is determined to be alkaline or acid.

Method One: PRAL

The Potential Renal Acid Load (PRAL) method is very accurate for many uses in research and scientific study, but for deciding which foods to eat. This is the method wrongly 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.

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.

THE MAIN LOOKOUTS

Fructose: acid forming. Some fruit is obviously beneficial, but fruit, due to the fructose is acid-forming. More on this shortly, but don't juice fruit or eat more than 2-3 serves a day.

Natural Sugar: due to the fructose, sweeteners like honey, agave, maple syrup, coconut syrup etc are highly acid forming (honey can have some uses though - discussed shortly)

Mushrooms: we're trying to avoid fungus in our system.

Spirulina & Chlorella: similarly, we're trying to avoid algae!

These often show up as 'alkaline' on PRAL-based charts, but should be consumed in absolute moderation or not at all.

It also explains why lots of charts show high-sugar 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 of the Food on the Body

Using PRAL charts to classify foods is very quick and easy, because the research (burning) has already been done, published and is available online. So anyone can knock up a chart, and you're done.

But, the reality is that we need to know what the effect is that the food has on the body and this comes down to a combination of factors:

[+] The nutrient content of the food - primarily the mineral, vitamin, antioxidant content (micro) rather than fat, protein, carbohydrate (macro) vs. the toxin content of the food (sugar, gluten, preservatives etc.) This assesment covers 90% foods.

[+] The effect on stage I of digestion - what levels of hydrochloric acid vs sodium bicarbonate are triggered in the stomach to digest the food. This covers the handful of anomolies such as lemons (acid in nature, alkaline-forming in the body).

What Makes a Food Acid or Alkaline?

There are a few simple rules that will guide you when you don't have the charts in this book handy. When you're at the grocery store, restaurant, cafe etc. just keep these simple rules in mind.

This also helps you to decode the differences in the food charts you will have undoubtedly seen too!

MAKES A FOOD ALKALINE:

if a food is: fresh, unprocessed, as close to it's natural state as possible, a vegetable (esp. green veggies), contains lots of healthy fats, vitamins and minerals (esp. high alkaline minerals like potassium, magnesium, calcium), antioxidant rich, anti-inflammatory...it is very likely to be alkaline-forming

MAKES A FOOD ACID:

if a food is: processed, contains sugar (including fructose), animal-based, packaged, contains yeast, gluten, processed fats, dairy, alcohol, caffeine...it is very likely to be acid-forming

The Rules are Quite Simple

It comes down to eating mostly those foods you KNOW, intuitively are good for you - and avoiding those you know deep down are not so good - as much as possible.

Remember, you are not trying to be perfect - so either having a treat from time to time, or including some 'borderline' ingredients in your meals is ABSOLUTELY FINE TOO!



The Questions to Ask:

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

Is it Fresh: fresh foods are always more alkaline forming.

What is the Mineral Content: alkaline foods are alkaline predominantly (almost entirely) because they contain a lot of alkaline minerals.

Is It Low in Sugar: sugar is sugar and all sugar, no matter whether it's glucose, fructose, dextrose etc.

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 (very alkaline) forming, are antioxidant-rich and anti-inflammatory.

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

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. And yes this does include apple-cider vinegar.

Does it Contain Dairy: dairy is next on the list! Avoid – acidic and mucous forming.

Is it Refined: the more 'prepared' and processed a food is, the more likely it is to be acid forming.

Does it Contain Gluten: gluten is one of the most inflammatory, acidifying substances known to man. Avoid gluten-containing foods as much as possible.



Samantha Smallwood

“I am SHOCKED...and in a GOOD WAY! After just two weeks of following Ross in the Alkaline Base Camp the arthritic pain in my right foot, and the inflammation and pain in my left knee are GONE GONE GONE!

Blown away and grateful for Ross!”

Alkaline Base Camp Member #442

WOW!

Your One-Page, Printable, At-A-Glance Alkaline Food Chart is On the Next Page!

Download and print this, stick it to your fridge, print another copy and put it in your work bag! Your 400+ food rankings are in a few pages, but this handy one-pager is invaluable, so don't skip past it!

Have You Got Questions for Ross?

Join 10,000 other alkaline living, healthy, wonderful people in my FREE Facebook community: Living Alkaline with Ross! I am in there daily to help get you to your biggest health goals.

[CLICK HERE TO JOIN NOW](#)

Living Alkaline

with Ross Bridgeford

Learn to get alkaline & get to the health of your dreams... effortlessly





The At-A-Glance Acid/Alkaline Food List

EAT MORE

EAT LESS

CAN BE INCLUDED IN YOUR 20% ACID

Highly Alkaline

Arugula (Rocket)
Avocado
Basil
Beet Greens
Bell Pepper
Beetroot
Broccoli
Brussels Sprouts
Cabbage (all)
Celery
Chard
Cilantro (Coriander)
Cucumber
Endive
Ginger
Kale
Lettuce
Parsley
Spinach
Sprouts
Sea Vegetables
Tomato
Watercress
Turmeric
Ginger

Moderately Alkaline

Artichokes
Asparagus
Chilli
Chives
Courgette/Zucchini
Fennel
Grapefruit
Green Beans
Leeks
Lemon
Lime
Mint
Okra
Peas
Pumpkin
Radish
Sage
Coconut Oil
Flax Oil
Chia
Quinoa
Coconut Milk
Coconut Cream
Coconut Water
Almond Milk
Almonds

Mildly Alkaline

Garlic
Onions
Potato
Sweet Potato
Squash
Avocado Oil
Olive Oil
Butter Beans
Buckwheat
Lentils
Haricot Beans
Dried Herbs & Spices
Wild Caught Oily Fish
Oats
Buckwheat
Amaranth
Brazil Nut
Cashew Nut
Walnut
Cacao
Maca

Neutral/ Mildly Acidic

Black Beans
Chickpeas/Garbanzos
Kidney Beans
& Other Beans
Low Sugar Fruits:
Cantaloupe
Nectarine
Plum
Cherry
Watermelon
Strawberry
Blueberry
Soybeans
GF Pasta
Brown Rice
Plant-Based Protein Powders
Stevia
Rice Malt Syrup
Freshwater Wild Fish
Rice & Soy Milk
Pecan Nuts
Hazel Nuts

Moderately Acidic

Fruit Juice
High Sugar Fruits:
Apple
Apricot
Banana
Grapes
Guava
Mango
Orange
Pineapple
Peach
Papaya
Ocean Fish
Apple Cider Vinegar
Kombucha
Miso
Tempeh
Kimchi
Black Tea
Green Tea

Highly Acidic

Grains
Refined Fats
(Canola, Veg Oils)
Alcohol
Coffee & Soda
Jam, Jelly & Spreads
Soy Sauce
Vinegar
Yeast
Condiments
Dried Fruit
Beef
Chicken
Farmed Fish
Pork
Shellfish
Cheese, Eggs, Dairy
Artificial Sweeteners
Agave Syrup
Honey
Date Syrup
Maple Syrup
Coconut Syrup
Mushroom
Peanut

Acid & Alkaline Food Chart

Beverages	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	Alkalising Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Tea (Black)					✓	
Tea (Green)				✓		
Tea (General Herbal)			✓			
Tomato Juice (homemade)			✓			
Vegetable Juice (homemade)	✓					
Water (Most Bottled)					✓	
Water (Ionized)	✓					
Water (Tap Unfiltered)				✓		
Kombucha				✓		
Kefir				✓		
Ale						✓
Beer						✓
Malt Liquor						✓
Scotch						✓
Vodka						✓
Wine (Red)					✓	
Wine (White)						✓
Spirits (Most)						✓

Acid & Alkaline Food Chart

Grains & Cereals	Alkalisng 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	Alkalising 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

Meat & Meat Products	Alkalisng 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	Alkalising 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 & Kimchi				✓		
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						✓
Pumpernickel					✓	
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				✓		

Putting it All Together & Getting Started:



Living Alkaline the way I teach is NOT about being perfect...

This is so essential for you to remember as you go forward and get started.

You've looked at the charts now, and if you're just starting out, and like most people I work with in my Alkaline Base Camp - you're probably thinking "what am I going to eat"?

There are a couple of important things to bear in mind here:

1) there are *thousands* of beautiful, nourishing, delicious meals you can make from the alkaline foods in these charts.

Combining the leafy greens with the root vegetables, beans and pulses, quinoa, rice, low sugar fruits, coconut, coconut creams and nut milks - and so on... you can create 'regular' meals that the whole family will love so easily (the twelve recipes at the back of this guide will show you some perfect ways to get started)...and;

2) you can still include acid-forming foods in moderation (yep, including meat), and you don't have to be perfect all of the time! There is still room for treats, cheat meals, date nights and dinners out with friends and family.

It's also important to remember (esp. if you're prone to feeling overwhelmed, or if confusion often stops you in your tracks)....



Even the Smallest Actions, Practiced Consistently, Can Bring HUGE Results

- Ross Bridgeford -

The quality of your health (and, therefore, life) is defined by the small number of actions you take on a daily basis, day in, day out. Whether they are good, positive healthy actions OR if they are unhealthy habits - they will have a huge bearing on your experience.

In other words, you can get massive results by just starting small but being consistent.

So to get you started and putting this into action, I am going to give you the few, simple steps I start all of my Alkaline Base Camp coaching clients on when - so you can get a taste of how easy I make it for you to get results.

But First...

Before we get into those steps, I wanted to answer some of the most burning questions that came up in my Facebook community when I said I was going to rebuild this guide from the ground up!

The community is 10,000-strong, so there were a TON of suggestions, but I saw a handful of strong themes coming through and I want to answer those now.

(If you want to join the Facebook community, it's totally free - [click here to join](#). It's private (as in nothing you post will be seen by friends and family) and I hang out there every day supporting and helping my community.

So these big questions were:

- 1) where do I get protein on an alkaline diet?
- 2) which fruits are OK, and what's up with fruit?
- 3) which natural sweeteners & syrups are OK?
- 4) can I still eat meat on the alkaline diet? (usually asking for a partner/husband/wife!)

So let's dig into these questions!

WILL I GET ENOUGH PROTEIN ON THE ALKALINE LIFESTYLE?

and what are the best sources?

I hear this question quite a lot. And my first response is, YES, let's get that out of the way - you will get plenty enough. But then my question back to you is *"how much do you think you need?"*

Unless you are training for an event, resistance training, HIIT, functional training etc i.e specifically looking to build muscle, quickly, you do not need to be consuming a ton of protein.

If you are training - then there is a huge variance out there as to how much is optimal (and the question of quality over quantity, the role of BCAAs etc) - but 1g per goal kg is usually about the level.

If you are **not** training - then how much do you believe you need? Most people just have this ambiguous belief that you need 'lots' and that if you don't eat meat then you're not getting 'enough'.

It's a question vegans are asked constantly 'but where do you get your protein'...and the answer is usually 'but why do you

eat so much protein'? Nobody asks this question about other macros like fat, carbs etc. Poor vegans. Anyway, the question is important to many - so let's address it.

From my experience and research, if you're not on a resistance/weights program, most males thrive on between 40g-70g protein per day (some days less, some days more), and females on 30g-60g.

This is not hard to hit, and not a huge amount, and it probably comes as a surprise to most people how easy it is on a predominantly plant-based diet.

(and remember, you can still have some meat and be alkaline, more on this in a moment).

There is so much protein in alkaline-forming foods such as oats, chia, quinoa, leafy greens, lentils, chickpeas, beans, tofu and so on.

In fact, in a typical day of eating my recipes (such as those at the back of this guide), you would be consuming:

Breakfast: Alkaline Oats
Snack: Energy-Doubling Smoothie
Lunch: Quinoa Summer Salad
Snack: Ross' Bliss Balls
Dinner: Alkaline Thai Green Curry

This menu for the day contains approx 85g protein. And you could definitely add some grass-fed, organic beef to the salad or organic chicken to the curry if you're keen to still eat meat.

And you can add a scoop of plant-based protein powder to the smoothie too if you like - and just two of these three suggestions would take the protein for the day well over 120g.

You could add more beans/legumes/pulses to the salad too, and add chia seeds to the oats. If you need more protein, it's very easy to get it in with very little creativity needed.

In summary, the best sources of protein on the alkaline lifestyle include:

- Oats
- Chia
- Quinoa
- Buckwheat
- Pulses (lentils, garbanzo, kidney beans etc)
- Leafy Greens
- Tofu/Tempeh/Edamame
- Hempseed
- Sprouted Breads
- Wild Rice
- Nut Butters (almond esp., avoid peanut)
- Plant-Based Protein Powders...let's get into that a little now...

OK, so if you're looking for a protein supplement, I really recommend you stay away from whey. Whey is concentrated dairy and is highly-acidic.

Back in the day when I first started out (2003-4) it was impossible to get a decent plant-based protein powder. A whole scoop would be about 6g protein. You may as well just eat some greens.

Nowadays, you can get exceptionally clean, well produced plant-based protein powders. They are, gram-for-gram, as powerful as whey proteins - around 23g per 30g scoop and are such high quality, and bioavailable to the body.

I recommend [Sun Warrior, Organifi and Alkamind](#). You can get [all of my supplement recommendations here](#) (including for green powders, turmeric and more).



Rose Tan

"I am a 55 year old pilates teacher with a strong arthritis genetics. Following Ross over the past year has reversed all joint stiffness and digestive issues, all inflammation-based issues, I'm sleeping better at last, I have more energy.

Ross' Alkaline Base Camp is worth staying devoted to - I am healthier and stronger than when I was in my 30's! "

Alkaline Base Camp Member #117

WHICH FRUITS ARE THE MOST ALKALINE?

and what's the problem with fruit?

The question of which are the alkaline fruits is such an important one to understand when you're first starting on the alkaline diet.

Not all fruits are created equal, and while there are a lot of fruits you can eat with wild abandon, it is a mistake to think that all fruits are alkaline-forming and you can easily fall into the trap of over-consuming them.

Yes, you can over-consume fruit.

As you know from earlier, high-sugar fruits fall on the acid-forming side of the charts - we went into the reason for this



earlier a little when we talked about the PRAL Index - but I'll explain more now.

These fruits, like those I mentioned, the common fruits like bananas, pears, kiwi fruit, oranges, pineapple, apple and so on taste, well, really sweet and delicious.

And they taste sweet because they have a ton of fructose in them! And fructose is a pretty damaging sugar for the body (I'll get into this more in a minute, but basically fructose is the WORST of the sugars).

Yes, they contain vitamins, minerals, antioxidants and so on, but when you look at the net affect these fruits have on the body, the sugar means they do more damage than good.

So Are You Telling Us to AVOID FRUIT?!

No, that's not my point. I still think fruit is a wonderful treat and you should feel free to have 1-2 pieces per day (preferably organic and in-season). My point is that these fruits shouldn't be eaten with wild abandon and seen as a 'health food' or free pass.

Plus, when it actually comes to WHY I would eat fruit, it's actually more to do with it's taste and convenience over it's nutritional profile.

Research published in 2014 out of William Paterson University compiled the list of the world's most 'powerhouse fruits and vegetables' based on the nutrient density and

bioavailability of 41 different foods.

Foods were awarded “powerhouse” status by providing, on average, 10 per cent or more of the daily recommended intake across 17 nutrients that have been proven to prevent and reverse chronic disease.

SO of all of the fruits and vegetables they published the top 41.

Of the top 41, 38 were alkaline forming foods ...and of those the TOP FIFTEEN WERE ALL LEAFY GREENS. The only fruits to appear in the top 41 were strawberries, oranges and blackberries which were at 30, 33 and 38 respectively.

So for a nutrient hit, I like to stick to my vegetables. They don't contain fructose and they DO contain a lot more nourishment.

The Problem With Fructose

Fruit, as delicious as it is, contains fructose. And fructose is be a problem.

While most types of sugar can be metabolised by practically every cell in the body, fructose can ONLY be metabolised by the liver. We were not designed to eat the vast volumes of fructose we now eat.

Regular sugars – table sugar, brown sugar, raw sugar, cane sugar – these are all 50% glucose and 50% fructose.

Don't get me wrong, the glucose is acidic, oxidising, inflammatory and bad news – but if you're moderately active, the body can use it.

Fructose cannot be used and it stresses the heck out of the liver, the pancreas and so much more.

People think of fructose as a 'natural sugar', 'fruit sugar' or 'healthy sugar' but this is just not the case. It's not only as damaging as any other sugar, but in reality – it's actually worse.

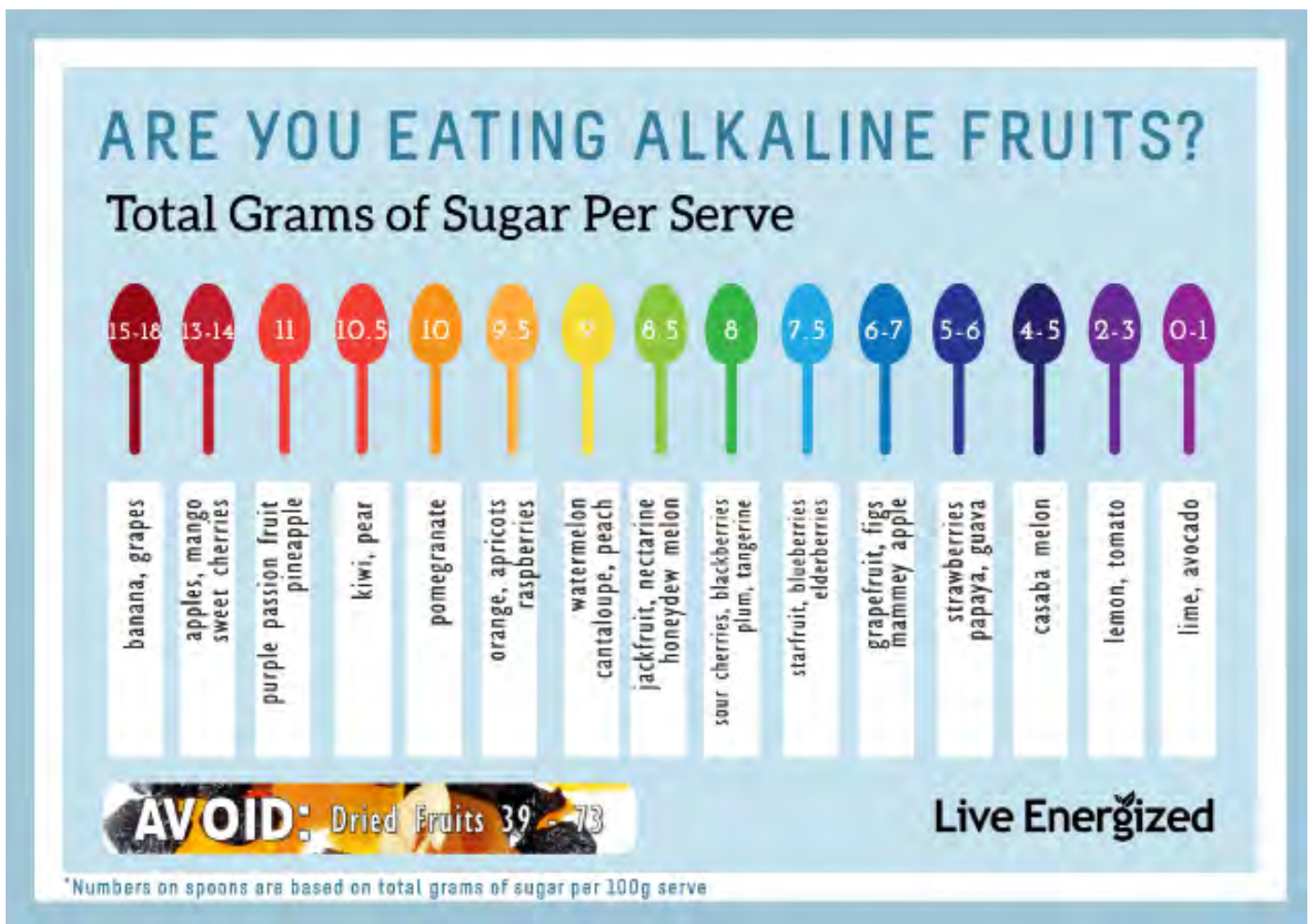
The direct effects of fructose metabolism include:

1. 100% of the fructose being stored as fat cells – leading to weight gain, fatty liver disease & insulin resistance (and thus Type 2 Diabetes)
2. Fructose being processed by the liver heavily interferes with our appetite hormones
3. When our appetite hormones are out of balance, this metabolic shift to puts us into 'starvation mode' causing the body to store all food as fat
4. Fructose raises the levels of our 'hunger hormone' ghrelin and when ghrelin is elevated our brain sends the signal that we're always hungry, no matter how much we eat

In short, fructose causes inflammation, liver stress, oxidative stress, uric acid formation, it makes us gain weight, we can't stop eating it, and it makes us want to keep eating more. Not good.

And fruit contains a LOT of fructose.

Just check out this chart showing the total grams of sugar per serve:



You should definitely still eat these fruits, alkaline or not, 1-2 times a day because they're a delicious snack, way more healthy than something that contains the sugar but NOT the vitamins etc.

But it is clear to see that they are not alkaline fruits and shouldn't be classified as such.

Alkaline Fruits & Acidic Fruits

There is a key distinction here, because we're not actually talking about alkaline fruits or acidic fruits...we're talking alkaline-FORMING fruits and acid-FORMING fruits.

Remember this: It is not the pH of the food BEFORE we consume it that is the biggest influence, it is the EFFECT the food has on the pH of the body AFTER consumption.

Sounds like a minor thing, but as you're about to see, it's very important.

Alkaline Fruits List

Lemon
Lime
Avocado
Cucumber
Tomato
Grapefruit
Pomegranate

That's it! And half of these you wouldn't normally consider to be a fruit anyway!

Now, I mentioned alkaline-FORMING before and this rule applies most clearly to lemons and limes. This confuses a lot of people because, as we all know, lemons and limes are acidic in nature.

However, when metabolised they have an alkaline-forming effect on the body, and so are to be classified as alkaline forming fruits.

Acidic Fruits List

Well, this is a list of basically every other fruit...

Banana

Pineapple

Melons

Grapes

Oranges, mandarins, satsumas etc

Berries: strawberries, blueberries, raspberries etc.

Pears

Passionfruit

Kiwifruit

Papaya

Paw Paw

Mango

Before you ask about any other fruit, the easy answer is – if it's not on the alkaline fruits list, it's not alkaline.

A note on fruit in juices and smoothies & dried fruit

I strongly recommend you don't juice, blend or dehydrate (dry) fruits. Eat them whole and raw.

Fructose is far less damaging when consumed with fibre, chewed and digested slowly.

When the fibre is removed (as with juices) it is even more rapidly metabolised by the liver. Same goes for dried fruits.

These give a huge hit of fructose with very little fibre and immediately stress the liver.

So there should be no fruit in juices (because the fibre is removed) and even in smoothies, because if your smoothie contained several serves of fruit and you drink the smoothie at a normal drinking pace, this would overload the liver very quickly.

Think about the time it takes to drink a drink vs to eat 2-3 pieces of fruit including chewing time...

The Best & Worst Acidic Fruits – A Rough Guide:

Really, it all comes down to the sugar content, as this pretty much overrides the nutritional content. So to keep it simple, you want to be eating less of the high-sugar fruits like pineapple, apple, oranges and bananas and instead, the alkaline forming fruits aside, sticking to the lower sugar fruits like berries and melons.

Honestly, all are fine in moderation as long as you're sticking to the rules of:

- [+] 1-2 pieces only per day
- [+] Don't juice or smoothie them
- [+] Stay away from dried fruit

Stick to those simple rules and you're all set to continue enjoying fruits each day – regardless of their pH!

I really don't want you to freak out about fruits, but at the same time I don't want you eating (and worse, juicing) a ton of fruit every day thinking that it's healthy and fine to eat in huge quantities.

The simple truth is that you CAN still eat a little fruit, but keep it within my rules and you'll be set.



Cali Marsh

“The alkaline way of living really works for me! My energy is high, my clothes are loose(!), my gut doesn’t feel bloated, my hair and nails are strong, my eyes are sparkling, my skin feels amazing. These are all the reasons why I have stayed with Ross for so long. And now my husband is on board too! I have not seen him with so much energy and positivity since we first met! He is buzzing! It’s so awesome to see him like this. We are both feeling absolutely positively amazing”

Alkaline Base Camp Member #7

WHAT ARE THE BEST NATURAL SWEETENERS

does natural mean alkaline?

The information I’m about to give you is super-important.

It gives us a guide as to how we can judge and decide on which sugars/sweeteners to include and is the top level rule of sugar and our health.

So here goes:

Fructose is the very worst sugar you can consume.

There, I said it.

When we talk about quitting sugar, we're 90% talking about quitting fructose. This doesn't mean fresh fruit (which I expand on below) – I'm talking about sugars, syrups, sweeteners and foods that are loaded with fructose.

Why?

Because like I mentioned when we were talking about fruit a few pages ago - while most types of sugar can be metabolised by practically every cell in the body, but when we consume fructose **ONLY** the liver can metabolise this sugar.

And this causes huge levels of stress, inflammation, acidity (particularly uric acid), fat cell creation and more.

Remember: ALL SUGAR IS STILL SUGAR

It's been a recent trend to call things (especially raw desserts) 'sugar free', but they are still made with dates, maple syrup, honey, agave syrup and so on.

THIS IS STILL SUGAR!

Honey is still primarily (75%) made up of fructose and glucose – the same as table sugar. In fact the coffee shop I am typing this from has desserts it claims are 'sugar free' – and when I

asked what makes them sweet they said maple syrup! This is still sugar!

So this is a preface to the guide below. These are all still sugars – none of them are ‘good for you’. Some are much better than others and some, despite being labelled as a health product are down-right evil.

So proceed with caution, use sparingly and stick with the handful of those that are better than the others.

The Sweeteners I Recommend:

These sugars/sweeteners are recommended because they are fructose-free and as unprocessed as possible. They are not alkaline and they are not perfect, they are just better than the rest.

Remember, the big message here is that sugar is sugar is sugar, and ‘natural’ sugars like honey, maple syrup, agave syrup etc. are not acceptable just because they are natural. They are still highly acid-forming.

Recommendation #1: Rice Malt Syrup/Brown Rice Syrup

Of the syrups, Rice Malt Syrup is perhaps the easiest and most enjoyable to use. It’s texture, colour and flavour is most similar to other syrups like coconut, maple and so on – but it is 100% fructose free.

It's made from fermented cooked rice and is a blend of the complex carbohydrates, maltose and glucose.

STILL don't go into this thinking you can now use stevia or rice malt syrup without limit and as often as you like – they will still have acidic, inflammatory effects on the body once consumed – BUT – they are great in moderation to help ease yourself away from refined sugars.

Use it the same as you'd use honey or maple syrup. It's probably the healthiest to use in baking from a fructose percentage (being zero), but it is not as sweet as regular sugar or other syrups. Dates may be a better choice in baking.

Recommendation #2: Stevia

Stevia is a plant-based sweetener. It's completely fructose-free and 300 times sweeter than sugar.

It's great in recipes where you want to add a little sweetness, but avoid using it in large quantities as it can have a bitter aftertaste.

This is probably my pick of the sugar alternatives.

Stevia is so sweet you only need a tiny amount, and as with some of the other sweeteners, promising research is coming to light.

With stevia, there is a lot of chatter in the scientific community about it having strong anti-biotic potential.

In fact, one pre-clinical trial has found it effective at treating Lyme Disease which is very eye opening indeed.

This is my 2nd top pick along with Rice Malt Syrup (Brown Rice Syrup)

It has a mild initial taste, so be careful not to overuse.

It is a powder, so used differently to rice malt syrup - and so you'd use it less in baking and more as a general sweetener, in hot drinks etc.



Bella Giardina

“I’ve been with Ross about five weeks and am grateful beyond belief! The results are already incredible and I’m excited to take it to the next level: I can finally sleep well, my energy is back, I do not crave sugar OR coffee, my stomach is no longer painful or bloated, I can focus longer, no headaches, my hormones have regulated...and so much more.

I am so passionate about this! I have finally found a lifestyle that I can stick with for the long term!)

Alkaline Base Camp Member #742

CAN I STILL EAT MEAT ON AN ALKALINE DIET?

what are the rules?

This is one of the most common concerns for people when they're first starting out on the alkaline diet.

Or it's a concern for people who are worried their partner/husband/wife won't do it with them if they have to give up meat!

And the answer, for me, is simple: YES...YES YOU CAN!

It's Supposed to Be Easy...

Most people think getting to the health of their dreams is hard. And this is because of the way most 'holier-than-thou' health gurus make it hard.

I don't know why.

The bottom line is, I believe that getting to optimal health, abundant energy and the body of your dreams is a lot easier than you've probably been led to believe.

My approach has always been to make it easy and achievable. To focus on the fundamentals and allow some room to

manoeuvre.

Because let's face it – if you feel bad about your diet, you won't stick to it. And you won't enjoy it.

And life is supposed to be about enjoyment, fun, being at peace and at one with your body. Not fighting it, fighting cravings, feeling restricted and feeling deprived.

So with that being said...

My Simple Rules Around Animal Protein

This is how I coach everyone I work with in my Alkaline Base Camp coaching program and the simple approach is this:

You can still eat meat. BUT the ONLY RULE is to make that meat the highest quality, and most ethical purchase you can. Keep the same budget, don't spend a penny more, but make it the very, very best quality you can find. Think organic, pasture raised, grass fed, free range, hormone free and so on.

If you follow this rule, your budget stays the same, but your quality of meat increases, the nutrient content of the meat (being higher quality) increases, the volume goes down and presumably the taste goes up (I have been vegetarian/vegan since I was 14 so it's hard to know!).

And importantly, the ethical treatment of the animal goes up as much as possible!



How to Get Started: The Four Steps to Fast Results

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.

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 lifestyle.

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.

Item	Nutrient Density Score
Watercress	100.00
Chinese cabbage	91.99
Chard	89.27
Beet green	87.08
Spinach	86.43
Chicory	73.36
Leaf lettuce	70.73
Parsley	65.59
Romaine lettuce	63.48
Collard green	62.49
Turnip green	62.12
Mustard green	61.39
Endive	60.44
Chive	54.80
Kale	49.07
Dandelion green	46.34
Red pepper	41.26
Arugula	37.65
Broccoli	34.89
Pumpkin	33.82
Brussels sprout	32.23
Scallion	27.35
Kohlrabi	25.92
Cauliflower	25.13
Cabbage	24.51
Carrot	22.60
Tomato	20.37
Lemon	18.72
Iceberg lettuce	18.28
Strawberry	17.59
Radish	16.91
Winter squash (all varieties)	13.89
Orange	12.91
Lime	12.23
Grapefruit (pink and red)	11.64
Rutabaga	11.58
Turnip	11.43
Blackberry	11.39
Leek	10.69
Sweet potato	10.51
Grapefruit (white)	10.47

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
Cassarole
Dressing

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

By just adding in those few extra serves of greens each day you will notice a massive change in your body, energy and health from doing *just* this.



Linda Quinton

“You have been a godsend! Thank you thank you thank you! I lost weight immediately, it just fell away immediately from my tummy and even my face. Clothes don’t fit any more which feels great!

You have given me so many exciting ideas on what to do with food and I feel so relieved now, I feel like I can do this long-term.

I needed this and am so glad you’ve created it.

Alkaline Base Camp Member #362

Alkaline Diet Habit #3: 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 our earlier section on sugar 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 [Alkamind or Organifi Green Juice](#)) for a boost

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

[+] 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: (the above, plus)

Avocado
Coconut oil
Almonds
Coconut / Almond milk
Cacao
Maca
Chia seeds
Oats
Plant-based protein (I love Organifi Complete Protein or Alkamind Daily Protein 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.

- 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 anything, 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.

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.

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”

It's SUGAR not FAT that makes you fat.

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.

And oxidised oils are toxic. They literally undo your hard work!

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.



Loes Van Enoo

“I just to share this with you. In September last year my LDL (bad cholesterol) was rocket high.

It was measured twice within a month, both very high. The PD wanted me on medication immediately, which I declined. Been eating alkaline with you since.

Did a blood test last week and was able to reduce my LDL by 50%!!!!

Even the PD asked my what I had done. IT WORKS !!! Thanks a million ROSS!”

This Is the Alkaline Diet Made Easy

This is the way I teach, and I hope you've loved this introduction to my **Alkaline Lifestyle**. 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 my 20/80 principle - 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 to get started?

BREAKFASTS



Energy-Doubling Breakfast Smoothie



Preparation Time: **5 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

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

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)

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

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.

LUNCH



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

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

Preparation Time: **25 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



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

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

Preparation Time: **12 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



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.

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

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 rice balls (onigiri) made with white rice. The rice balls are piled together, with one in the foreground being the most prominent. The texture of the rice is clearly visible. A purple rectangular box is overlaid on the upper right portion of the image, containing the word "SNACKS" in white, uppercase letters.

SNACKS

Crispy Cauliflower 'Buffalo Wings'

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.

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)

LIVE ENERGIZED

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

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

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).