

Lesson Three: Effortlessly Alkaline Blueprint

Getting Started, Removing the Stress,
Making it Easy & Removing Overwhelm

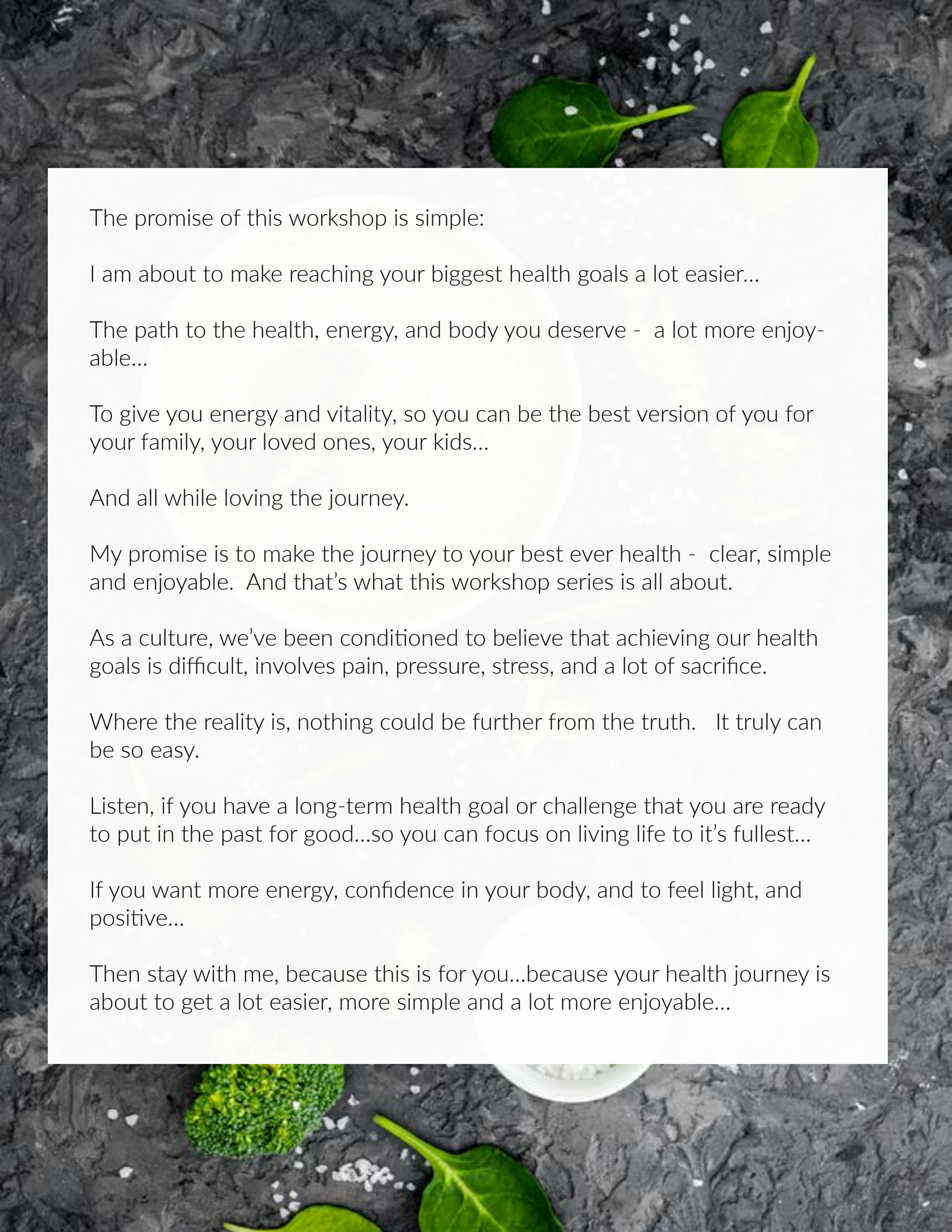


STAGE TWO:
Building Momentum
Habits, Making it Stick



You've got wins under your belt and your efforts are starting to show. You can see and feel the difference in your body and how





The promise of this workshop is simple:

I am about to make reaching your biggest health goals a lot easier...

The path to the health, energy, and body you deserve - a lot more enjoyable...

To give you energy and vitality, so you can be the best version of you for your family, your loved ones, your kids...

And all while loving the journey.

My promise is to make the journey to your best ever health - clear, simple and enjoyable. And that's what this workshop series is all about.

As a culture, we've been conditioned to believe that achieving our health goals is difficult, involves pain, pressure, stress, and a lot of sacrifice.

Where the reality is, nothing could be further from the truth. It truly can be so easy.

Listen, if you have a long-term health goal or challenge that you are ready to put in the past for good...so you can focus on living life to it's fullest...

If you want more energy, confidence in your body, and to feel light, and positive...

Then stay with me, because this is for you...because your health journey is about to get a lot easier, more simple and a lot more enjoyable...

The Big Picture of this Workshop (and my coaching)...

Before we tuck into the goodness of Lesson One, there are a few repeating themes that will come up throughout the series AND in my coaching in general.

These are the principles that my Alkaline Base Camp (ABC) coaching program are built upon, and the reason why my members get such incredible results with their health and energy.

These are my ABC Principles.

ABC Principle #1: Don't DOITALLATONCE

The biggest mistake that SO many people make, and 99% of 'diet' plans will have you do this - is trying to do it all at once. Give up all the naughty stuff, only eat the good stuff. Quit everything.

That's not a plan. That's a recipe for disaster. For so many reasons. It is literally proven to fail. We have studied it. It never works.

ABC Principle #2: Start with ONE THING

Start tiny. Start with one thing. And forget everything else. You would be shocked at how well this works, and it immediately removes all overwhelm, all confusion, all stress. And it makes it simple, easy to get moving.

Once you've mastered this ONE THING, add another thing.

ABC Principle #3: The Power of TINY CHANGES (plus Consistency)

This is our mantra: HUGE results can come from TINY actions...*when practiced consistently*. Don't discount the power of making the right small steps.

ABC Principle #4: Embrace the Power of Habits

We will cover this in depth throughout the Workshop - but habits can be very, very easy to create when you know how, and I will show you how. When you turn the right actions into habits - your health will flow on autopilot. You'll be doing the right things every day without ever having to think about it.

And the 'willpower' element disappears when it is a habit. The definition of a habit is something we do daily, and the decision to do it is *already made in our subconscious mind* - we stop becoming the bottleneck to progress.

ABC Principle #5: This is a LIFESTYLE that Doesn't Take Over Your Life

IMPORTANT! Life is not meant to be anything other than an enjoyable, effortless journey. Health is not meant to come at the cost of pleasure and fun. Please note: my goal for you is to get you to your biggest, wildest health goals - while loving the journey.

There is always room for fun, treats, date nights, meals out, social events.

The way I coach has this embedded in. You don't have to be perfect - you just follow the steps, feel amazing, and know that you can relax and have fun too.

Let's do this....

Onwards, to Lesson Three....

Lesson Three: The Effortlessly Alkaline Path - The Entire Alkaline Journey...

In this lesson, I'm going to share the whole plan with you – my Effortlessly Alkaline Blueprint. This is the entire blueprint for success with your health, your energy and living the alkaline lifestyle and finding it so easy, stress-free and enjoyable.

If you've ever been confused about how all the pieces of living alkaline fit together, or more importantly, if you're wondering what goes into creating massive success with the alkaline diet - this video is for you.

Lesson 1: we talked about how you cannot rely on willpower when you are making health changes, it's a completely flawed approach, and how instead you need to set yourself up for success by picking the 20% of actions that will give you 80% of the result – and then how to turn those actions into effortless, automatic, daily habits.

Lesson 2: we covered the first steps with my Four Core Actions – these ARE those 20% of actions – and we applied my simple ABC Habit Framework to each to make them SO easy to fit into your lifestyle.

Lesson 3: I'm going to build on what we already discussed by giving you the complete blueprint to living alkaline & loving it. By the end of this lesson, you'll have so much clarity and you'll see how everything fits together.

In the next couple of pages, I'm going to share the Blueprint, but before I do - I want to warn you. The temptation is to jump ahead and skip to the bits in Stages 4 and 5.

But I want you to follow along with the Blueprint as we go through the Lesson so you can understand it fully and how it all fits together.

And the beauty of it is, this is yours to keep and refer back to whenever you need heading into the future.

Whenever you are unsure as to where you are up to and what to focus on next, you can refer to the Blueprint and know exactly what your next steps should be.

And this does form a part of the Alkaline Base Camp Success Path, so if you decide to join us in the ABC, you'll be using this throughout your journey (it's much more in-depth in the ABC training, of course).

OK, let's get into it - the Blueprint is on the very next page (exciting!)

And now you have the blueprint, isn't it easier seeing how everything fits?

And most importantly, doesn't it feel good knowing what you should focus on right now... regardless of where you are in your journey?

Do you see how this clarity will help you get alkaline, make it a lifestyle and fly towards your biggest health goals easier and faster?

Now, While We Have Momentum...

In the next day or so I am going to be opening the doors to my Alkaline Base Camp Coaching Program, where I work with you to get you effortlessly to your biggest, most amazing goals for your health, energy and body (while LOVING the journey).

In the next video, we'll talk more about the program and how you can join.

The way it works is that once or twice a year, I open some spaces in the program to the general public on a very limited basis. It's limited because I work so closely with my members and I know how many I can really dedicate myself to fully at any given time – so we keep it pretty small. This is the first time in a while I've opened up spaces, so registration will only be open for a few days, then it closes so I create space for the new members and deliver the content.

So if you're interested in moving forward and want to know how, you'll want to join me in the next video when I lay it all out for you.

But for now, I want to leave you with this...

Just by taking part in this workshop, you're already closer to knowing how to reach the health, energy and body of your wildest dreams.

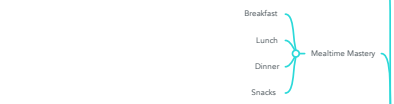
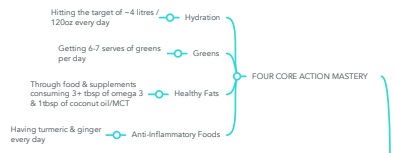
Think about Video 1, where you learned all about the concept of 20/80 Habits and I taught you my ABC Habit Framework. This training alone has shown you how to make the most powerful health actions automatic every day. And it's amazing how simple it can be - once you have the steps.

Then you made big strides in Video 2 where you saw how to apply the ABC Habit framework to the Four Core Actions – the most powerful place to start - That's huge! And knowing this will continue to pay off, from now and into the future.

And today you got the complete blueprint so you can turn the alkaline diet into an alkaline LIFESTYLE that works with you in your life, easy, delicious, effortless and fun. Isn't it easier knowing every step along the way?

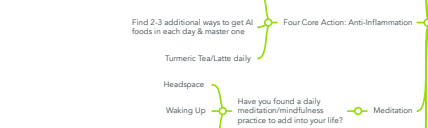
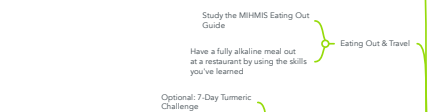
In just a few days you've learned so much about how to live alkaline effortlessly, and in the next video I'll share the next step on your journey. I'm so excited about what's in store for you! I'll see you in the next video.

(Note: flick over to the next page!



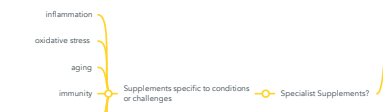
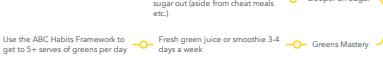
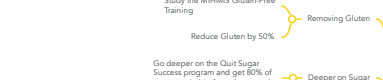
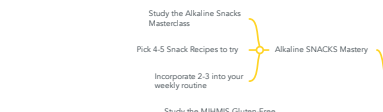
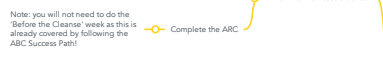
STAGE FIVE: Alkaline Rockstar (Your Ultimate Health Goals are on Autopilot & Getting Bigger and Brighter)

It's become automatic for you now. It's effortless. You are now setting new, even bigger goals for your health and for your life! You are achieving more than you ever believed possible because you're so alive, vibrant, alert, energetic! It's making a huge difference in all areas of your life. You are an alkaline rockstar. You're inspiring your family and friends. You're taking your energy for new heights, your mood is amazing, your mind is centred and still, and you radiate confidence. You know you have a long, healthy, strong and vibrant life ahead.



STAGE FOUR: Energized & Alive (Challenges Are in the Past, The Future is Bright)

You now KNOW your ultimate health will be achieved. You've smashed all of your smaller goals and are well on the way to your biggest, most amazing health goals and the momentum is unstoppable. You are now glowing so much others are asking what you're doing and you have learned not only WHAT you're doing but also HOW to do it and you're able to teach and help others. The positive ripple is reaching your family and friends. You've now mastered practically every meal time and you've learned how to be flexible, and make it work in YOUR lifestyle.

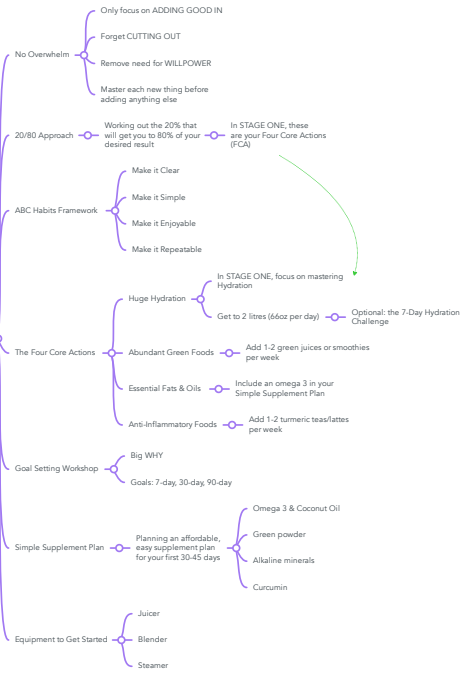


STAGE THREE: Confident & Thriving (Taking on New Goals)

The basics are mastered and you've already achieved some of your health goals. The things you are measuring have gone in the right direction. And now you're taking it to the next level by tackling those trickier times of the week and those more challenging meals. You're finding it easier to resist temptations but are also comfortable saying yes to worthy treats because you KNOW in your CORE you will not slip backward because of it. The basics are in place and you've started to master some of the advanced stuff, and it SHOWS in your energy and body.

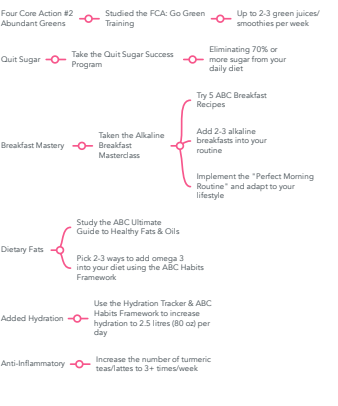
The Effortlessly Alkaline Success Path

STAGE ONE: Starting Small (No Stress, Baby Steps)



You're starting (or RE-starting) and you it feels like there is a lot to learn, so many questions, so much to think about! So you've joined the ABC and now it's time to take a deep breath, relax and KNOW you're in control and in the right place. Now is the time to take your first baby steps, and get your first results. You know from here - with a simple plan, your confidence will grow. And when your confidence grows, your momentum grows, and your motivation grows, and it feeds back like a wonderful positive cycle. This is EXCITING!

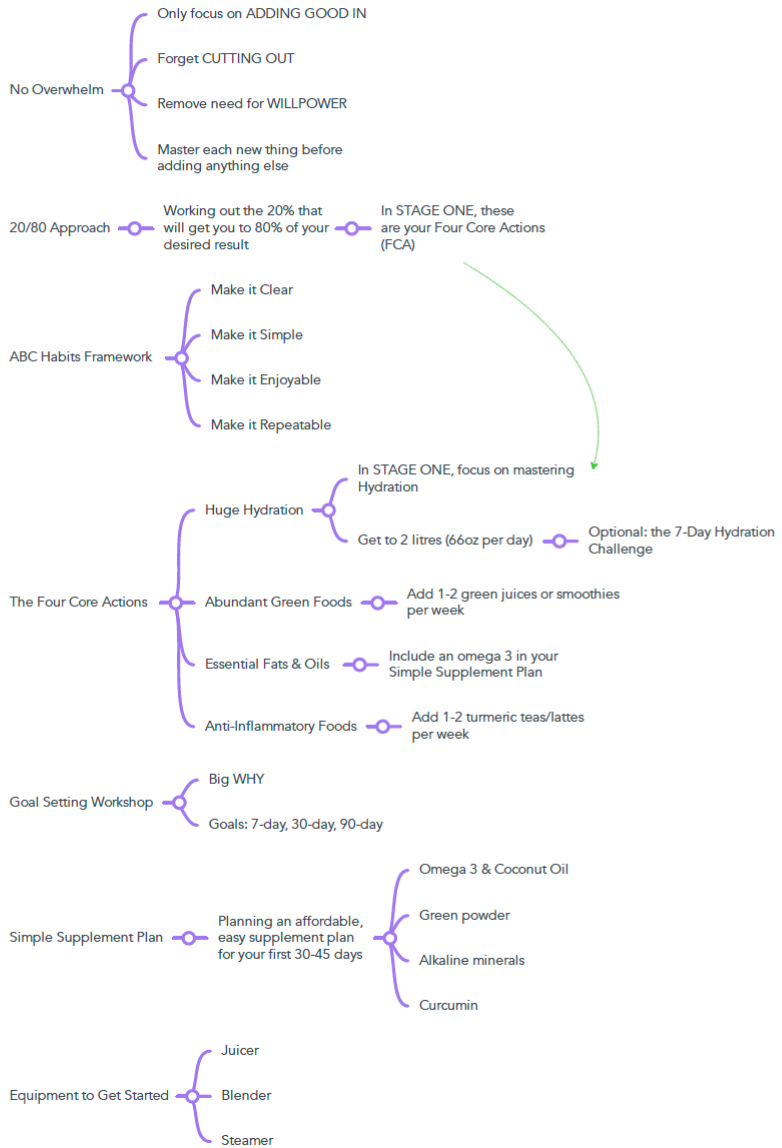
STAGE TWO: Building Momentum (Creating Habits, Making it Stick)



You've got wins under your belt and your efforts are starting to show. You can see and feel the difference in your body and are confidently doing the core basics every day. You KNOW just how easy this can be when you do it right. You are loving having a group of like-minded people to learn from, be inspired by AND inspire too! You know you're not perfect, and you know there is still a way to go - but you LOVE the results you've already gotten and so easily too. Now it's time to build momentum and take it to the next level.

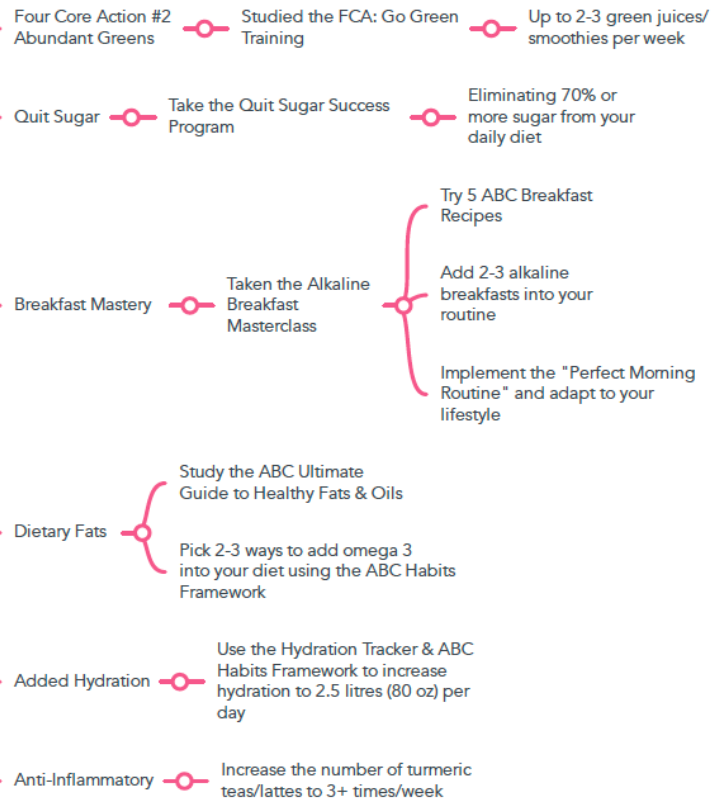
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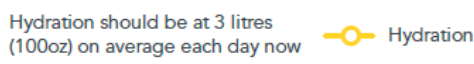
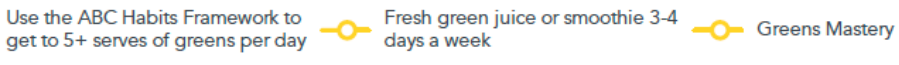
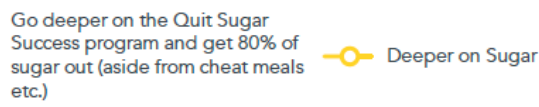
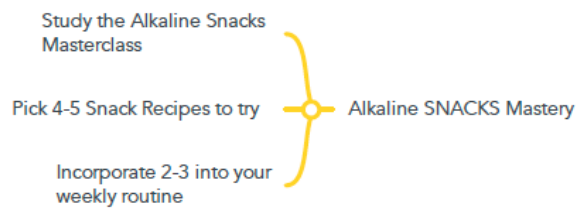
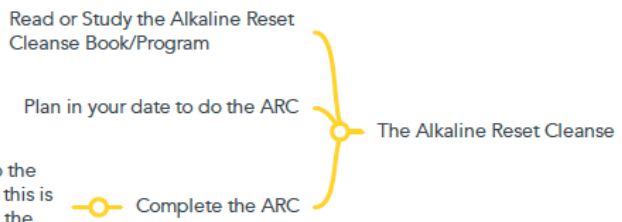


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Note: you will not need to do the 'Before the Cleanse' week as this is already covered by following the ABC Success Path!



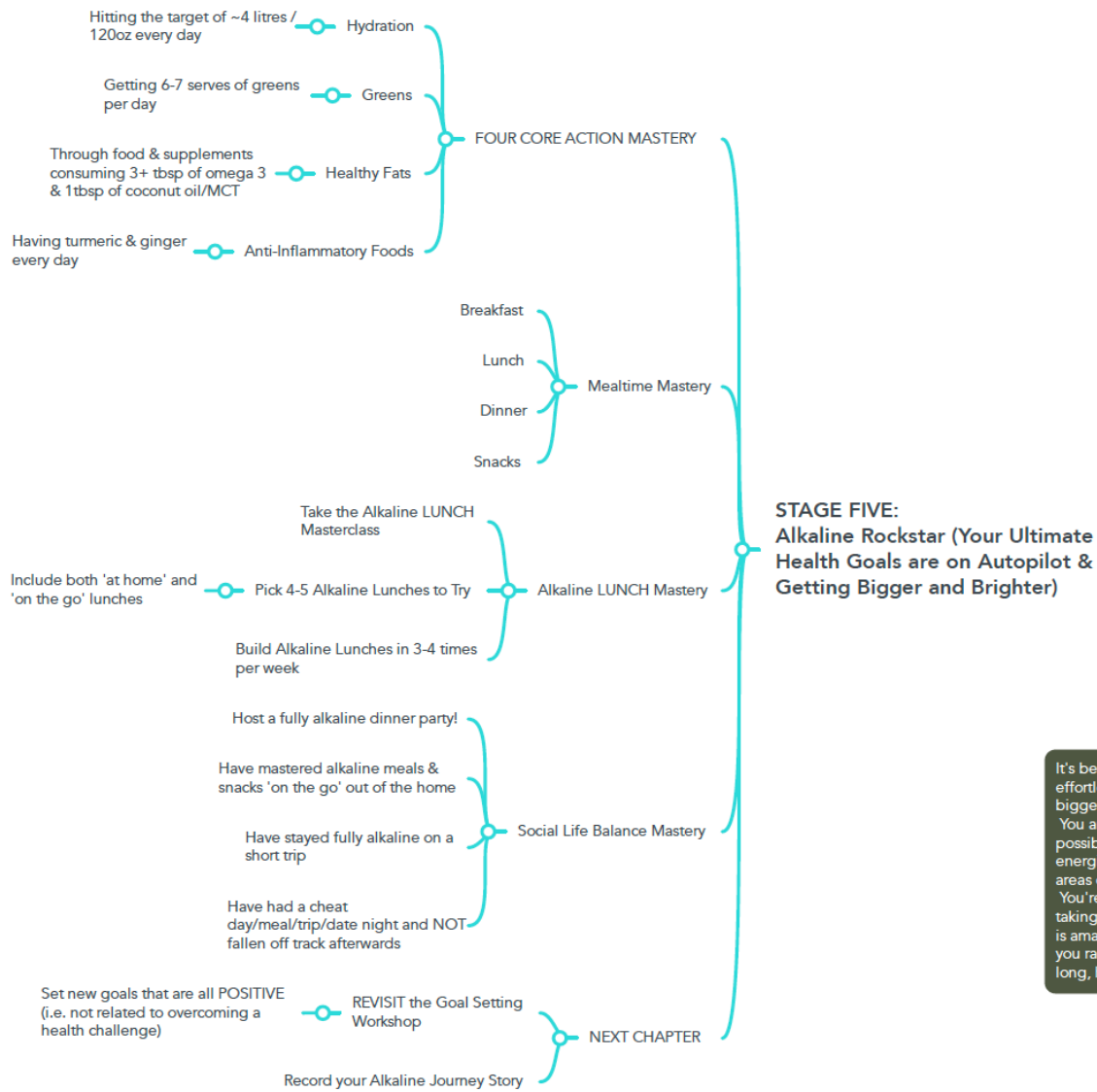
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Priority Access to the Alkaline Base Camp

The Alkaline Base Camp (ABC) is currently closed to new members, and has been for over 11 months.

I will be opening a small number of spaces on the 9th December. If you want to receive advance, priority notice and get 24 hours access before everyone else, click this button:

YES Ross! I Want Priority Access to the ABC!

The Alkaline Base Camp is my monthly coaching program, where every week I deliver a new hands-on training to help you get alkaline & thriving, to make it happen, and make it stick.

It includes monthly new, exclusive recipes, video masterclasses, live trainings, Q&A coaching calls with me, and deep-dive trainings on the most important things: Anti-Inflammation, Quit Sugar, Digestive Healing, Hormone Reset, Effortless Weight Loss & more.

And loads of access to me, as your coach and our fun, LIKE-MINDED vibrant community.

It's everything you need, in manageable, bite-sized chunks, to live alkaline.

CHOCOLATE OVERNIGHT OATS

SERVES: 2 | PREP TIME: 5 MINUTES | COOK TIME: NIL

INGREDIENTS

½ cup rolled oats

¾ cup almond milk

1 tablespoon rice malt syrup

1 ½ teaspoons chia seeds

1 ½ teaspoons cacao powder

1 tablespoon toasted chopped walnuts

1 teaspoon cacao nibs



INSTRUCTIONS

- 1) Combine oats, milk, syrup, chia seeds and cacao powder in a small bowl or jar.
- 2) Cover and refrigerate overnight.

OVERNIGHT BLUEBERRY & COCONUT BIRCHER

SERVES: 2 | PREP TIME: 5 MINUTES | COOK TIME: NIL

INGREDIENTS

3 tablespoons rolled oats
1 tablespoon raw pumpkin seeds
1 tablespoon raw sunflower seeds
1 tablespoon finely shredded unsweetened coconut
1 teaspoon flax seeds
1 teaspoon chia seeds
tiny pinch of sea salt
2 tablespoons coconut yoghurt
¼ cup frozen blueberries
½ cup unsweetened non-dairy milk (coconut, almond etc.)
fresh berries for topping



INSTRUCTIONS

1. In a sealable jar or bowl, combine the oats, pumpkin seeds, sunflower seeds, coconut,
2. flax seeds, chia seeds, and salt.
3. Stir them together to combine.
4. Then, add the yogurt, blueberries, and non-dairy milk.
5. Stir again thoroughly to combine.
6. Cover with a lid and leave it in the refrigerator to thicken overnight.
7. In the morning, serve with fresh fruit, a little splash of non-dairy milk and another dollop of coconut yoghurt.

5-MINUTE ALKALINE DHAL

SERVES: 2 | PREP TIME: 2 MINUTES | COOK TIME: 3 MINUTES

INGREDIENTS

4 cloves of garlic, minced
1-inch piece of ginger, finely chopped
1-inch piece of turmeric, finely chopped
5 spring onions/scallions, roughly chopped
1/2 head of broccoli, roughly chopped
400g tin of chickpeas, drained & rinsed
400g tin of cooked lentils, drained & rinsed
2 large handfuls of spinach
1 x 400g tin of coconut cream
1/2 lime, juiced
1/2 bunch coriander, roughly chopped
1 tbsp coconut oil
10 cherry tomatoes, halved
2 tbsp curry powder (pref organic)
1 tsp Himalayan salt
½ tsp black pepper
Optional to serve: brown rice, wild rice, or quinoa



INSTRUCTIONS

Heat the coconut oil on medium in a pan, and add the garlic, turmeric, and ginger to the pan, stirring for 1 minute

Next, add the spring onion (scallions), cherry tomatoes, and salt and keep stirring for another 2 minutes.

Add the tin of coconut cream, and a little extra water (you can adjust the water to your preferred consistency), chickpeas, lentils, spices, and lime juice.

Now stir in the spinach and simmer for 2 minutes until the spinach is wilted, and then remove from the heat and top with the coriander.

Serve with rice, quinoa, or simply as a hearty, warming bowl on its own!

LEAFY GREENS & GINGER STIR FRY

SERVES: 2 | PREP TIME: 2 MINUTES | COOK TIME: 5 MINUTES

INGREDIENTS

- 1 onion, finely sliced
- 1-2cm piece of ginger, peeled and chopped
- 2-3 garlic cloves, peeled and chopped
- 1/4 cabbage (Savoy, Green etc)
- 5 handfuls of chopped leafy greens (kale, spinach, cavalo nero, chard etc.)
- 1 red or green chilli, finely chopped
- 2 tbsp coconut oil
- Fresh juice of ½ a lemon
- Himalayan crystal salt or celtic sea salt
- Freshly ground pepper
- A dash of Braggs Liquid Aminos
- A little water



INSTRUCTIONS

1. Heat the coconut oil in a large frying pan or a Wok pan and very gently fry the onion for a few minutes over a low heat. Add the ginger, chilli and garlic. Cook for a minute or so, but be careful that the garlic does not get burnt as it gets bitter otherwise.
2. Toss in your leafy greens and add in a bit of lemon juice. Add a dash of the Braggs Liquid Aminos and season with pepper to taste. You only need to cook the greens for a minute or two – retain the freshness, retain the flavour and most importantly, retain the nutrients!