Your Alkaline Diet Starter Checklist

The four core actions that get you 80% of the way there with just 20% of the effort

Ross Bridgeford
Author of *The Alkaline Life*
& *The Alkaline Reset Cleanse*

How to use this: pick ONE thing from one box below. Do it every day until it's a habit and you don't have to think about it. Then add the next. You never have to be perfect, and you don't have to do it all at once.

1 Get properly hydrated

Build up to around 3–4 litres a day, slowly

- [ ] A big glass of water as soon as I wake up
- [ ] A glass of water every time I clean my teeth
- [ ] A glass before I prep each meal
- [ ] A bottle with me on the commute, at my desk, at the gym
- [ ] Herbal teas through the day (they count!)

2 Go green

Aim for 5–7 serves of leafy greens a day

- [ ] A side salad of greens with lunch and dinner
- [ ] A green juice or smoothie in the morning
- [ ] Wash and prep my greens when I get home from the shops
- [ ] Wilt a few handfuls of spinach into dinner
- [ ] Lettuce leaves instead of wraps and bread

3 Get an abundance of healthy fats

Omega-3s every day, plus a good supplement

- [ ] Dress my salads with flax or olive oil and lemon
- [ ] Chia or flax seeds on breakfast
- [ ] A handful of nuts and seeds as a snack
- [ ] Oily fish or a chia pot a few times a week
- [ ] My omega-3 supplement as a daily safety net

4 Add the anti-inflammatories

About 1 cm each of fresh turmeric and ginger daily

- [ ] A turmeric latte or tea instead of my first coffee
- [ ] Grate fresh turmeric and ginger into salads
- [ ] Add them to stir fries, soups and juices
- [ ] Freeze juiced turmeric and ginger in an ice cube tray
- [ ] Coffee on the weekend if I hit Monday to Friday

My week

My ONE thing this week:	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Hydration							
Greens							
Healthy fats							
Turmeric & ginger							

Make it stick

Crowd out the bad. Don't worry about cutting things out yet. The more good stuff you add, the less room there is for the rest.

Write tomorrow's meals tonight. Decide when you're calm and not hungry, so there's nothing to decide in the moment.

Have snacks ready. Bulk make them once a week. Aim for two of: protein, fibre, healthy fats.

80/20, always. Most of your plate alkaline, room for treats and nights out. Consistency beats perfection.

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