

# Alkaline Diet

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- 7 Meals to help you stay the course

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Here are some examples of alkaline meals that focus on whole, plant-based ingredients, which help promote alkalinity in the body:

### **1. Quinoa and Avocado Salad**

•**Ingredients:** Quinoa, avocado, cucumber, cherry tomatoes, spinach, arugula, red onion, lemon juice, olive oil, sea salt, and black pepper.

•**Why it's alkaline:** Quinoa is a highly alkaline grain, and the fresh vegetables and avocado are rich in alkalizing nutrients. Lemon juice, though acidic outside the body, becomes alkaline once metabolized.

### **2. Sautéed Kale with Garlic and Almonds**

•**Ingredients:** Kale, garlic, olive oil, almonds, and a pinch of Himalayan salt.

•**Why it's alkaline:** Kale is a powerhouse of alkaline minerals like calcium and magnesium. Garlic and almonds further enhance the alkalinity, offering anti-inflammatory benefits.



### 3. Roasted Veggie Bowl

- Ingredients:** Roasted sweet potatoes, broccoli, Brussels sprouts, zucchini, and carrots with olive oil, sea salt, and herbs like oregano or thyme.

- Why it's alkaline:** Most root vegetables and greens like broccoli and Brussels sprouts are highly alkaline and nutrient-dense.

### 4. Zucchini Noodles with Avocado Pesto

- Ingredients:** Spiralized zucchini, avocado, fresh basil, garlic, lemon juice, pine nuts, and olive oil.

- Why it's alkaline:** Zucchini and basil are great for alkalizing the body, while avocado adds healthy fats. The lemon juice aids in digestion and has an alkalizing effect.

### 5. Alkaline Soup (Broccoli & Spinach)

- Ingredients:** Broccoli, spinach, celery, zucchini, onions, garlic, olive oil, vegetable broth, and a squeeze of lemon.

- Why it's alkaline:** This soup is full of green, alkalizing vegetables like broccoli and spinach, both rich in minerals that support pH balance.



## 6. Alkaline Stir-Fry

•**Ingredients:** Bok choy, bell peppers, mushrooms, snap peas, ginger, garlic, olive oil, and tamari (optional for a gluten-free soy sauce alternative).

•**Why it's alkaline:** Bok choy, bell peppers, and snap peas are among the most alkaline vegetables. Ginger adds a digestive boost, while mushrooms provide immune support.

## 7. Mango and Avocado Salad with Lime Dressing

•**Ingredients:** Fresh mango, avocado, red onion, cilantro, mixed greens, lime juice, and a drizzle of olive oil.

•**Why it's alkaline:** Mango and avocado are both highly alkaline fruits. The lime juice supports digestion, and the mixed greens keep the meal nutrient-dense and alkaline.

These meals are light, fresh, and nutrient-dense, focusing on whole, plant-based ingredients that promote an alkaline environment in the body for better energy, digestion, and overall health.