

# The Alkaline Diet

for beginners

With many  
easy and  
detailed  
recipes!

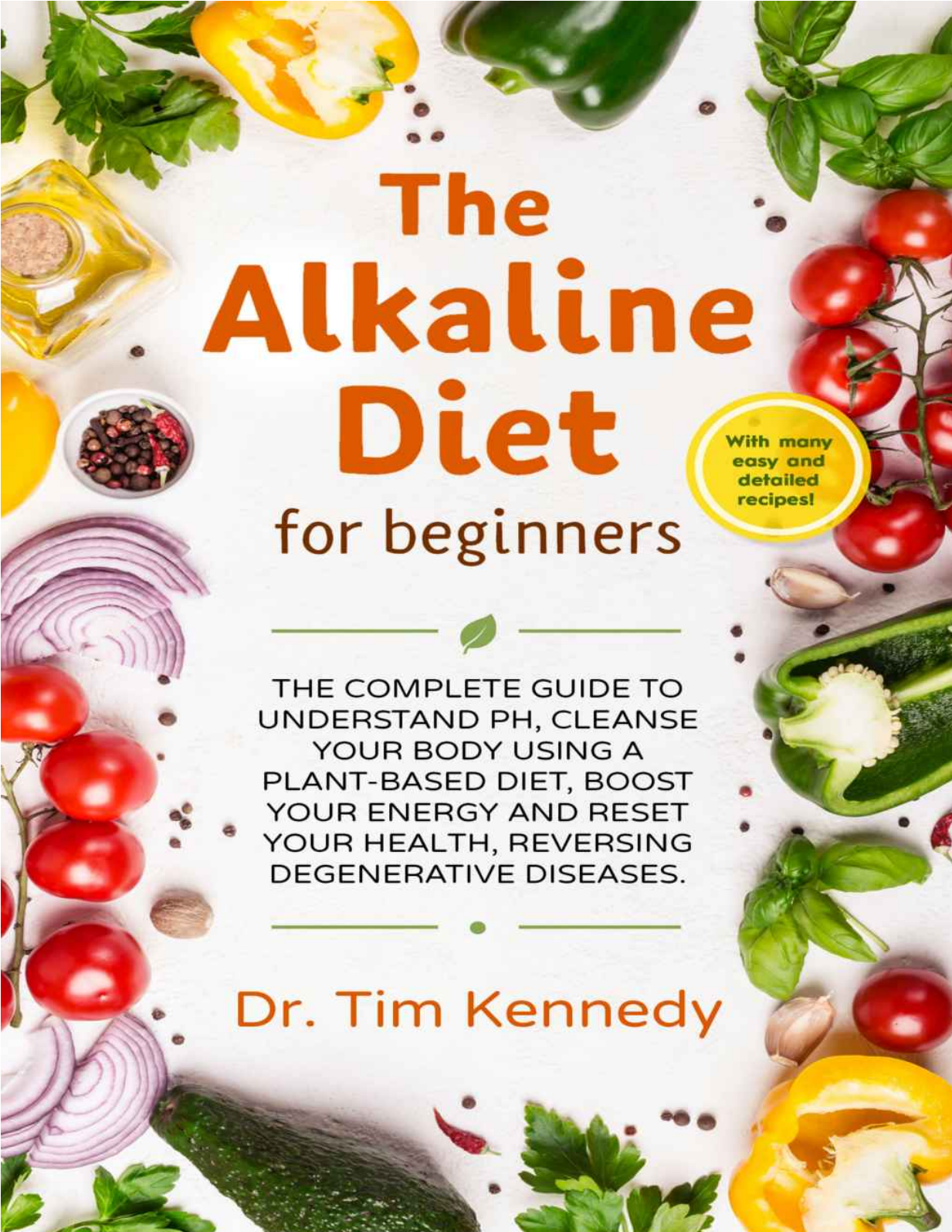
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THE COMPLETE GUIDE TO  
UNDERSTAND PH, CLEANSE  
YOUR BODY USING A  
PLANT-BASED DIET, BOOST  
YOUR ENERGY AND RESET  
YOUR HEALTH, REVERSING  
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Dr. Tim Kennedy





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# **The Alkaline Diet for Beginners**

*The Complete Guide to Understand pH,  
Cleanse Your Body Using a Plant-Based  
Diet, Boost Your Energy, and Reset Your  
Health to Reverse Degenerative Diseases*

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By: Dr. Tim Kennedy

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## Introduction

Thank you so much for downloading the book, *Alkaline Diet for Beginners: The Complete Guide to Understand pH, Cleanse Your Body Using a Plant-Based Diet, Boost Your Energy, and Reset Your Health to Reverse Degenerative Diseases*. In this book, we will be showing you how a simple shift in your eating habits can change your life and the way that you function once and for all. The truth is that many people tend to believe that modern diets or fads are the answer to success.

However, health benefits say otherwise, which is why it is imperative that you take care of your health more from the internal level instead of merely the surface level. This is where this revolutionary yet amazing diet comes in. In later sections of the book, you will learn a ton about this diet, and you will see how great this diet indeed can be when it comes to changing your health drastically.

Remember that unlike the other foods that you might have heard or tried, this will be even more powerful when it comes to improving your health. Make sure that you read this book very carefully if your goal is to change the way that you function or the way that you want to live your life overall, as the changes will be drastic. It sounds very promising and suspicious at the same time, and we get it—which is why your best bet will be to read this book and truly understand what we are trying to convey, as it will be life-changing!

## Chapter 1: What Is the Alkaline Diet?



Many of you might have heard of the new diet called the Alkaline diet. Essentially, in this diet, you are required to eat foods that will help you stay at an Alkaline level or to keep your Alkaline acid at a decent level. There have been many claims made, such as helping you lose weight and avoiding problems like arthritis or cancer. The whole premise behind this diet is that you need to cut out any processed food or foods that come from any meat sources—more specifically, cutting out meat, wheat, and refined sugars. Now, according to the creator of this diet, eating specific foods that make your body more Alkaline will protect you against many health conditions, as well as help you lose a ton of weight, which then sounds really good for most people. Alkaline diet really took off when many celebrities started promoting it, hence making it one of the most talked-about diet in recent years.

Although this diet has not been proven to deliver these health benefits and weight loss benefits scientifically, it has helped many people by personal experiences. There have been numerous people telling us how the Alkaline diet has helped them to lose weight, help reduce health risks, and reduce inflammation. One of the best ways to see if the diet works or not is through personal experience—many people tend to disregard this. However, personal experience is one of the most important things when it comes to picking out your diet. The reason behind it is that your diet and personal experience goes hand-in-hand and because science can say anything.

It will work on some people. However, when you have collected data from personal experiences, you will be able to see how good the diet really is—which is why most people tend not to look at the scientific results and instead focus on reading other people's reviews on a diet.

Let's talk about some of the diet restrictions or preferences when following the Alkaline diet. In this diet, you will most likely be a vegan or vegetarian, for the most part, as this diet requires you to eat foods that do not include any meat or any dairy products in them, making you a vegan overall.

Another thing that you need to take care of when following the Alkaline diet is that it is supposed to be gluten-free—meaning that you need to stay away from as much gluten as possible, which means taking out any weed products from your diet. You also need to make sure that you are taking out most of the products from milk. Though many people say that eggs are not allowed in the Alkaline diet, you can still have them in your diet at a decent level. Although this has many positives to it, it has one major downfall.

The major downfall of this diet is that it will be costly for you to continue on.

The Alkaline diet requires you to eat just organic vegetables. One of the biggest things about this diet is that you need to make sure that the food you're going to be getting is organic. This can really rack up the cost of your diet.

Meanwhile, another thing that you need to take care of when following this eating plan is that you need to make sure that you are taking the right supplementation and that you are maintaining your body's Alkaline level.

Just to clarify—if you don't have the budget for it, then you don't need to buy supplements. However, it is highly recommended that you do so.

One of the major supplements that help many people is Alkaline water.

If you've ever bought Alkaline water, then you would know that the Alkaline water is costly and can really add up in the long run.

This could be considered one of the most important supplements when following the Alkaline diet. However, if you can't afford the diet or the supplement, then we highly recommend you not to follow it overall.

Sure, there are many ways to cut out the cost of the diet. However, it is still an expensive diet, nonetheless.

With that being said, many people will be wondering if this diet is for them or not. Well, let me help you out with that. The right answer would be "maybe." Now, to give you a brief example of how to test out your Alkaline level, it is very simple.

There's a pH measuring paper that you can get at any grocery store.

Basically, the test works through putting the strip underneath your tongue, and it will tell you how acidic or Alkaline you are. If the result is zero, that means you are totally acidic. Meanwhile, if the result is 14, that means you're completely Alkaline.

Many people tend to fall out between 6 to 8 pH level, with 7 being neutral. This is one of the ways to test your Alkaline or acidic level. There are many other ways to test it out like your stomach and your urine sample, which change very frequently—but more on that later on in the book. The Alkaline diet claims that it helps your body maintain a blood pH level properly.

In fact, in this diet, there is nothing that you're going to eat that will cause imbalances—in your case, in terms of pH level—as your diet will keep it at a very Alkaline level overall. Being Alkaline is very important when it comes to lowering the risk of many diseases—for example, if you have an acidic environment in your body, then you will attract more of the diseases like cancer, etc. There have been many cases showing that extremely acidic people contracted more diseases as compared to people who are more on the Alkaline side. Being on the Alkaline side tends to lower the risk of any diseases—hence making this diet one of the best diets to start following when it comes to keeping good health overall.

Now, besides the meat, you will be cutting out a lot more stuff. You will be cutting out one of the most-consumed beverages in the world—and yes, we're talking about caffeinated drinks. In case you drink any amount of caffeine from any source, then it is time for you to cut that out. Unfortunately, caffeine tends to increase the level of acid in your body—therefore making it unfeasible for people to consume this while following an Alkaline diet. You also need to cut out alcohol from your diet. There have been many people showing that alcohol also tends to raise acid level in your body, which is why you need to cut out alcohol alongside with your caffeine consumption.



This could be a tough feat to complete for many people, which is why many people recommend easing into the Alkaline diet. Since you will be cutting out a lot of foods that we consume on a daily basis, this will make the deed very high-effort. You will be eating foods basically for nutrition and be helping your body live a healthier life overall. As we said previously, you will be cutting out any comfort foods or any drinks would make you feel better like coffee and alcohol.

Be prepared for that when starting this diet. For the people that are confused, let me break it down for you very simply. You will pretty much be a vegan when following this diet.

However, you will be more restrictive than a vegan person. Your diet will be very meticulous when it comes to picking out the right foods, thus making it impossible for you to eat outside in a restaurant.

As we keep saying to you, this diet will be tough to follow in the short-term. However, once you start following this diet, and once it becomes second nature to you, you will start living the life you have been dreaming about. Not only that—the great news of this diet is that it will help you lower your blood pressure cholesterol, which is a big risk factor when it comes to any heart diseases.

As you know, many people face hard diseases in North American society, which makes the Alkaline diet one of the best diets to follow when it comes to living a healthier life, especially for North Americans.

This diet will also help you to lower the risk of diabetes and osteoporosis—but one of the best things about this diet is that it will actually help you recover from cancer. Although not entirely proven, there have been many studies showing that chemotherapy drugs are more effective when having a more Alkaline body—and when you have an Alkaline body, there's a lower

chance of cancer surviving in that body and therefore making it very easy for you to recover from cancer.

If you have any diseases that you need to take care of or need to get rid of, then make sure that you consult with your doctor before you follow any of these diets. Although I've somehow helped you now with regards to this subject, it doesn't mean that I will be able to help you in real life.

Make sure that you talk to your doctor and follow their information, as this book doesn't precisely know how your body functions and what your body specifications are. After you have managed to understand the diet and what it requires, just know that this diet can be one of the best things to follow if your goal is to live a healthier life overall. Just remember that even though this information is very proven and has been backed up, it does not mean that it will automatically work for you.

In fact, solely subscribing to this diet might not be the right answer for you if your goal is simply to lose weight. Meanwhile, if your goal is to *simultaneously* lose weight, live a healthier life, and live a longer life—then we highly recommend that you follow this diet to make it happen for you. This diet is ideal for people who are looking to change their life internally and externally. If your goal is to follow this guy for aesthetic reasons, then we recommend for you to follow other diets that will be much easier for you to follow, and you will lose a lot of weight.

This diet is for people who are already following a healthy diet but are looking to be healthy *internally*.

As the Alkaline diet is advanced, we recommend that you have a certain idea on how to follow diets, in general, before you jump into it, as it can be very hard for most people to follow.

Also, we recommend that you consult with your doctor before you follow any of these diets, as some foods might not be entirely suitable for you.

This diet is basically for people who are healthy and who are looking to stay healthy for a longer period of time, as well as for people who are facing certain diseases and are looking to change the overall environment in their body, which will then allow them to stay healthy for a longer period of time and also get rid of all the diseases they might be facing.

## Chapter 2: The Health Benefits of the Alkaline Diet



The Alkaline diet has a lot of benefits—surprisingly, it has similar benefits to the top leading diet out there. Make sure you read them, allowing you to understand how this diet can help you in the long run.

### **Weight Loss in a Healthy Manner**

As you know, there are many ways to lose weight. However, one of the most popular methods being used to lose weight is the Alkaline diet, and there is a good reason behind it. Many people don't know this, but Alkaline diet is perhaps the best way for someone to lose “body fat” instead of “body weight.” When following most diets, followers tend to lose a ton of weight—but most of the time, it is muscle and water weight that they are missing.

On the other hand, the Alkaline diet makes you lose more body fat.

Here is how it works: when you are eating right healthy foods for a prolonged period, you have burned out all your glycogen stores, as your caloric intake will drop—which makes the body hit your reserves—and that of course, is your body fat.

You will be burning more body fat instead of muscle mass or glycogen, which makes it ideal for people looking to lose weight. Also, as you know, proper diet plays a huge role in affecting your hormones. Your insulin will flat-line, and your growth hormone will go up—this will prime your body to burn body fat instead and will do so in a healthy manner.

## **Increased Longevity**

There have been many studies showing that the Alkaline diet can boost endurance. As you might know by now, Alkaline diet can help with cell rejuvenation or also known as autophagy—this process enables you to get rid of the old and weak cells and replace them with newer and stronger ones. This process has shown to increase longevity and overall well-being, which is one of the reasons why the Alkaline diet can help you live a longer life.

Moreover, some studies are showing that reducing calories in animals by 30% to 40% has shown to increase their lifespan.

However, there is no study done on humans claiming such. Nonetheless, some studies are suggesting that monkeys that ate less food but more on the Alkaline side lived longer.

However, there was another study indicating that it wasn't the case on 25-year-old long research done by another party.

Although there is no actual study backing these claims up, it does show that people who ate less had a fewer risk of diseases which could lead to



longevity—which is excellent news when looking at it from that angle, there is a lot of disease prevention that comes with the Alkaline diet, but we will talk about those later in this chapter. However, the main thing to remember would be the fact that the Alkaline diet helps with autophagy, which enables you to rejuvenate cells.

This makes it very evident that the Alkaline diet can help you with longevity and overall well-being, which is a great thing to consider.

## **Prevent Diseases**

There are many diseases present in today's day and age, and it is very common to meet someone suffering from one—which means that we need to figure out a way to reduce the risk of diseases for overall health and well-being. The Alkaline diet has shown to lower risk of many diseases, and we will be discussing all the disorders the Alkaline diet can help get rid. One of the many conditions Alkaline diet could help manage would be Alzheimer's and Parkinson's.

As you know, the Alkaline diet helps with boost brain health and to lower the risk of neurologic diseases. Some studies are showing that the Alkaline diet can help reduce the risk of depression, even though some people might not consider this a condition, it is still a significant issue in our society.

The Alkaline diet has also shown to reduce cholesterol, a 2010 study on overweight women found that the Alkaline diet improved hosts of health complications including cholesterol levels(LDL) and blood pressure which is also known as the silent killer.

An Alkaline diet also helps with reducing type 2 diabetes, and there was one study done on men, which showed that Alkaline helped them stop insulin

treatment. Although we don't recommend, you try this if you have type 2 diabetes, that goes to show you the power of the diet and insulin resistance.

Nonetheless, many studies are suggesting that the Alkaline diet can lower the risk of diabetes. Another devastating disease which Alkaline diet helps getting rid of would be cancer. As you know, the Alkaline diet enables you to have a less hospitable environment for the cancer cells—which makes this diet an excellent idea for people who are looking to reduce this risk

In regards to a healthier life, the Alkaline diet has also shown to reduce the risk of obesity. One study done on obese women suggested that the Alkaline diet reduced the risk of obesity in women, which makes sense as it helps you lose and manage body weight.

These facts about the Alkaline diet show you how the Alkaline diet can help you get free of many diseases, and some have been backed up with detailed studies, whereas others are still being researched.

Nonetheless, you can't say that about other diets out there. The Alkaline diet will help you to get rid of many things and prevent you from further having any diseases. There is no better way of getting rid of illness or problems without the use of modern medicine, and Alkaline diet is so powerful that it will also boost your immune system which will help you avoid small issues like the common flu. All in all, there are many rejuvenating properties which come along with Alkaline diet, so don't overlook it and keep all the positives in mind before you look at the negatives.

## **Reduce Stress and Inflammation**

The Alkaline diet has shown a significant reduction in inflammation.

As you know, inflammation causes a lot of many chronic diseases such as Alzheimer's, dementia, obesity, diabetes, and much more. Now, there are many ways that the Alkaline diet helps you get rid of inflammation.

The first one being autophagy—as you know Alkaline diet helps you with cell rejuvenation cleans up itself by eating out the old self and rejuvenating them with the newer stronger ones.

If your body does not regenerate itself with more new cells, the older ones that have stayed for an extended period can cause inflammation.

Now that we've talked about many ways that Alkaline diet enables you to reduce inflammation, let's talk about how the Alkaline diet can help you get rid of stress. You see, inflammation and stress go hand in hand. If you have high levels of inflammation, chances are your stress levels are going to be higher—which means that if you lower your inflammation, you will reduce your stress levels, and as you know, diet helps with better brain function. Alkaline diet enables you to send better signals to your brain, which would equal a better functioning brain.

When your mind is functioning at its absolute peak, your levels of stress drop down. Better brain function will also help you get rid of any stress you might be having, and having overall better health can help you reduce weight.

Overall, all the health benefits you get from the Alkaline diet will help you get rid of your stress or at least lower it—which means, even if you are not facing pressure, the Alkaline diet will help you have a better functioning brain and also help you get rid of any mental fog or stress you might be dealing.

What that in mind, always make sure you consult a physician if you are noticing much more weight than you can handle, as it can be something severe and not fixable by Alkaline diet.

## **Body Detox and Cell Cleaned**

Detoxing your body is very important when it comes to living a long healthy life. Many people detox their body thru juice cleanse or other methods out there—when the truth is that they don't work. Time and time again, Alkaline diet has shown to help detox your body in both the cellular level and digestive level, which means the Alkaline diet is a lot more superior when it comes to cleaning your body.

As you know, from a cellular level Alkaline diet detoxifies your body with the process of autophagy, what this process does it eat out the bad cells and replace it with healthier and much stronger cells. Through this process, you will notice benefits such as a stronger immune system, prevention of diseases, and insulin sensitivity. It has also shown to reduce the risk of cancer, which is a great thing to know. Overall, this is how the Alkaline diet detoxifies your body from a cellular level. Let's talk about how Alkaline diet helps you detoxify from a digestive level standpoint.

People say that your gut is your second brain, and studies are showing how your stomach and mind are connected—which means if your digestive system isn't functioning at its absolute peak, then chances are your brain won't either.

It is essential to have a gut which is clean and working correctly, and intermittent helps a lot with this process.

It has been shown that the Alkaline diet can help you clean out your gut and intestines out of debris and junk. Sometimes, it is essential that we give your digestive system a break from eating all those foods regularly.

Once you start your fast your body will begin to slowly get rid of all the toxins present in your gut, you see when you are eating all the time your body doesn't get a chance to clean itself.

Your body has to focus on digesting the food instead of cleaning out the toxins when you give your body a break from eating. It will start to clean out its gut, which makes this process great for people who are diet when you have a high functioning, but it will help you digest your food a lot better and also think better. The detoxifying body helps you tremendously with lowering the risk of diseases, which will help you live a longer life.

By now, you can see the pattern; Alkaline diet helps you from every single place to prevent diseases and many other complications—which means there are more positives than negatives with the Alkaline diet, as we go along in this chapter, you will learn more benefits when it comes to Alkaline diet. However, remember that these will only work unless you do, you have to follow the Alkaline diet the right way to see these benefits.

With that being said, I hope you have learned a lot from this book as we are almost half way through it now, let's move on to another benefit.

## **Improved Insulin Sensitivity**

As you know, the Alkaline diet helps you get more insulin sensitive, which allows you with many things. To understand it better, let me explain to you how insulin works. Every time you eat a meal, your insulin spikes up, then insulin is used to shuttle food either to muscle or your fat store.



When you have too much glycogen in your bloodstream, your body will send that energy to your fat stores. Whereas if you're insulin sensitive, your body will send the glycogen to muscle stores and will be used for energy. When you are insulin sensitive, you are more likely to use up all the glycogen from your food faster, and not requiring your glycogen to be converted into fats.

How Alkaline diet helps with curing insulin resistance is by using up all the glycogen stores, making your body use up fat stores and when you eat food again, it will use up all the glycogen and shuttle it straight to the muscle mass to be used for energy instead of being stored into fat. That is how the Alkaline diet helps you become more insulin sensitive; the benefits of being insulin sensitive are many. Once you become insulin sensitive, you will notice more mental energy and less mental fog, and you will also see less fat being stored in your body which makes it ideal for people looking to lose fat and or gain muscle.

Being insulin sensitive will also help you gain more muscle since most of the energy will be sent out to your muscle stores. It will be used to build stronger muscles instead of storing it into fat. Being insulin sensitive is a must, as it will also help you get rid of possible diseases such as type 2 diabetes.

All in all, the Alkaline diet helps you tremendously with insulin sensitivity, which will overall help you live a healthier life.

### **Increased Production of Neurotrophic Growth Factor**

Believe it or not, the Alkaline diet affects your brain in a significant way.

It all happens from the help of brain-derived neurotrophic growth factor, also known as BDNF. This helps promote Neuroplasticity.

Neuroplasticity is your brain's ability to migrate and shapeshift, and this helps our brain to produce new brain cells. Once you have an ample supply of BDNF, we can preserve older cells while producing new brain cells—which means your brain will be healthy and will keep growing because of the new cells coming. Multiple studies are showing that Alkaline diet to improve brain-derived neurotrophic growth factor, more specifically when it has to do with synapses—this is where your neurotransmitter travel cell to cell.

Diet has shown to promote this, and there was a study done where it showed diet following the 80/20 rule has shown to increase levels of brain-derived neurotrophic growth factor by around 50-400%.

Now, we know that diet helps promote (BDNF), more explicitly, diet helps when it comes down to synapses.

It improves what is known as synaptic plasticity, and this helps modulate our moods better. For instance, we can strengthen a synapse or weaken a synapse. This process enables you to be in the moment when you need to be happy or scared; this will help you modulate that accordingly.

In Layman's term, this process helps us change our mood and be reactive at the moment. For example, if you need to be more focused, you will be able to because you are modulating it. When your brain-derived neurotrophic growth factor increases, so do your (BDNF) expression. This process helps you produce more brain cells and protect more brain cells, and this affects your cells at a genetic level altering our DNA—which makes diet one of the best ways to protect your brain, and this gives your mind all the help it needs to preserve and recycle out old cells.

Another thing which it helps with is producing more growth hormone, and there was a study done where it showed upwards of a 4000% increase in growth hormone levels—which is huge when it comes to improvements, as you know, growth hormone is responsible for many things of them being weight loss.

It is a plus to have higher amounts of growth hormone, in both men and women. I know that the information was very scientific, so to put in straightforward terms, your brain will rejuvenate a lot quicker.

It will also help you with controlling your moods, which will make it easy to adapt at the moment. Brain-derived neurotrophic growth factor will also help you produce higher levels of growth hormone and serotonin, which are both crucial for mental well-being. Overall, this makes Alkaline diet one of the best brain improving eating patterns out there. For readers looking for mental clarity and fewer moods swings throughout the day, Alkaline diet is your answer to all.

## **Boost Immune System**

There is a reason why having a healthy immune system is fundamental, as it will help you get less sick and be more “immune” to disease.

The Alkaline diet has shown to increase the immune system so we will talk about how it boosts the immune system. There was a study done on stem cells when it comes down to a diet individual—more specifically, they took a look at how the stem cells rejuvenated.

The study concluded that Alkaline diet depleted white blood cells, which is precisely what we want so our body can produce better and more efficient

cells, which lead to more production of stem cells and lesser of white cells. Once you start to get rid of your old white blood cells, you will begin to produce new ones, which will overall help you recover faster. This study also found that there was a reduced amount of protein kinase A (PKA), which allows the stem cells to regenerate. If you have a lower amount of (PKA), this means that it will enable the cells to turn on the regeneration mode, which will allow them to create new cells.

As you know, the Alkaline diet has shown to reduce insulin levels, which is a great thing for someone looking to boost their immune system. There was a study done showing that high amounts of insulin levels, prevented t cells from doing its job effectively. The T cells are here to suppress inflammation and to fight off illness, T cells are most of the time responsible for getting rid of toxins which cause disease and inflammation. When your insulin levels are high, T cells are not performing at their highest potential, which causes our immune system to drop down.

When you are on diet, there isn't a requirement for insulin spikes, which lets our body help the T cells work at a higher level and overall, boosting our immune system. Since you aren't eating for a long time, this will give your gut a break. When you eat a big meal, around 70% of the blood and energy goes to your stomach to digest it—which means when you are the diet, you give your body a chance to recover. Everything is healing when you are diet, which includes the digestive system. Meaning, your gut will be working a lot more effectively once you have given it some time to heal.

As you know, digestion plays a significant role in both our mental health and immune system, about 60% of our immune system is in our colon, which

means when you are the diet, you are recovering your whole body and overall boosting your immune system. You will be doing yourself an excellent service if you can manage to boost your immune system, and with all the backed up science showing how Alkaline diet can help you promote your immune system and reduce many other health problems, there is no reason not to start Alkaline diet as soon as possible.

## **More Energy and Muscle Mass Increased**

Even if your goal isn't to put on more muscle, it is still good to have more muscle mass, as it helps you with many things. However, the main thing having higher amounts of muscle mass helps you with, would be a fat loss. Having a higher muscle mass will help you burn more fat since it increases your metabolic rate. Don't worry, as you don't have to look like a bodybuilder for that to happen. Nonetheless, it is essential to have the right amount of muscle mass, especially for women.

The Alkaline diet has shown to increase and preserve muscle mass—so let's talk about how that happens.

There was a study done between two groups of men—one group followed the 80/20 diet method, whereas the other group followed a healthy eating pattern. Both groups followed the same workout and the same diet—but we will talk about the group that followed the 80/20 diet.

What they noticed after eight weeks was that both the groups gained and preserved the same amount of muscle, but the group who were following the Alkaline diet lost more fat.

This shows that the Alkaline diet not only helped followers gain muscle and preserve it, but it also helped them lose fat simultaneously. The main reason

behind that, is growth hormone. As you know, the Alkaline diet has shown to increase growth hormone in our bodies. What growth hormone mainly does is that allows a lot less muscle breakdown and to burn more fat, which is one of the main reasons why the Alkaline diet is so beneficial for building and preserving muscle mass.

Another great benefit of the Alkaline diet as you know is higher energy levels, and there is a reason behind it.

Many people know how it feels to have a sugar crash: you feel tired and lethargic, and the culprit behind it is insulin. When insulin is spiked up, your energy level goes down as this gives your brain a signal to relax.

When you are on an Alkaline diet, there are no insulin spikes throughout the day, which provides you with more energy to stuff.

Another reason why you have more energy is that your body goes into a fight or flight response, and since your body is in a normal starvation mode, it feels like for it to get food it needs to hunt—which is when your body produces more adrenaline throughout the day, which gives you more energy as you go along.

Just be aware, at the beginning of your diet journey, you might feel less energized.

The reason behind it is because your body is still getting used to these changes, but after a week or two, you should start to notice more energy.

Use the power to get more work done at work and gym.

In my opinion this is the most significant benefit which comes along with the Alkaline diet. More power makes you feel a lot better when you are looking towards making it through those long days.

These are all the main benefits which come along when you start the diet, and the benefits genuinely outweigh all the negatives food might come with. These benefits can be life changing to most people, lowering the risk of diseases and increasing longevity. Alkaline diet provides you with that and then some.

## **Chapter 3: How Processed Meat Can Be Bad for You**



Even if you don't understand how healthy diets work, you know that processed meats are very bad for you when it comes to health and wellness. There have been many studies showing that processed meat can cause many diseases and illnesses. Moreover, they happen to be backed up with detailed studies to prove as such. When following the Alkaline diet, you are not allowed to eat any processed meat—which makes this diet one of the better diets when it comes to living a healthier life. As we explained to you in the previous chapters all the benefits of the Alkaline diet, you can now see how it can be an excellent idea for you to start following this diet.



With that being said, let's talk about some of the negatives you might face when eating processed meats. That way, you can understand how and when to cut it out and give you more of an incentive to start following the Alkaline diet.

For people that don't know what processed meat is, it is essentially meat that has been preserved by curing, salting, smoking, drying, and canning. So the foods that are considered to be processed meats are, sausage, hotdog, salami, hams, salted, cured meat smoked meat, dried meat, beef jerky, canned tuna, etc.

As you can tell, especially in the European and North American regions of the world we can see a lot of these foods consumed

This is why they face more adversities when it comes to diseases in those certain areas. If you live in North America or a European country, then you will be facing a lot more of these diseases and problems.

One of the biggest things when it comes to eating processed meat is that it is linked to an unhealthy lifestyle. Processed meat has been associated with being around people who are living an unhealthy life overall.

And as you know, many people in the United States tend to live the lifestyle of unhealthy and processed food eating habits. One example would be that many people who smoke cigarettes tend to eat a lot of processed meats.

Also, people who drink a lot of alcohol will have a lot of processed meat when they are intoxicated. This is a prevalent practice, which makes it a very unhealthy lifestyle decision. Ask yourself, when was the last time you consumed processed meat when you are not intoxicated or smoking cigarettes. If you guys do any of that, then you will know the answer.

Most of the time, you are eating processed meats when you are intoxicated or smoking a lot of cigarettes. Moreover, people who eat a lot of processed

meat tend to consume a lot fewer fruits and vegetables.

If you're not eating a good amount of fiber and micronutrients in your diet, then there's a high chance that you're not living a healthy life overall.

Basically, people who are not living a healthy life tend to consume a lot of processed meats. If you're one of them, then make sure that you rectify this situation as quickly as possible by cutting out the unhealthy things in your life which includes processed meat. Another thing that processed meat has been linked with is chronic diseases. Eating processed meat can increase the risk of high blood pressure, heart diseases, cancer, and chronic obstructive pulmonary disease. There have been many studies showing, the people who eat this kind of meats tend to have a higher chance of attracting diseases stated above.

There have also been studies done on an animal which has been consuming processed meat, and it showed that their cancer risk where bought higher when consuming processed meat as compared to when there were not.

The reason for this is that processed meat contains harmful chemicals that may increase the risk of chronic diseases. There are numerous chemicals in processed meat—one of them is nitrite. This compound is one of the main reasons why your risk of cancer increases when consuming processed meat.

The reason why they use the compound is to preserve the red-pink color of the meat, to improve the taste of the meat, and finally, to get rid of any bacteria or growth in the long-term. Another reason why processed meat cannot be good for you is that it has been smoked. As we know, meat smoking is widespread when it comes to preservation.

It has often been salted and dried, to extend the shelf life of it. Once you get smoke meat in a burning wood and charcoal are dripping fat burns on a hot

surface, it can cause many chemicals to form in the heat and hence making it very unhealthy—which is why it isn't a good idea to consume processed meats in the long-term, as a way it has been made and processed makes it a terrible idea for you to consume it.

There was one study done that showed when consuming processed meat every day equals to smoking ten cigarettes a day in regards to the health effects that you might face when consuming processed meat—which goes to show how bad processed meat can be for you.

Another thing is that processed meat contains trans-fat. As you know, trans-fat is a human-made fat which has been causing many side effects on our health and wellness.

A decent amount of good fats in our diet is significant for optimal hormone production, etc. However, trans-fat can be very bad for us in the long term as it can cause many problems. One of the problems you might face when consuming trans-fat is the lowered amount of good cholesterol and the increase of bad cholesterol. Also, processed meat contains a lot of sodium, which can be very bad for us in the long-term. As you know, high amounts of sodium consumption can cause many illnesses and diseases.

One of the major things that it can cause is the risk of high blood pressure. High amounts of sodium have shown to increase blood pressure and inflammation increase, which is why it is not advisable for people to eat a lot of sodium when consuming processed meat. Processed meat can cause a lot of issues as we know by now, but one of the major things that have been found in recent studies is that there is an increase in breast cancer.

There was one study that shows that when women consumed processed meat such as hotdogs, the risk of breast cancer went up 9%—which isn't high when you think about it. However, what's the need to still have that issue,

when it can be avoided? Overall, the risk of type 2 diabetes will go up 19%, and the risk of heart disease will go up 42% when consuming processed meat.

These studies have been backed up by proper scientific studies done in a lab, which goes to show that processed meat cannot be good for health and overall well-being—which is one of the reasons why the Alkaline diet does not allow you to eat meat in general, as a meat has been shown to increase the acidic levels in your body. The whole premise behind the Alkaline diet is that you are not to consume foods which will raise your acidic level in your body when you have high acidic levels in your body, and there's a high chance for you to consume more bacteria. When there are more bacteria in your body, there's a high chance for you to attract more diseases and illness.

When your body is sick, you will attract more of those diseases, and it will be more likely for you to grow them in your body and be unhealthy.

One of the most acidic things you can consume would be the use of processed meats. As you know, the processed meats can cause many issues, as stated in this chapter above.

If you're looking to follow the Alkaline diet and then there's no chance in hell that you're going to be eating any processed meat. Even if you're someone looking to better your health, the first thing you need to do is cut out any process me that you are going to be having in your meats.

We can tell you what you should do and should not do, but as you can tell by the evidence that processed meat is not the answer when it comes to living a healthier life. More often than not, many of you are consuming processed meat, and you don't even know it.

Did you know that meats that are not organic and have been cut mechanically, are also considered processed meats? These meats have been

cut in a way which can cause a lot of issues. Unfortunately, our system has made everything unhealthy when it comes to consuming processed food.

This is why as consumers, we need to be very smart with the foods that we're going to be eating, which means that any meat is not a good idea for us in these days and age. This is because we can't trust any meat and how it is coming to us.

Back in the 1940s, we would be able to butcher our meat and understand where it is coming from. However, now, it is impossible. First, understand where this meat is coming from, how healthy the animal was and what kind of hormones they have been given. Also, if you didn't know, many animals have been pumped with unhealthy hormones to produce more meat in them, allowing them to make more money for the meat producers—which is why the Alkaline diet is one of the best options when it comes to better yourself and to live a healthier life. As Alkaline diet cuts out any foods that we have no idea where it came from, there's a high chance that you're not eating it.

Also, Alkaline diet only allows you to eat foods which are Alkaline, and you do not consume any foods which will raise your acidic levels in your body. When you are Alkaline, you will be a lot healthier as you will notice once you start following the diet. But the main take-home message from this chapter is the importance of not consuming processed meat or any meat in general. In this day and age, there's a lot of chemicals put on to the meat. Even the meats that are considered not processed are processed, which means that there's no chance that you are getting good quality meat when you're consuming any types of food. The next time you see any processed meat, make sure to throw it out and start consuming better foods for yourself if your goal is to live a healthier life.

## **Chapter 4: How Can the Alkaline Diet Help with Cancer**



There have been many studies showing that Alkaline diet can help reducing the risk of cancer, which is why this diet is one of the best things to follow when it comes to get rid of any cancer that you might be facing.

These studies show that most people who have cancer and start following the Alkaline diet lost their disease and started living a healthier life.

However, if you are facing cancer, then make sure to consult your doctor before you make any abrupt decisions.

The reason why the Alkaline diet works so well when it comes to reducing the risk of cancer is because it lowers your pH level. When you have lower pH levels, there's a less chance your body will attract more foul bacteria

that will cause cancer. This environment discourages any cancer surviving growth, which is why many people recommend you fall to an Alkaline diet.

If your body is very acidic, you will be in a higher risk of attracting cancer regardless, which is why the Alkaline diet works so well at reducing the risk of cancer. Moreover, people who followed the Alkaline diet also shown to reduce the risk of inflammation. As you might or might not know, one of the main reasons when it comes to attracting cancer is the inflammation in your body. Many people get cancer because there are high inflammation levels that are causing issues and cancerous diseases.

Once people start losing their inflammation in the body, the risk of cancer lowers even further making it a great idea to start following the Alkaline diet as the Alkaline diet reduces the risk of cancer and inflammation in your body. Also, as you know, the Alkaline diet has also shown to rejuvenate yourself.

Once you start to break down your old cells and come up with new ones, your body will have more fighting power towards the cancerous cells.

If your goal is to live a healthier life, then one of the main things you need to understand is that with this diet, your body can recycle and detoxify very quickly. Any time you detoxify yourself, your body will be in much better shape to get rid of any diseases, more specifically cancer.

Anyhow, many people go on fasts and other things to detoxify the body—which can also come in handy when it comes to reducing the risk of cancer. Moreover, it does not only detoxify your body but also make it an Alkaline situation where the bacteria from cancer cannot survive.

Also, when you're following these high-alkaline diet foods, you're not only making it better for yourself to reduce the risk of cancer. You are also

making your body more bacteria-friendly, as you will be adding more good bacteria in your body, helping you fight off the bad bacteria in your body. As you might know, we have two types of bacteria in your body if we have the good ones and the bad ones.

We ideally want good bacteria in your body, to fight off any disease that we might notice—which means you need to make sure that you have good bacteria in your diet. As you know, the Alkaline diet provides you with good bacteria and lots of it. However, you need to make sure to drink enough water to help them digest your food and to keep your gut healthy.

Which is why it's important that you drink more Alkaline water. We will talk about that later in this book—but for now you need to understand the importance of good bacteria in your body in reducing cancer.

It is imperative that you could get back to your body if your goals to reduce cancer and Alkaline diet will provide you with that.

However, if your goal is to reap all the benefits from the Alkaline diet, then you need to make sure that a couple of things are in check before you do so. You need to make sure they get an ample amount of protein, fats and carbs in your diet. As your diet will be very restricted when it comes to the food, so you are going to be eating, you need to make sure that you are eating the right macronutrients for your body—which means, we need to make sure that you are eating foods which will give you a balanced macronutrient breakdown.

You will be eating no meat, which means you'll have to make up your protein needs through plant-based meals and plants based products.

We will give you some amazing recipes to make really good and healthy food. However, your goal is to understand that you are hitting the right



amount of calories for your required body fat on your goals.

If you're not eating an ample amount of food, then your body will not have enough energy to fight off these diseases or problems—which is why you need to understand how many calories you need and eat accordingly based on that. Some people are claiming that you need to be eating enough food regardless of how much or what type of food intake you are following, which means that it is more recommended that you eat enough food to get the optimal results.

If you're going through chemotherapy, then you need to be sure they are eating enough food, regardless of what diet you are following. If you want to make sure that your chemotherapy goes successful, then it is crucial that you maintain your weight when you are going through this procedure.

There are some claims made that the Alkaline diet will make it more successful for you when it comes to achieving chemotherapy success.

Many people are claiming this is completely bogus. No claims are backing up that this helps with chemotherapy. However, many claims are suggesting that the Alkaline diet will help you with reducing the risk of cancer and getting rid of cancer completely if you are following the diet.

If you talk to your doctor, he will tell you that the Alkaline diet is one of the best diets to follow when it comes to reducing the risk of cancer, despite this is not the popular answer for most people.

As many people have been brainwashed with media saying that Alkaline diet is not the best way to go about, if the professionals are saying that the Alkaline diet is a great idea, there's some truth behind that.

In order to clarify, there have not been many studies claiming that the Alkaline diet will completely help you get rid of cancer. Nonetheless, there

have been many real-life situations where this diet has helped.

If you want to make sure that you are getting the best results possible, then make sure that you combine it with a good smoothie routine which will allow you to detoxify your body. It doesn't matter what diet you follow.

One more thing to remember is that if you're on medications that are acidic, then you can counteract Alkaline diet. Make sure that the medicines that you're taking aren't going to disrupt your Alkaline diet.

We can tell you which medicine will cause you to be acidic, but the best way to realize which one is to ask your doctor.

In order to recap, the Alkaline diet will help you to keep a basic level in your body, which will help you to stop the formation of bacteria that could lead to cancer. Alkaline diet will also detoxify you and help you to create new cells which will allow you to fight off cancer and feel much stronger.

Moreover, the Alkaline diet will even help you with chemotherapy, as many people have said it will—making the diet a no-brainer to follow.

Just make sure that you are eating enough calories to maintain your body weight, especially if you are facing any cancerous diseases.

This has been a personal recommendation of many doctors, and a personal review of many patients that the Alkaline diet has helped them tremendously to reduce the risk of cancer or many other diseases—which does make sense when you look at the benefits that Alkaline comes with.

If you're facing any of these diseases, always consult with your doctor before you start any of this diet. And as always, know what type of medications you are taking and how can counterbalance your Alkaline diet.

If you were going to follow this diet blindly, then it would be like riding a bicycle without any training wheels. You need to understand that diet before you start following it, and feel it down before you can commit to it.

If you can commit to this diet, then, in fact, this could be one of the best to follow for any health reasons overall. Some of the problems with this diet would be the precise requirements, and that you cannot drink alcohol or take any certain types of medication for counterbalance your Alkaline diet. Make sure you have everything checked before you proceed to follow this diet. Once you manage to do that, then you will be in a perfect position to start following this diet, and to see the benefits of it.

And to answer the question of whether this diet is good for cancer patients, you can tell that it is a big yes.

## Chapter 5: What Are Acid-Forming Foods, and How to Avoid Them



When it comes to starting an Alkaline diet, you need to make sure that you are not consuming acidic foods—which is why in this chapter, we are going to talk about the foods to avoid to ensure that you are following the right diet and getting the best results possible. When it comes to improving bone density and living a healthier life overall, it is pretty clear that the Alkaline diet is one of the best diets to follow. In order to following the Alkaline diet, one of the main things is to make sure that your pH balance is very good.

A very good pH balance would be somewhere around 6.5, which would mean slightly acidic; and 7.5, which would mean slightly Alkaline.

However, there are many foods that we eat that can alter the Alkaline levels in our bodies—which is why it is imperative that you know what kind of food

you are eating, as eating so-called “healthy foods” can even raise your acidity level.

When you are digesting food, most of the time, the food that you consume contribute to increasing the acidity level in your liver and other organs in your body.

Many foods that we eat are very acidic; hence, we are noticing these health issues. You have to remember, if the food is not acidic at the surface level, it could still become acidic once it has digested in your body—which is why you need to understand the basics between acidic foods and Alkaline foods. There’s a big chart explaining which ones are acidic and which ones are Alkaline that we’re going to add in this chapter now.

Here are the acidic foods, listed from low to high:

LOW	MEDIUM	HIGH			
Fruits					
Figs Dates Guava Plums/Prunes	Cranberries Pomegranates Olives, ripe				
Vegetables					
Tomatoes Swiss chard Green peas Rhubarb Spinach Lima beans Carrots, commercial	Corn, fresh				

String beans with formed beans					
Meats/Fish					
Clams Gelatin	Salmon Haddock Duck Tuna Chicken Scallops Liver Mackerel Buffalo Catfish	Shrimp Mussels Lobster Steak Bacon Sausage Hamburgers Beef			
Dairy/Eggs					
Butter Yogurt Curd cheese Eggs, whites Cream	Cottage cheese Cream cheese Eggs, whole	Camembert cheese American cheese Ice cream			
Oils					
Sesame oil Safflower oil Canola oil Almond oil Sunflower oil	Soybean oil Peanut oil	Cottonseed oil			
Nuts/Seeds/Legumes/Herbs/Spices					
Baked beans Green peas Kidney beans Split peas White beans Curry powder Garbanzo beans Chickpeas	Peanuts	Walnuts Hazelnuts Soybeans White sugar Iodized table salt			

Bread/Grains/Desserts					
Brown rice Buckwheat flour Kasha	Whole wheat bread (100%) Rye bread (100%) Corn tortillas Cornmeal Barley White rice	White flour Bagels Croissants Saltine crackers			
Sweeteners/Vinegar					
Mayonnaise Maple syrup Stevia Balsamic/Rice vinegar		Red wine/White vinegar Sugar, brown or white Corn syrup			
Beverages					
Milk Black tea Tomato juice	Wine Dark beer Coffee Rice milk	Pale beer Espresso Colas/Soft drinks Soy milk Milkshakes			

Here is the list of Alkaline foods, from low to high:

LOW	MEDIUM	HIGH			
Fruits					
Coconuts	Raisins Grapes Blueberries Oranges Apples Cherries Apricots	Blackberries Nectarines Strawberries Persimmon Raspberries Tangerines Limes			

	Grapefruit Avocado Olives, green Banana Pears/Peaches Lemons	Papaya Pineapple Watermelon Cantaloupe/Honeydew			
Vegetables					
Snow peas Carrots, organic Cucumbers Brussels sprouts Cauliflower Mushrooms	Artichokes Eggplant Beets Summer squash Baked potato Zucchini Bell peppers Okra Broccoli Cabbage String beans without formed beans	Asparagus Onions Celery Kohlrabi Collard greens Parsnips Endive Mustard greens Kale Winter squash Sweet potatoes/Yams			
Meats/Fish					
Dairy/Eggs					
Clarified butter (Ghee)					
Oils					
Olive oil Flax oil Coconut oil Avocado oil Cod Liver oil					
Nuts/Seeds/Legumes/Herbs/Spices					



Almonds	Black pepper	Chestnuts			
Bay leaf	Lentils	Sea salt			
Cayenne pepper	Cashews	Ginger root			
Sesame/Sunflower seeds	Basil	Pumpkin seeds			
	Garlic	Parsley			
	Cilantro				
	Cinnamon				
	Soy sauce				
Bread/Grains/Desserts					
Granola (unsweetened)					
Oatmeal	Baked apples (unsweetened)				
Quinoa					
Wild rice					
Sweeteners/Vinegar					
Rice syrup	Apple cider vinegar				
Sucanat	Molasses				
Beverages					
Apple juice					
Grape juice	Grapefruit juice	Mineral water			
Orange juice	Pineapple juice	Ginger tea			
Green/Herbal tea					

As you can see, the list above should give you a great idea of what foods are acidic and which foods are Alkaline. Now, you are most prepared to start your Alkaline diet, but the main burning question when it comes to starting it, would be how to avoid these acidic foods to ensure that you are getting the best results.

Later on, in this chapter, we're going to give you amazing recipes which you can follow up to ensure that your taste buds are not left out and making sure they are eating good tasty, healthy foods. Regardless, there are some steps you need to ensure when you are starting the Alkaline diet.

The first thing to understand and would be too, forgive yourself when it comes to eating high acidic foods once in a while. This is because you can counteract that by eating a high-alkaline food throughout the day, which will give you a good balance in your body, keeping it very Alkaline.

As you can see in the chart above, there are certain foods which are highly Alkaline and which are highly acidic. For example, if you eat one food which is high in acidity, then you can counteract that by eating very Alkaline food.

Your body will make sure that you stay Alkaline once you eat Alkaline food to weight off after you're done eating the acidic food, ensuring that you get the most bang for your buck.

The first thing you need to make sure that you are acidic and to find out would be the signs. If you feel like you're gaining more weight and feeling more pain in your body, and feel like you're having poor digestion overall.

Then there's a high chance that you are very acidic in your body, once you understand when you're acidic and when you're not acidic more specifically more Alkaline in your body then you can start adding more foods which are higher in the Alkaline level to counteract acidic levels in your body. The main thing when it comes to avoiding acidic foods is to understand how your

body functions and how to avoid acidic foods overall. As the chart has been given to you, you can now understand the difference between acidic food and Alkaline foods, which can give you a great idea on what foods to eat when and how. Once you have understood that you are acidic, have a high-alkaline meal for the next couple of meals to balance out your body.

Once you noticed that the pains and aches had been gone in your body, you will notice that you are feeling a lot better than you are in the right balance to be Alkaline. In later chapters, we will show you how to find out if you are Alkaline by using some strip test, etc. However, you need to start to listen to your body when it comes to ensuring that you are acidic or Alkaline, and the best way to do that is to understand your pains and your indigestions—this is one of the biggest signs of being acidic overall. Once you have established that your body is very acidic, another way to counteract that would be to drink a lot more Alkaline water.

There are many ways you can get more Alkaline water, and it is essentially a mineral compound that is existing in the water, making it a lot more Alkaline.

What you can do is also add more Alkaline water into your diet to ensure that your body stays very Alkaline throughout the whole day, even if you managed to eat some acidic foods. We understand that there might be some days they end up eating more acidic foods, which can counteract the benefits of the Alkaline diet, which is why he can also drink more water Which is higher in the Alkaline level and showing that you are in a good place to digest your food and to be more Alkaline overall.

Now, one of the best ways to start the Alkaline diet would be to have more than 80% of your foods to be Alkaline. This will give you a great balance in your body to keep moving on and to stay Alkaline overall, 20% can be higher protein items which will end up being more acidic.

We always recommend that you stay away from meat when you're following the Alkaline diet, which is why to resort to a higher protein source from plant-based meals as it will allow you to get that protein in your diet and stay more Alkaline overall. Some people recommend that you eat more meat when following the Alkaline diet. However, stay away from meat as much as possible as it causes very acidic overall and many complications in the long run as we talked about in the previous chapters. One of the best ways to avoid a lot of acidic and Alkaline foods tends to fruits and vegetables which are high in fiber, as you can tell there are a lot of vegetables which are high in the Alkaline levels tend to have a lot more fiber in them.

If you're not hungry throughout the day, then you will not consume any food overall, causing you to become more in the Alkaline level once you do eat some meals. Make sure that you are eating a lot more Alkaline foods by ensuring that they are high in fiber, keeping you full and satisfied throughout the whole day.

Also, make sure that you are drinking more of the Alkaline water alongside with the Alkaline food, this will allow you to digest and to be more Alkaline throughout the whole day as well.

With that being said, let's give you an example meal plan which you can follow to ensure that you are getting the most acidic food out of your system and making sure that your body is very Alkaline throughout the day.

There will be many other amazing recipes to use in this book, later on, make sure that you use this example as a guideline for your meals. Add Alkaline snacks if needed.

### **Meal 1: Chickpea Omelet**

Removing eggs from your diet may be one of the most significant breakfast challenges you will face. This versatile recipe can be made with any toppings you choose to start your day. Suggested toppings include sautéed mushrooms, tomatoes, green peppers, and onion.

**Ingredients:**

- 1 cup chickpea flour
- ½ teaspoon onion powder
- 1/3 cup nutritional yeast
- ½ teaspoon baking soda
- ¼ teaspoon black pepper
- ¼ teaspoon white pepper
- ½ teaspoon garlic powder
- 1 cup of water

**Instructions:**

1. Get a small bowl. Put in flour, yeast, baking soda, onion powder, garlic powder, black pepper, and white pepper. Combine ingredients until evenly mixed. Pour in 1 c. of water and mix by hand until ingredients are evenly smoothed out.
2. Preheat skillet over medium heat. Cook batter the same you would like a pancake. Add toppings of choice to the uncooked side of the batter. Flip omelet and cook until the underside has turned golden brown. Flip omelet one last time and cook for one minute.
3. Feel free to serve with salsa, hot sauce, raw spinach, or whatever seasoning is appropriate for the toppings you chose.

**Meal 2: Guacamole Stuffed Rolls**

If you're seeking plant-based meals for weight loss, you may want to skip to the next recipe. This creamy, indulgent treat is based on the Hungarian cheese rolls, using puff pastries as a shell for your stuffing.

#### Ingredients:

- One sheet vegan puff pastry
- Two tablespoons almond milk (or other plant milk)
- One pinch turmeric

#### For the filling:

- One zucchini
- Juice of 1 whole lemon
- 2/3 cup raw cashews, soaked
- Two cloves of garlic
- One avocado, diced
- One teaspoon fresh, chopped chili pepper
- Two scallions
- One tablespoon chives, chopped

#### Instructions:

1. Cut puff pastry into eight strips. Roll each piece on a cream horn mold or some similar shape.
2. Bake rolls at 400° F for 20-25 min. Cool completely, then remove molds.
3. While rolls are baking, add zucchini, cashews, garlic, and lemon juice to blender or food processor. Blend until completely smooth. This will take some time. Once the mixture is smooth and creamy, add avocado, chili pepper, scallions, and chives, along with salt and pepper. Pulse a few times.

4. Pour mixture into a piping bag and fill puff pastry rolls.

### **Meal 3: Tofu Pad Thai**

Takeout will be a thing of the past with this sweet and spicy classic!

#### Ingredients:

- 14 oz. extra-firm tofu, drain right away
- Two tablespoons cornstarch
- 8 oz. rice noodles
- ¼ cup soy sauce, low-sodium
- Two teaspoons sweet chili sauce
- Two tablespoons brown sugar
- Juice of 1 lime, plus lime wedges for serving
- One clove garlic, grated
- One tablespoon oil (vegetable, olive, coconut, whatever you like)
- One red pepper, sliced
- Two scallions, thinly sliced
- 2 cups mung bean sprouts
- ¼ cup chopped peanuts

#### Instructions:

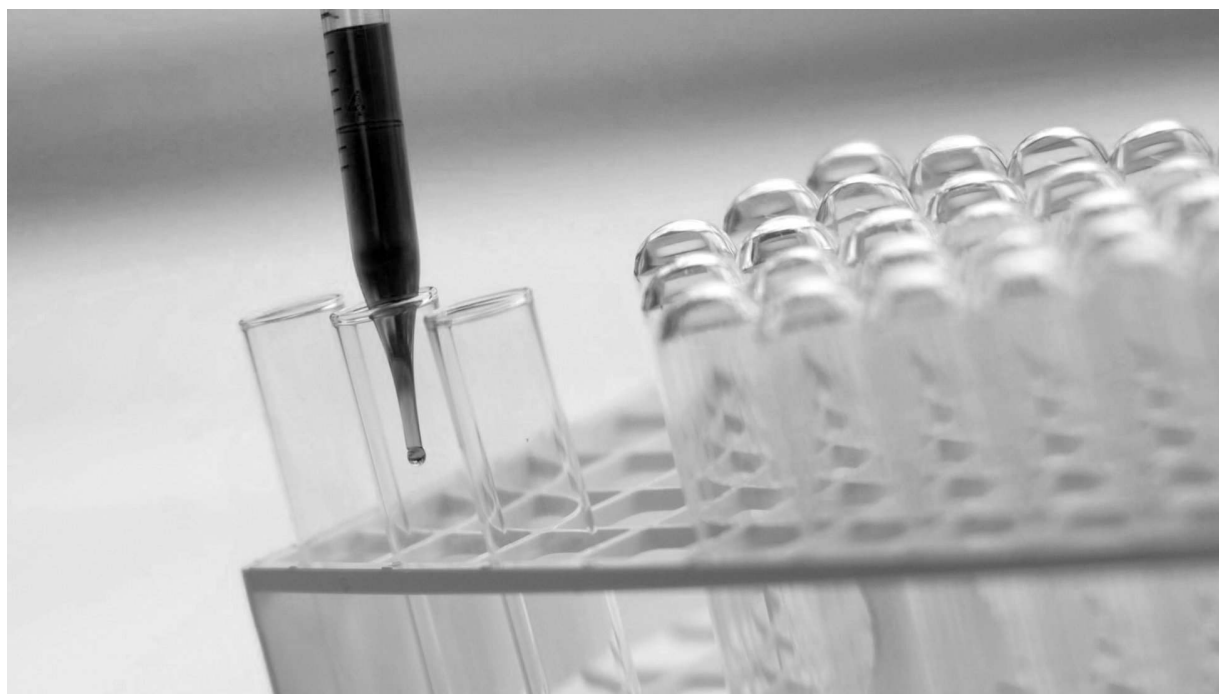
1. Slice tofu ½ inches thick. Place on a rimmed baking sheet sandwiched between layers of paper towel. Place cast iron skillet (or other flat, heavy object that can get damp) on top to weigh down for 10 minutes. Cut into cubes, transfer to a bowl and toss with cornstarch.
2. Meanwhile, cook noodles according to directions on the package, give it a cold water rinse and drain.

3. In a small bowl, combine soy sauce, sugar, chili sauce, lime juice, and garlic. Set aside.
4. Heat a large nonstick skillet over medium heat and add one tablespoon of oil. Once the oil is heated, cook pepper until tender for 4-5 min. Set it aside. Cook tofu until golden brown, 4-5 min. Add sauce and noodles and toss to combine. Fold in pepper, scallions, and sprouts—then, cook for 2 minutes.

You can add more snacks based on your needs. However, this should give you an idea of how to eat.



## **Chapter 6: The Difference Between Blood pH, Saliva pH, and Urine pH; and How to Measure Them**



Once you have started to follow the Alkaline diet, you will notice that many people who do follow the Alkaline diet tend to look at the urine samples and the saliva samples of their pH. As you know, many people who are following the Alkaline diet need to make sure that they are on the Alkaline side—which means that they have to make sure that they are Alkaline. In the previous chapter, we revealed that 6.5 and 7.5 is a good amount when it comes to pH level.

That being said, there are many ways to test your pH levels. The main two are the saliva pH and the urine pH. Many people don't know this, but these tests are very different when it comes to figuring out your pH level overall. One will be a lot more acidic, whereas the other one won't be as acidic

relatively—which is why it is important that you understand the difference between the two methods and how you should use them accordingly based on your goals.

The first thing you need to understand when it comes to pH levels is that the saliva will always be higher at the Alkaline level.

Depending on your diet, your saliva will be more readily available to see where your pH level is at.

This will factor in the food you have eaten and how well you have digested. One of the things you need to understand when checking your saliva is that if you eat in a very Alkaline food, then it will show that your body is in an Alkaline state. However, this cannot be very accurate most of the times, which is why many people recommend that you test your pH level in the saliva after 30 or 40 minutes of eating. Most of the time, your saliva is basically the fluid in your body, which means that it will not be acidic randomly. Your urine will be a lot more acidic and less Alkaline when it comes to testing the Alkaline level. There's a reason to that.

The main reason why the Alkaline level will be a lot lower in the urine is that your urine normally gets rid of toxins in your body. Especially in the morning when you wake up, and you haven't urinated in a long time, your body will be cleaning out all your organs and pissing out all the bad things that are available in your body—which is why your urine will always be a lot more acidic when compared to your spit or saliva.

Now, when people are following the Alkaline diet, most of the time they test both the urine level pH and their saliva level pH, to get a better understanding of their body. You have to understand that your urine is pissing out all the bacteria of your kidneys and liver so it will be a lot more acidic and a lot more different.

Which is why you need to understand how to read your urine samples accordingly. Your urine also contains a lot of sodium and waste products from all your organs, which is why specialist measure the pH level differently. The average pH level in urine is 6 pH anything under 5 will be considered acidic. However, anything higher 8 is Alkaline. The same thing when it comes to spitting or saliva pH levels, your level will fluctuate on how much food you're eating and what kind of foods are going to be eating. For example, high protein meal before you test your pH level from the urine then the chances are at your urine pH level will be a lot more acidic, making it not so ideal when it comes to testing your pH levels.

However, if you have a high Alkaline level in your urine, there's a high chance that you might have thrown up a lot or you might have urinary tract infection. It is not ideal to be highly Alkaline when it comes to following this diet.

Furthermore, it can cause a lot of issues once you start following this Alkaline diet if you don't balance it up properly.

You have to understand that you cannot be overly acidic or overly Alkaline. Ideally, you want to be more on the Alkaline side, which is why you need to be eating more Alkaline foods to see better results as previously mentioned. Normally, your urine will always be in the more acidic side, so be aware of that once you start following this diet. In fact, the water you drink is to set aside, once it starts to hit the Alkaline side, then that's a red flag for a lot of problems in the long run.

Also, the pH level in the urine can vary differently. Many doctors don't even use urine pH level test anymore, as it is so unreliable. The doctor will only use the urine pH level to understand more information if needed. Many

doctors won't even use the urine pH levels anymore, which is why we recommend that you don't use it, either.

However, if you're still starting on using this method, then there's a certain kit you can get at the drugstore which will let you urinate in a box, and we'll test out your pH level accordingly.

Since there a lot of methods to test it out, we're not going to get into all the meth testing out your urine samples and your pH levels. Just make sure that you go to the drug store and figure out which one will actually tell you your urine pH level and come up with a plan accordingly.

If you are eating a good amount of Alkaline food then there are no worries when it comes to testing your urine levels and your pH levels overall.

On the other hand, the spit or saliva pH level can be beneficial.

When it comes to testing out your saliva levels of pH level, it is imperative that you understand how to use a proper test and how to get the best results out of it. You have to understand that the saliva level will be a lot more accurate when it comes to testing out your pH level, as we told you previously saliva does not hold any of the toxicity most of the time and giving you a better understanding on where your pH level is throughout the whole thing.

Your pH level should be around 6 to 8 when you're testing out your saliva levels, and where the pH level is going to be, 7.5 is the ideal.

This is one of the best areas to be in when it comes to being Alkaline, giving your body the best bang for your buck in the better results overall.

In order to test your saliva level, simply go to your nearest drug store and get those strips which will allow you to understand your pH level.

The first thing you need to do is take the color top off the strip and put it underneath your tongue, making sure you get enough saliva on it.

Once you've gotten enough saliva on the strip then take it out after 30 seconds of putting it in your mouth, and shake it up. I will give you a color scheme which will give you an idea where your pH level is. This is one of the best and also very inexpensive ways to test your pH level overall.

These strips are just like the Keto strips you get online. Instead, it will test out your pH levels. One thing to make sure when you start your saliva levels test, is that you haven't eaten or drunk any Alkaline water before you test it.

Give yourself at least 20 to 30 minutes before you start to use the Alkaline strip to see where your pH level is. As we will see, whatever you eat will show up in the pH test.

Which is something you don't want. We want to understand where your pH level is naturally in our body and not by the foods that we just recently ate. We understand that the certain foods that we're going to be eating to alkalize your body are essential; however, once you do eat those Alkaline foods, it will give you an unreasonable pH level.

There sometimes happens that after eating Alkaline food, your pH level tends to show up around 8 or 9, which is not a good spot to be and can scare off more people. Make sure when you do test out your pH level that it is a nice secluded place, where the strips have been kept, and you haven't eaten in about 20 to 30 minutes this will give you a great answer on where your pH level is.

Now, the ideal urine and saliva pH sample should be around 7.2 when factored in both of their results. If you are looking to do a urine sample, then this will be a good idea of where your pH level should be combined with your saliva sample. If your saliva sample goes below 7, then there's a high chance of your body starting to become acidic, which is one you need to understand and add more Alkaline foods which will allow you to become less acidic hence making you more Alkaline.

The recommended times you should be checking your pH level of berries person to person, some people will say that you should check your pH level every two to three times a day.

However, some people recommend that you only need to check your pH level two to three times a week. We have found the best tool, which would be to test your pH level once a day, depending on how acidic or Alkaline you are you might need to monitor it a little bit more. Infact, if you are more acidic and you're looking to become Alkaline very quickly then we recommend that you check your saliva pH level two to three times a day to see where your levels at four weeks or two. Once you've achieved a good level of pH levels, then it will be the time to let it rest and then check your pH level less frequently how long you to save money on strips and have a better idea on where your pH levels are.

When you're more Alkaline, your insulin levels will drop, your inflammation levels will drop, and you will notice less pain and more fun overall. Once you become more acidic, your digestion will shoot down, you will feel more pain, and your inflammation will go up.

This is a good sign to see where you are acidic or where you are Alkaline. Understand your body is very important, which is why we highly

recommend you start understanding how your body functions when it is acidic and when it is Alkaline. As mentioned in the chapter, just so you can understand a little bit better, the first thing you need to do is understand that the urine sample is to be used on a rare occasion or if you want to be extra meticulous with your pH level. Many doctors don't even recommend that you use the pH level for urine to test out your pH level overall, as urine levels can be very unreliable when it comes to testing out your pH levels. Your saliva pH levels will be a lot more accurate, for the average person to test on how acidic or Alkaline you are.

If you are to test your saliva and your urine pH levels, then make sure that your pH level is at 7.2 which will make it the ideal pH level overall when it comes to making sure that you are on the Alkaline side of the body.

As always, test your urine pH level after you have done urinating first thing in the morning, ideally midday, when you have drunk enough water and your liver and other organs have been cleaned up. On the other side your saliva test should not be done once you have eaten anything, ideally, between 30 to 40 minutes before it, as this could give you a wrong reading once you have eaten a portion of food and test your pH level right after.

The foods can dictate how your pH levels going to be, which is why it is ideal that you wait down a bit before you test out your pH levels. Furthermore, depending on your acidic levels, you also need to understand how your body functions when it is a lot more acidic, and when it is more Alkaline. That way, you don't have to keep testing your pH levels, and you can tell by the way your body is performing to get a better idea of your acidic or Alkaline.

If you do eat Alkaline or acidic food, make sure to counteract that by eating a different type of food to make sure that your pH level is balanced.

With that in mind, now you've got a good idea on how to test your pH levels and the different types of pH levels when it comes to you being Alkaline and acidic overall. You can now utilize the right methods, which you think will benefit you greatly, after reading this chapter.

Make sure that you don't spend too much money on pH level strips, as it is essential that you don't take this very seriously. In the beginning, it is ideal that you test out your pH levels and once you get into the Alkaline diet, in the long run, you'll just know how your pH levels are doing based on how your body is feeling. Don't make this a chore—make this a lifestyle.



## Chapter 7: The Importance of Alkaline Water and Fruits



I know that you have a clear idea of what the Alkaline diet is and that you have most likely heard what Alkaline water can do in terms of benefits and making your body more Alkaline overall. Many people say that the Alkaline water can help you regulate your body's pH level and prevent many diseases, including cancer. However, what is Alkaline water, exactly—and why is it essential when it comes to following the Alkaline diet and getting better results overall? The Alkaline water refers to its pH level. The scale ranges from 0 to 14, with 1 being very acidic and 13 being very Alkaline (as we told you in the previous chapter)

When it comes to determining whether something is Alkaline or acidic, you should have a clear idea of how to work on it accordingly.

Simply put, the salty water has a higher level of pH level, which will help you regulate more drinking water hands and thus increase the alkalizing level and neutralize your acidic level in the body—which is why many people recommend that you drink Alkaline water, right after you drink or eating something that is highly acidic to counteract the balance issue and to alkalize your body overall. Fresh drinking water is generally around 7, whereas the Alkaline water is typically about 8 or 9 pH each.

However, the pH level isn't the most important things when it comes to making Alkaline water. The salty water must contain Alkaline minerals which will allow it to become higher in the antioxidants, hence making it more Alkaline and change your body in a better way when it comes to alkalizing its body functions.

It isn't always necessary that the water should be higher in the Alkaline level and cause any issues, it is essential that you make sure that your Alkaline body is absorbing the minerals and making it more Alkaline. Hopefully, that makes sense, make sure that your body is Alkaline not because of the Alkaline level in the food or drinks, but it is alkalize based on the inside. Although there have not been any studies showing that the Alkaline diet can be right for you when it comes to making your body more Alkaline, there have been some people saying that the Alkaline water could make you get rid of many diseases even if you're not following the Alkaline diet.

As you guys might know the tap water is not the safest when it comes to drinking, which is why many people who aren't following the Alkaline diet and start drinking Alkaline water tend to notice better health benefits

because there aren't any added chemicals to it. Our tap water can be very polluted, which is why many people these days resort to bottled water or more specifically Alkaline water, to see better health benefits.

Had our tap water been less polluted, we would not be drinking Alkaline water to see better results. Just for reference, the tap water is around 7 pH or close to 7 pH, whereas the Alkaline water has to be above 7 pH to be called the Alkaline water. Our bodies do a fantastic job of maintaining blood pH level, which is why it is not recommended by many people to start drinking Alkaline water to see better results.

Nonetheless, Alkaline water can help you alkalize your body quickly when compared to following and drinking normal tap water.

If your goal is to become Alkaline very quickly, Alkaline water can help you tremendously as it is already alkalized and therefore will make your body more Alkaline throughout the whole day once you start drinking it as we told you previously, if your very acidic and Alkaline water can definitely help you become more Alkaline.

However, if you're not following the Alkaline diet then it will be tough for you to become Alkaline overall even if you are drinking Alkaline water, so think of the Alkaline water more as a supplement to your diet when compared to the whole idea behind it. Sure, the Alkaline water will make you more Alkaline to a certain degree, but it won't turn you into an Alkaline body overall if you're not following the Alkaline diet.

Alkaline water is not great just for the basic level—it is even better because of the mineral contents in it. As you know, the tap water does not have as many minerals as we think it does, more specifically, it isn't as clean and is less polluted when compared to Alkaline water—which is why most people

tend to drink Alkaline water, to see better results and to get more gains out of it.

But once you do start drinking the Alkaline water, make sure that you are drinking it for the right reasons and that you don't have any health conditions. This type of water could be harmful for people who do have kidney conditions or are taking medications to alter the kidney function.

Some of the minerals in Alkaline water, cannot be healthy for most people if they are taking any medications or are working on some kidney rehab—which is why it is essential that you ask your doctor before you start drinking Alkaline water regularly, you see our body is not accustomed to Alkaline water before we start drinking.

Unfortunately, we are accustomed to tapping water and the normal water as we get in our country—which is why Alkaline water needs to be assessed before you start drinking it for the right reasons.

If you're a healthy male or female, then you should have no problem with Alkaline water as you'll see great benefits out of it, however, if you are taking any medications or under supervision, make sure you consult with your doctor before you start drinking the Alkaline water.

Since you have now understood the function of the Alkaline water and how can help you accordingly, let's talk about some of the benefits that you might see from drinking alkalized water.

One of the benefits that you will see from drinking Alkaline water is the reduced risk of chronic diseases, more specifically, chronic acidosis.

If you have a low-grade chronic acidosis then it might help you that you start drinking some of the alkalized water, the study has not been concrete yet, but there is some suggestion showing that it will help you.

Another thing the Alkaline water helps you with is to help you with improving your overall health.

As we know by now alkalizing your body will help you with better bodily functions, better digestion, etc—which is why many people recommend they start drinking Alkaline water to better yourself, however, you have to remember that if you want to see better results, then you need to make sure that you are following the Alkaline diet alongside the drinking of your Alkaline water.

In fact, many people who are facing certain conditions should avoid excessive mineral intake—as mentioned to you previously, if you have any kidney conditions, then you need to make sure they consult with your doctor before you start drinking any Alkaline water. Another thing that the Alkaline water can help you with is to improve athletic performance, again this study has not been concrete yet, but many athletes are suggesting that alkalize water has helped them perform for a longer period at their peak performance. If you're an athlete, then try out the Alkaline water and see how it does for you.

Many people suggest that it will help you. However, many athletes say that it does not help them overall whereas some do so it is a gray matter and therefore needs to be found out by the person itself.

Finally, there have been many studies showing that Alkaline water can help you with digestion health.

This is a great study, and it is up in the air, that the alkalized water does help you with digestion. As we told you previously when you're alkalized, your body will digest food a lot better, which is why many people start on the Alkaline diet.

So it just makes sense if you are drinking alkalized water, that you will see better digestion health overall.

Now that you're aware of the Alkaline water and how to use a properly, let's talk about how to acquire Alkaline water for the best results possible.

One of the things you need to understand that is Alkaline water can be very expensive once you start drinking it regularly, which is why we highly recommend that you make your own Alkaline water.

If you have more funds to support your Alkaline water needs, then, by all means, you can get your own alkalized water. We recommend *Essentia*, which is 9.5 on the pH level, this is the bottled water you get, which is alkalizing all ready for you. Make sure that you use this water if you are looking to get more alkalized water in your body, however, if your goal is to make your own Alkaline water and there are some ways to go about it.

The way most people do it, is that they use normal tap water and they boil it, making sure that they get rid of any pollution in the water.

Let the water cool down—then, they will add minerals, which they can easily find online, that will make the water even more Alkaline.

Once they have done that—it will separately put in bottled water.

Finally, serve it chilled. Utilizing this method will ensure they get rid of any pollutions in the water, and you will get a better pH level in the water as well. Your pH level should be around 9.2 to 9.5 if you use this method properly, giving you great alkalize water.

However, you can live outside North American and European countries. Then there's a high chance that the water that you are getting from the tap is not drinkable, which is why you might have to spend a little bit more money on the Alkaline water—or you can buy machines, which are known

as water ionizer, which will create Alkaline water through a process called ionization. This could be a great idea for people who are living outside of North America and European countries to get the cheapest water source of the Alkaline water.

With that being said, this should help you really understand how the Alkaline water truly works and how you can use it for your own benefit.

Let's talk about Alkaline fruits and how can help you when it comes to bettering your health.

As you know, there are many Alkaline fruits, as you can refer to the chapter in the book where they talk about the whole section of which fruits are Alkaline and which aren't. You will get a better idea on which fruits will help your body even further, just like the water the Alkaline fruits can truly help you with all the same benefits which the Alkaline water can.

In fact, once you combine the Alkaline water alongside the Alkaline fruits, you will see even better benefits when it comes to getting your body more Alkaline and seeing better health benefits overall. One of the great things about the Alkaline fruits is that it always helps you with the bone density. Truth be told, it is essential that you take care of your bone density as it can cause a lot of issues if you don't since you won't be eating a lot of dairies when following the Alkaline diet.

Getting a certain amount of calcium and bone help will be diminishing down. Which is why it is highly recommended that you take bone support, that will come from the Alkaline fruits you are going to be eating.

Many of the Alkaline fruits include blueberries, watermelons, grapes, etc. These fruits are known to help with bone density, which is why it is

imperative that you eat these fruits when you're on the Alkaline diet to see a better health benefit overall.

Remember, the Alkaline diet only works in a certain way if you are in conjunction with all the factors in. You have to make sure that your diet is perfect, you have to make sure that you are on the Alkaline side in the beginning by using the Alkaline strips and finally need to make sure that you are eating fruit to ensure that you are getting alkalized very quickly.

With that being said, the take-home message from this chapter is that it doesn't matter if you drink the Alkaline water or you eat the Alkaline fruit, everything needs to be in proper conjunction when it comes to seeing better results overall.

You need to make sure that you are eating good foods 24/7, this will ensure that you are Alkaline throughout the whole day and to really see the benefits of having the Alkaline body overall.

Use these tools as tools by itself—these tools will only accompany you with the Alkaline diet. Don't think that these tools will only help you to get alkalized if you're not following the Alkaline diet—everything needs to be proper if you want to make sure these things help you overall.

Hopefully, you have understood the magnitude of these tools and how they can help you.



## Chapter 8: Misconceptions When Following the Plant-Based Diet



Many people, when they first start following the Alkaline diet, tend to think that the plant-based diet is not very helpful when it comes to getting in all nutrients to your body. Due to recent misconceptions, many people are scaring away from the plant-based diet. They feel like that they will not be healthy overall and that they will not see the proper gains once they start following this diet, which is why we need to clear out this misconception once and for all, as there are many great benefits to following plant-based foods. First of all, as you know, the plant-based diet is a very Alkaline diet-friendly.

The meats that you're going to be eating, if you are going to be eating any, will cause a lot of acidic imbalances in your body which is why the Alkaline diet is a great idea to be followed with a plant-based diet.

Many people who are reading this book might be someone who is into athletic performance, which is why many people might be staying away from the Alkaline diet overall as we suggest that you only eat plants when following the Alkaline diet. With that being said, let's talk about some of the misconceptions many people might have when following a plant-based diet and how we will help you to get rid of those misconceptions and to help you decide once and for all.

## **Too Expensive**

There are many people under the misconception that the plant-based diet is going to be very expensive. Many people think that you need to be getting excellent organic plants when it comes to following this plant-based diet.

It is very inexpensive to get good quality fruits and vegetables to follow the plant-based diet. Many people don't know this, but if you drive around a little bit and find your local farmer, you can get very inexpensive organic vegetables and fruits for your daily needs when following a plant-based diet. Unlike meat, plants can be very expensive in the grocery store, as many people might think.

However, there's a way around that as well—you can get the recently expired or about to expire plans then you can cook them and freeze them which will cause them to be a lot more accessible to you while saving money in the grocery store when it comes to following the plant-based diet.

The plant-based diet is not as expensive as many people think if you want to save even more money as we told you we would recommend that you go to

your local farmer and get fresh fruits and vegetables from there.

It will be a lot more inexpensive for you to get plants like this. In fact, it will be a lot more organic, too. Since you will know where the vegetables and fruits are coming from, you will have a better idea of how to use it properly.

Many proper nutritionists and dietitians recommend that you get food which is around a hundred miles of your radius from where you are living.

This will give you a great idea on how good the food is going to be, and that your body will be able to absorb it. Many people don't realize this, and many different foods are not very digestible for most people.

Many people would feel a lot better eating foods that were coming from around them, which is why it is a great idea to get fruits from the farmer's market. Also, when following the plant-based diets, many of the beans will be a lot cheaper when it comes to getting a functional protein from beef or chicken if you didn't know these beans are a lot cheaper and a great source of protein when it comes to following the plant-based diet.

You will be a lot happier in the wallet when you start following the plant-based diet instead of many misconceptions—look at the price of a good steak and a number of good beans, and you'll understand how cheap the plant-based diet can be.

## **Plants Do Not Supply Complete Protein**

This is one of the biggest misconceptions when it comes to following a plant-based diet. The plant-based diet can be tough to follow for most athletes, as they will think that they are not getting enough protein in. More specifically many people believe that the plant-based diet does not have complete protein source when it comes to following the diet, for people that

don't know a complete protein is accompanied by nine essential amino acids that make a protein.

Every food that you eat has nine essential amino acids, some might have a higher amount, and some might have a lower amount of amino acids in them.

The great thing about the plant-based diet is that the plant-based diet will allow you to mix in a lot of fruits and vegetables to you to balance out the amino acids which will help you get the essential amino acids that you need when it comes to putting on muscle or whatever your goal is.

This is a misconception against most bodybuilders and powerlifters who are looking to start following a plant-based diet if you are a bodybuilder or powerlifter you are completely fine when it comes to following a plant-based diet.

The biggest misconception most people think is that plants and the fruits don't have the nine essential amino acids overall—which is not the case, they have the nine essential amino acids it is just that they are not correctly balanced—which might make it look a lot more or lot less.

If you're meticulous about your protein intake, then you can make sure to mix certain match foods to get a well-rounded nine essential amino acids in your meal. However, regardless of what the food you're going to be eating you will still be getting the nine essential amino acids.

And if you're eating ample amount of calories to support your weight, then you are getting enough protein for your diet of whether your goal is to put on muscle is to maintain your body weight.

## **High in Carbs**

Another misconception many people have when following the plant-based diet is that the plant-based diet is not carb-friendly.

Many people think that's the case when it comes to a plant-based diet, and they will feel like they are not putting on enough muscle and are getting more carbohydrates than protein in their system—which is a myth.

Once you start following the plant-based diet, you'll be eating a lot more vegetables that are very high in micronutrients and are very low in carbs. In fact, you will notice that your digestion is going to be a lot better since you're going to be getting a lot more fibers—hence making you full very quickly.

Once you do start becoming full very quickly, you will notice that you will not be eating any more food, or more explicitly, overeating—which makes this plant diet a great idea if your goal is to maintain weight and to live healthier overall.

Another thing is that when you are eating a plant-based diet, you are getting the right amount of complex carbohydrates, which will give you a sustained amount of energy throughout the whole day. So even if you are eating more protein or carbs, these will be digested slowly and therefore getting more of the balanced energy, helping you to burn more of that energy throughout the day and not storing it as fat.

Many people think that eating a lot of carbs will make them fat, which is not the case at all. If you eat the wrong amounts of carbs and the wrong types of carbs, then yes you will gain a lot of weight, but if you eat carbs from fruits and vegetables, then you will not gain any weight, in fact, people put on more muscle and look a lot better.

## **Time-Consuming**

Many people think that the plant-based diet is going to be very time-consuming, which is a myth. The reason why many people believe that it, is that they have to prepare the vegetables, which do take a long time—and when it comes to eating these high-fiber foods, it takes a long time to eat it, chew it and digest it.

Once you have read this book until the end, you will notice that there are excellent recipes for you to follow when it comes to a plant-based diet—this will make your life a lot easier when it comes to eating the right foods and preparing your meals overall. You have to realize that the plant-based diet is a lifestyle and should be treated as such. Hence, we understand that when people say they can't continue with a plant-based diet, it is because they are not doing it correctly.

You need to make sure that the meals are tasty and a lot less time-consuming, which is what we're going to help you with when you read the recipes. Many people are looking at the food before the night, as it can be the very time-consuming for preparing meals for a plant-based diet.

One of the best things you can do is invest in a slow cooker, that will make your life a lot easier if you're trying to make this lifestyle. Try also to invest in a couple of things which will allow you to cook healthy meals and to do it in a really short time like a Spiralizer, that helps you to cut vegetables and fruits, making zucchini “noodles” for instance or slices of Apple to add on top of your dish. To cut in a faster way we suggest also to get a Mandoline. It has super sharp blades that help you to slice in a fast and accurate way and to make your meal more substantial and rich.

A steamer basket could be really useful if you want to cook healthy without spending too much money. You just need to pour water in your normal pot, put the vegetables on top of it and wait for the steam to cook them gently with zero fat and keeping all the vegetables properties.

A salad spinner is also fundamental to wash and rinse your salads in a quick way.

A blender or a food processor will help you to save time in creating tasty smoothies, hummus, creamy soups or your own non-dairy milk.

Another reason why we recommend you to start utilizing a rice cooker and a slow cooker, is that they will allow you to cook your meals very swiftly and more accurately without any supervision, which will enable you to do other stuff and to take your mind off cooking.

## **Makes You Feel Hungry All the Time**

Another misconception that many people have when following a plant-based diet is that the plant-based diet can make you hungry overall.

As we told you previously, many people notice these issues because they're not following the plant based properly. Since you're reading this book, you know how to follow plant-based properly. Many people who are pursuing a plant-based diet tend not to eat whole foods, which would keep them satiated throughout the entire day.

This is why many people feel hungry for the whole day when following a plant-based diet. You need to understand that when you are following a plant-based diet, you need to be eating right foods which are high in fibers and high in micronutrients, therefore, keeping you fuller throughout the whole day.

Once you start eating high-fiber foods, you will notice that you are a lot more satiated, and you don't need food rather quickly or regularly as you might think—which is why it is a great idea to mix in a lot of fiber supplements which are vegan or plant-based.

Nonetheless, if you are eating a lot of vegetables and fruits, then you'll be getting in fibers in your diet, and therefore you will be digesting a lot of foods properly which is a win-win situation on falling on a plant-based diet.

In the beginning, you might feel the hunger and cravings will kick in as you will not be eating meat for the first time—which is why we recommend that you carry seeds and nuts with you to have a snack once you start feeling hungry. The great thing about seeds and nuts is that they're high in fiber and high in fats which will allow you to keep you satiated once you've eaten them.

Make sure they include these in your diet once you start following it, hoping you to stay on it for an extended period.

## **You Don't Get Enough Vitamins**

Many people who want to start following a plant-based diet think that they will not be getting enough vitamins from their food.

This is one of the most common myths that a lot of people believe in.

The truth is, when you are eating a bunch of vegetables and fruits, you'll be getting a lot of vitamins in your diet, making it a great idea to start following the plant-based diet.

Another reason why many people think you're not getting enough vitamins and minerals, is because there had been a recent study showing that when you are eating plant-based meals you won't be getting enough vitamin B's in your system.

Many people know that eating steak has shown to increase vitamin B intake, which is why many people say that the plants won't allocate with the vitamin B intake.

One of the ways to combat that, would be to take vitamin B12 and B6 supplements which will allow you to get enough vitamins in your diet.



It is true that once you do start on the plant-based diet, there are specific vitamins which will be very hard for you to get in your system.

However, due to modern day technology, we can add more vitamins to our system by taking a particular pill.

This is a good idea when it comes to following the plant-based diet.

You won't get the right amount of vitamin B12 and B6 once you start taking the supplements. Other than that, there are numerous amounts of vitamins and minerals from plants and vegetables which you will be getting, that you won't get if you are not following the plant-based diet.

In fact, when you start on the plant-based, you will notice that you are living a lot healthier overall, as you will be a lot more Alkaline and your body will be functioning a lot better.

With that being said, I hope you understand the magnitude of eating a balanced plant-based diet. This is one of the most confusing diet when it comes to diets overall—which is why it is essential that we clear out all the myths that you might think there are when it comes to following a plant-based diet.

Make sure that you read this chapter very carefully and understand the differences between the myth and reality. We are glad that we could help you with this chapter. See you at the next one.

## Chapter 9: The Alkaline 80/20 Rule



Before we get into the 80/20 rule, I would like to talk about simple things when it comes to following the Alkaline diet. When it comes to following the Alkaline diet, there are a lot of things to consider before you get into it. In fact, we haven't even touched upon the essential elements when it comes to following the Alkaline diet—we are going to touch upon that in this chapter right now.

We will talk about how to start as a beginner and how to slowly scale up your diet in order to make sure that you are doing it correctly.

Another thing is that many beginners will make a lot of newbie mistakes, which is why we need to talk about them and to help them understand how to avoid them in the long run.

With that being said, let's talk about some of the things you need to take care of when following the Alkaline diet.

## **Take a Look at Your Diet**

The Alkaline diet works excellent, but it works a lot better when you eat healthier overall. For you to achieve better results from the Alkaline diet, it needs to be health-focused meals. You see when you start following the Alkaline diet alongside a healthy diet, magic starts to happen.

What we will do is give you some pointers on how to begin observing the Alkaline diet the right way.

We previously mentioned the macros and the eating patterns we recommended for people following the Alkaline diet, so let us recap them.

If your goal is to lose some body fat your macros should be 40% protein 20% carbs and 40% fats, whereas if your goal is to maintain your weight and reap the benefits of Alkaline diet, then we recommend following a macro protocol of 30% protein 40% carbs and 30% fats.

If you want to lose some weight, then you need to look at your diet, making sure you don't go over your calories and macros.

If you aren't eating healthy meals throughout the day, then you can slowly start to incorporate better meals.

Start by having one healthy meal when you break your diet and one meal of whatever you desire, and once you become more comfortable, you can make it two meals. Starting to eat healthier little by little will yield even better results overall. Yes, many people do get away with eating foods that aren't healthy, and yes they so see unusual changes.

However, if you want to see over the top moves, then we recommend eating a bit more robust. Now, there is no specific diet you need to follow, merely make healthier choices as this should help.

You need to take a good look at your food, which you are eating and makes changes where necessary. It will be difficult in the beginning, but it will eventually become more natural.

## **Learn to Listen to Your Body**

It's important that you listen to your body when you're dieting, as this will help you to understand it.

Alkaline diet for women can require extra attention, and that is why it is so necessary to listen what your body is telling you.

There are some major signs to look out for when following an Alkaline diet. Know that most of the symptoms should subside within a week.

However, if they don't chances are you need to switch up your dieting protocol. One of the ways to tell the Alkaline diet is becoming way too hard for you, is when you start feeling cold chronically.

Once you begin to feel cold chronically, that's a big sign that the Alkaline diet is becoming very hard for you to follow. If you feel cold throughout the day for three weeks or more, then chances are it is time for you to lower the dieting intensity.

One more sign to consider when you're in Alkaline diet would be extreme hunger. The first couple of weeks, you will feel extreme hunger—but if that keeps happening for over three weeks, chances are your body is telling you that you can't follow Alkaline diet at this level.

These are the significant signs you need to listen to your body when Alkaline diet, but always make sure you get your blood work done and get the professional help if you feel like Alkaline diet is affecting you physically. The best best rule to live by when it comes to Alkaline diet is that if it doesn't feel right three weeks into it, then stop.

Nonetheless, symptoms could occur anytime. Just be in-tuned with your body and make sure you are listening to it.

## **Helpful Tips Dealing with Hunger**

When following an Alkaline diet routine, it is crucial that you make sure that your appetite is under control, so your diet won't be broken prematurely. Time and time again, many followers of the Alkaline diet have broken the diet prematurely just because they couldn't control their hunger. We will tackle multiple ways to deal with desire and overall help you continue with the Alkaline diet. The first tip is pretty obvious, and that is to drink more water. Much of the time, hunger is thirst.

Meaning, you will be able to control your eating desires by drinking more water, having more water through the day helps you tremendously to control your hunger.

Another method for managing your appetite would be to drink more coffee and green tea, as caffeine has shown to suppress hunger, which overall helps you with dieting. Just make sure the coffee or tea you drink does not contain any sugar or milk, as that could break your diet.

Getting yourself busy will help you control your hunger—most of the time, when we occupy yourself with work, we tend to forget the food.

Perhaps do some work, or household chores to keep yourself busy when you feel like eating. You can also exercise or go for a walk, and this will kill two birds with one stone. When you start walking, you will take your mind off dieting, and you will also burn some fat while doing so.

If you are feeling more energetic, then you can go ahead and get a full workout. However, remember that you might feel hungry after the exercise if

you have no experience in managing your hunger.

Now, if you are looking for a more relaxed way of handling your appetite, then we would recommend meditation.

Meditation works well when it comes to controlling your hunger, and it will also help you manage your mental stress if you have any. Make sure you are using this tool, to manage your appetite, and who knows you might really enjoy meditation. The final technique we recommend would be to eat more fibrous foods before you start your diet, as this will help you stay fuller for an extended period.

Many followers of the Alkaline diet will eat junk food; this will actually make them crave dieter foods than someone who ate a good healthy meal with a ton of fiber in it.

If you want to have a better less hungry dieting window, then we highly recommend you eat healthy meals with a ton of fiber in them before you start dieting. These are all the tips and tricks to dealing with hunger, make sure that you are following all these tips to control your appetite when dieting.

Especially if it is your first three weeks dieting, as that is when you will notice most of the hunger cravings—these tips will help you tremendously to power through those first three weeks and help you with completing your diet.

## **80/20 Rule**

Since you now have understood the basics of the Alkaline diet, let's talk about the 80/20 rule and how it can help you tremendously when it comes to following the Alkaline diet and making your lifestyle a lot easier.

As we previously mentioned to you, whenever you're eating any kind of protein, you will be increasing your acidic levels in the body—which is inevitable when it comes to following the Alkaline diet.

As you might know, you cannot be Alkaline all the time, which is why it is important that you take care of yourself properly and to use this diet in the right way when it comes to putting on muscle or whatever your goal is.

Simply put it, Alkaline diet and the 80/20 rule goes hand-in-hand when it comes to making a lifestyle. The 80-20 rule simply means that 80% of your food is going to be Alkaline, and 20% of the food can be acidic.

Also, many people say that the 80/20 rule is the ideal way to go about following the Alkaline diet as it keeps you healthy overall.

Many people saying Alkaline every time all the time can be unhealthy, which is why it is important that you include the 80/20 rule in your diet when following the Alkaline diet. Now, the only reason why the 80/20 rule works is that you're going to be a plant-based eater.

If you are going to be eating meat, then there's a high chance that you're going to be a lot more acidic than the 80/20 rule—which is why we highly recommend that you start following a plant-based diet when it comes to following the Alkaline diet and seeing the best results overall.

Other things you also need to understand when following the Alkaline diet, is that every food that we're going to be eating it's metabolized and leaves behind ash which is why sometimes the Alkaline diet is called the Alkaline Ash diet.

This ash will either Alkaline-forming or acidic forming. As you know, when you are giving your body consistently acidic foods, it will cause it to become a lot more vulnerable to illness and diseases like high blood pressure

cholesterol heart diseases and even cancer. As we told you, it is much better to be in a higher Alkaline level in the body.

However, it is inevitable that you're going to be Alkaline for the rest of your life, as the waste you're going to be reducing from your bodies like your urine and other things will be a lot more acidic which is why it is important that you understand that and go along with it.

Overall, we have understood that acidic diets can be awful for us. Which is why we need to make a change in our diet and many people think that following the Alkaline diet is the right way to go about it and we'll go full out on the Alkaline diet disregarding any acidic meals.

Although this might work for you in the short-term, this will not be feasible for you in the long term once you start to really follow the diet.

The thing is, it is impossible for us to avoid any of the acidic foods—which is why it is imperative that we have some of this set of foods in our diet, helping us not go crazy and to see the best benefits overall—which is why the 80-20 rule comes in, the 80/20 rule allows you to eat 20% of the foods and acidic level and 80% of the basic level.

This will give you a great balance when it comes to following this diet and will also help you to stop and give up the cravings that you might be facing when following the Alkaline diet. If you don't know, many of the yummy foods that we're going to be eating are going to come from acidic foods—which makes it insanely impossible for us to be 100% Alkaline all the time.

Following the 80/20 rule will also give you a leeway when it comes to living your lifestyle overall, here's the thing if you go to you are at your friend's birthday party what are the chances that you are actually going to be eating some cake and drinking some alcohol.



The chances are very high, which is why we recommend that you follow the 80/20 rule which will allow you to eat a little bit more food what you might like and to combat it if you overeat. If you know that you're going to your friend's birthday party, then make sure that you eat very Alkaline until the lead-up off his birthday. This will allow you to keep your body very Alkaline, and then to indulge in some acidic foods that will allow you to keep the 80/20 rule rolling and therefore helping you be better and happy life overall.

Here's the thing—it is impossible to follow a diet once it becomes a chore. And if you are trying to follow a 100% Alkaline diet, not only is it going to be unhealthy for you and will also cause a lot of issues when it comes to long-term effects of it—which is why we highly recommend when following the Alkaline diet with the use of the 80/20 rule.

This will allow you to enjoy your life a lot better and to really see the benefits of the Alkaline diet—the Alkaline diet will only work if you do it in the long-term process—which means that you need to follow the Alkaline diet for a very long time before you start seeing the results.

Remember, it is more of a lifestyle than a diet. Another way to make sure that you stay Alkaline throughout the whole day is to make sure that you are drinking Alkaline water and also that you are working out.

Many people think that if they follow the Alkaline diet, they are okay not to work out, which is not the case. The thing is that working out is one of the best things you can do for your health and overall wellness.

When accompanied the Alkaline diet with a good workout, then you will notice one of the best results when it comes to putting on muscle and looking a lot better. Whether your goal is to lose fat, put on muscle or just to look better overall, you need to make sure that you are incorporating a good workout plan with your Alkaline diet to see the best results possible. Any

training plan will work, as long as it has been created by a professional and that it is accustomed to your needs. The great thing about the 80/20 rule is that it can be combated if you start working out.

When you work out, your body will become a lot more Alkaline and therefore it will help you combat any issues that you might be facing and to put on more muscle, more specifically, will make you more Alkaline throughout the whole day.

It is essential that you work out with your 80/20 rule, as some days you might be over 20% of acidic level but you can combat it with the use of workouts. With that being said, I hope they've understood how to use the 80/20 rule properly and how to use the Alkaline diet overall.

After reading all these chapters, you should have an excellent idea on how to follow the Alkaline diet, if not make you a mini-expert on it. With that being said, let's get into the chapter of recipes which you can follow to make great foods.

## Chapter 10: Recipes



If switching to a plant-based diet feels a little overwhelming, a good place to start is to look at some of your current favorite recipes and see what ingredients you can substitute. Cutting off the meat on your daily food intake may feel like the biggest challenge, but below, we list several vegan meat substitutes.

Many of these provide the flavor and texture of meat that you crave, as well as plant-based proteins that are often lost when removing animal-based foods from your diet.

Tofu is a soy-based product that easily takes on the flavors of the other ingredients in the recipe. This Asian staple is high in protein and calcium and can easily be a substitute for beef, pork, chicken, or seafood.

Tofu has a bad reputation for being bland and spongy, though extra-firm tofu can be implemented into any recipe after being pressed, which removes extra liquid. This brings the texture of tofu closer to a firm and chewy meat. When cooking with tofu, be sure to add extra spices and seasoning to the recipe, as tofu will absorb it and take in the flavor.

Textured Vegetable Protein, also known as TVP, is another soy-based product, only this is dehydrated, making it inexpensive and easy to store. Much like tofu, it absorbs any flavor you throw it in, only needing extra liquid to bring it back to life. TVP can be a substitute for recipes that call for ground meat such as meatloaf or burgers.

Jackfruit, a healthy tropical fruit, has become a recent top choice in meat replacement. It naturally has a meaty texture, though simply roasting it in the oven for about 15 minutes can help take it to the next level.

From there, you can chop it, shred it, or leave it in a solid piece and add any flavoring you please. Jackfruit is often used as a pork substitute, though this tends to be a fun ingredient to experiment with.

Tempeh has a grainy texture and is firmer than extra-firm tofu. Also made from soy, this meat substitute has a nuttier flavor. Tempeh contains a healthy amount of protein, along with calcium, fiber, and vitamins.

It is a little easier to handle than tofu because you don't need to press it. Rather, tempeh is very versatile that you can grind it, chop it, slice it, dice it—do whatever suits your recipe.

Tempeh can have a bitter flavor, which can be remedied by steaming before using it. It is often used as a fish substitute, based on its particular texture.

Mushrooms give a lovely earthy flavor and come in many varieties.

Large whole caps mushrooms like the Portobello can be used in one piece as a burger or a “plate” for stuffing other ingredients.

They can also be thrown in the food processor for a filling meat substitute with softer texture like that of tenderized and slow cooked meats.

Lentils are an old favorite in the world of veganism. They are inexpensive, easy to store, come in a few different varieties, and can easily be boiled and ready in a short amount of time. Use lentils to substitute for ground beef in your recipes.

Some “honorable mention” ingredients you may want to consider stocking up on, include cauliflower, beans and legumes, beets, eggplant, potatoes, and coconut. These are ingredients that replace meat as well as grain-based food if gluten is a concern.

Don’t feel like you need to miss out of your breakfast favorites of eggs, pancakes, and yogurt when switching to a plant-based diet? Short on time? Some of these can be made in advance for quick and healthy options for your morning commute.

### **Chickpea Omelet**

Removing eggs from your diet may be one of the most significant breakfast challenges you will face. This versatile recipe can be made with any toppings you choose to start your day. Suggested toppings include sautéed mushrooms, tomatoes, green peppers, and onion.

Ingredients:

- 1 cup chickpea flour
- ½ teaspoon onion powder
- 1/3 cup nutritional yeast

- ½ teaspoon baking soda
- ¼ teaspoon black pepper
- ¼ teaspoon white pepper
- ½ teaspoon garlic powder
- 1 cup of water

#### Instructions:

1. Get a small bowl. Put in flour, yeast, baking soda, onion powder, garlic powder, black pepper, and white pepper. Combine ingredients until evenly mixed. Pour in 1 c. of water and mix by hand until ingredients are evenly smoothed out.
2. Preheat skillet over medium heat. Cook batter the same you would like a pancake. Add toppings of choice to the uncooked side of the batter. Flip omelet and cook until the underside has turned golden brown. Flip omelet one last time and cook for one minute.
3. Feel free to serve with salsa, hot sauce, raw spinach, or whatever seasoning is appropriate for the toppings you chose.

### **Crust-Less Broccoli Sun-Dried Tomato Quiche**

This crust-less tofu quiche is low in cholesterol and high in protein. It can be served hot or cold and can be made in muffin tins for an on-the-go breakfast that packs a protein punch.

#### Ingredients:

- 12.3-ounce box extra firm tofu drained and dried
- 1 ½ cup broccoli, chopped
- Two leeks, cleaned and sliced; both white and green parts
- Two tablespoons vegetable broth

- Three tablespoons nutritional yeast
- Two chopped cloves of garlic
- One lemon, juiced
- Two teaspoons yellow mustard
- One tablespoon tahini
- One tablespoon cornstarch
- ¼ cup old fashioned oats
- ½ teaspoon turmeric
- 3-4 dashes Tabasco sauce
- ½-1 teaspoon salt
- ½ cup artichoke hearts, chopped
- 2/3 cup tomatoes, sun-dried, soaked in hot water
- 1/8 cup vegetable broth

#### Instructions:

1. Preheat your oven to 375 degrees Fahrenheit.
2. Prepare a 9” pie plate or springform pan with parchment paper or cooking spray.
3. Put all of the leeks and broccoli on a cookie sheet and drizzle with vegetable broth, salt, and pepper — Bake for about 20-30 min.
4. In the meantime, add the tofu, garlic, nutritional yeast, lemon juice, mustard, tahini, cornstarch, oats, turmeric, salt, and a few dashes of Tabasco in a food processor when the mixture is smooth, taste for heat and add more Tabasco as needed.
5. Place cooked vegetables with artichoke hearts and tomatoes in a large bowl. With a spatula, scrape in tofu mixture from the processor. Mix carefully, so all of the vegetables are well distributed. If the dough seems too dry, add a little vegetable broth or water.

6. Add mixture to pie plate muffin tins, or springform pan and spread evenly.
7. Bake for about 35 min. Or until lightly browned.
8. Cool before serving. Delicious both warm and chilled!

### **Chocolate Pancakes**

Everyone deserves chocolate for breakfast every once in a while. Satisfy your sweet tooth with these gluten-free, vegan chocolate pancakes that go well with almost any fruit of choice—especially strawberries, bananas, and raspberries.

#### Ingredients:

- One ¼ cup gluten-free flour of choice
- One tablespoon ground flaxseed
- One tablespoon baking powder
- Three tablespoons nutritional yeast
- Two tablespoons unsweetened cocoa powder
- ¼ teaspoon of sea salt
- 1 cup unsweetened, unflavored almond milk
- One tablespoon vegan mini chocolate chips (optional)
- One teaspoon vanilla extract
- ¼ teaspoon stevia powder or 1 tablespoon pure maple syrup
- One tablespoon apple cider vinegar
- ¼ cup unsweetened applesauce.



### Instructions:

1. Get a medium bowl and mix all the dry ingredients (flour, baking powder, flaxseed, cocoa powder, yeast, salt, and optional chocolate chips). Whisk until evenly combined.
2. In a separate small bowl, combine wet ingredients except for the applesauce (almond milk, vanilla extract, apple cider vinegar, maple syrup or stevia powder).
3. Add wet ingredient mixture and applesauce to the dry ingredients and mix by hand until ingredients are just combined.
4. The batter should sit for 10 minutes. It will rise and thicken, possibly doubling in size.
5. Heat an electric griddle or nonstick skillet to medium heat and spray with a small amount of nonstick spray, if desired — scoop batter into 3-inch rounds. Much like traditional pancakes, bubbles will start to appear. When bubbles begin to burst, flip pancakes and cook for 1-2 minutes. Yields 12 pancakes.

### **Breakfast Scramble**

Here is another egg-free breakfast option for the veggie lover! Many scramble recipes call for tofu, whereas here, we are using cauliflower. This recipe is versatile and allows you to use whichever veggies you may already have in your refrigerator. Feel free to substitute at will!

### Ingredients:

- One large head cauliflower cut up
- One seeded, diced green bell pepper
- One seeded, diced red bell pepper

- 2 cups sliced mushrooms (approximately 8 oz. whole mushrooms)
- One peeled, diced red onion
- Three peeled, minced cloves of garlic
- Sea salt
- 1 ½ teaspoons turmeric
- 1–2 tablespoons of low-sodium soy sauce
- ¼ cup nutritional yeast (optional)
- ½ teaspoon black pepper

#### Instructions:

1. Sauté green and red peppers, mushrooms, and onion in a medium saucepan or skillet over medium-high heat until onion is translucent (should be 7–8 min). Add an occasional tablespoon or two of water to the pan to prevent vegetables from sticking.
2. Add cauliflower and cook until florets are tenders. Should be 5 to 6 minutes.
3. Add, pepper, garlic, soy sauce, turmeric, and yeast (if using) to the pan and cook for about 5 minutes.

### **Superfood Breakfast Bars**

Need a quick pre-made breakfast option you can grab and go? This breakfast bar is not only sweet and salty—but it's also vegan, gluten-free, and packed with superfood energy.

#### Ingredients:

- Four apples
- 1.5 cups mix of mulberries and goji berries, soaked in lukewarm water for about 30 minutes

- 1 cup all natural apple juice + 3 tablespoons divided
- Two tablespoons maple syrup
- 2-3 tablespoons sunflower seed butter
- Two teaspoons aluminum free baking powder
- 4 cups gluten-free certified oats
- Pinch of cinnamon (optional)
- Sunflower seeds for garnish

Instructions:

1. Preheat your oven to 390 degrees Fahrenheit.
2. Line the 11” x 8” baking dish with parchment paper.
3. Chop apples coarsely and remove seeds. Add to blender with one c. of the apple juice. Blend until smooth
4. Mix the remaining three tablespoons of apple juice, sunflower butter, and maple syrup in a small bowl. You will create a creamy and smooth paste.
5. In a large bowl, combine the soaked and trained berries, oats, sunflower paste, baking powder, and apple mix into a well-mixed dough.
6. Press the dough with a spatula or your hands in the baking dish. Top it with sunflower seeds. Bake for 20 min.

### **Vegan Tuna Salad**

This “tuna salad” recipe includes inexpensive, easy-to-find ingredients that can be made in advance and stored in the refrigerator for about a week. Serve on a bed of greens, your favorite crackers, or as a classic sandwich. Feel free to add ingredients for flavor and texture such as carrots or bell peppers.

### Ingredients:

- Two cans chickpeas
- One tablespoon prepared yellow mustard
- Two tablespoons vegan mayonnaise
- One tablespoon jarred capers
- Two tablespoons pickle relish
- ½ cup chopped celery

### Instructions:

1. In a medium bowl, combine chickpeas, mustard, vegan mayo, and mustard. Pulse in a food processor or mash with a potato masher until the mixture is partially smooth with some chunks.
2. Add the remaining ingredients to the chickpea mixture and mix until combined.
3. Serve immediately or refrigerate until ready to serve.

### **Veggie Wrap with Apples and Spicy Hummus**

Wraps are a versatile and portable lunch option that can be adapted to any taste. The combination of the soft hummus and broccoli slaw creates a balanced texture of smoothness and crunchiness. The spicy hummus with apple brings a unique sweet and spicy blend—the result: a lunch wrap that is anything but boring.

### Ingredients:

- One tortilla of your choice: flour, corn, gluten-free, etc.
- 3-4 tablespoons of your favorite spicy hummus (a plain hummus mixed with salsa is good, too!)
- A few leaves of your favorite leafy greens

- ¼ apple sliced thin
- ½ cup broccoli slaw (store-bought or homemade are both goods)
- ½ teaspoon lemon juice
- Two teaspoons dairy-free, plain, unsweetened yogurt
- Salt and pepper to taste

#### Instructions:

1. Mix broccoli slaw with lemon juice and yogurt. Add pepper and salt to taste and mix well.
2. Lay tortilla flat.
3. Spread the hummus all over the tortilla.
4. Lay down leafy greens on hummus.
5. On one half, pile broccoli slaw over lettuce—place apples on top of slaw.
6. Starting with the half with slaw and apples, roll tortilla tightly.
7. Cut in half if desired and enjoy!

### **Mac and Cheese Bites**

Welcome to the vegan twist on an old classic. We promised this book would help satisfy some of your past, pre-vegan cravings—so here's a great portable comfort food bite that will please kids and grown-ups alike. Note that these can be eaten warm or cold, though warming them up may make them fall apart a bit.

#### Ingredients:

- 1 ½ cups uncooked macaroni (gluten-free will work if needed)

- One medium onion, chopped (can substitute with one medium yellow pepper if you don't care for onions.)
- One clove garlic, chopped
- Two tablespoons cornstarch, or arrowroot powder
- 1 cup non-dairy milk
- ½ teaspoon smoked paprika (can substitute for chipotle powder)
- One teaspoon lemon juice or apple cider vinegar
- ½ cup nutritional yeast
- One teaspoon salt

#### Instructions:

1. Preheat your oven to 350 degrees Fahrenheit.
2. Prepare the muffin tin with liners.
3. Prepare macaroni according to instructions.
4. While macaroni is cooking, sauté garlic and onion (or substitute of choice) until it is just starting to turn golden brown. This can be done in a dry pan, but adding some oil will work as well.
5. Add garlic, onion, and all other non-macaroni ingredients into a blender and mix until smooth.
6. Drain the macaroni and return to the pan.
7. Pour sauce over macaroni and stir well.
8. Spoon mixture into muffin tin, occasionally stirring in between such an equal amount of sauce goes in each cup.
9. Push down tops with the back of a spoon.
10. Bake the contents in the oven for 30 min.
11. Serve once cooled.

### **Guacamole Stuffed Rolls**

If you're seeking plant-based meals for weight loss, you may want to skip to the next recipe. This creamy, indulgent treat is based on the Hungarian cheese rolls, using puff pastries as a shell for your stuffing.

Ingredients:

- One sheet vegan puff pastry
- Two tablespoons almond milk (or other plant milk)
- One pinch of turmeric

For the filling:

- One zucchini
- Juice of 1 whole lemon
- 2/3 cup raw cashews, soaked
- Two cloves of garlic
- One avocado, diced
- One teaspoon fresh, chopped chili pepper
- Two scallions
- One tablespoon chives, chopped

Instructions:

1. Cut puff pastry into eight strips. Roll each piece on a cream horn mold or some similar shape.
2. Bake rolls at 400° F for 20-25 min. Cool completely, then remove molds.
3. While rolls are baking, add zucchini, cashews, garlic, and lemon juice to blender or food processor. Blend until completely smooth.

This will take some time. Once the mixture is smooth and creamy, add avocado, chili pepper, scallions, and chives, along with salt and pepper. Pulse a few times.

4. Pour mixture into a piping bag and fill puff pastry rolls.

### **Chicken Salad with Cranberries and Pistachios**

This recipe calls for soy curls (or textured vegetable protein) for the “chicken,” but you could easily use tempeh or another meat substitute for choice. This salad can be served on a bed of greens and put into a wrap or on bread as a traditional sandwich.

#### Ingredients:

- 1 ½ cups dry soy curls (textured vegetable protein)
- Two dashes apple cider vinegar
- ½ cup diced granny smith apples (approx. 1 small apple)
- ¼ cup shelled pistachios, chopped
- ½ cup dried cranberries
- 5-6 tablespoons *Vegenaise* (adjust depending on how creamy you would like the salad to be)
- One teaspoon of sea salt
- A pinch of thyme

#### Instructions:

1. Soak soy curls in warm water for 10 min. Squeeze excess water out of them and roughly chop larger pieces. Set aside.
2. While soy curls are soaking, mix diced apple and vinegar. Drain any excess liquid.



3. Combine apples with all other ingredients in large bowl until ingredients are evenly mixed. Add seasoning to taste. Chill for at least 30 minutes. Serve as desired.

### **Pan-Fried Jackfruit over Pasta with Lemon Coconut Cream Sauce**

This creamy, lemony coconut sauce can be served with a variety of meat alternatives. Jackfruit gives the dish a hint of sweetness to break through the richness of the cream sauce.

#### **Ingredients:**

- 1 lb. pasta of choice
- Two cans jackfruit in brine
- Two tablespoons flour of choice
- Garlic powder, dried oregano, paprika, black pepper, kosher salt to taste
- Two tablespoons vegetable oil
- Four tablespoons vegan butter
- 2 cups of coconut milk
- Juice of 1 lemon
- Two tablespoons grated vegan parmesan cheese
- One pinch ground nutmeg
- One teaspoon lemon zest (can use the same lemon from juice)
- Fresh basil leaves, chopped for garnish

#### **Instructions:**

1. Cook pasta until al dente. Drain the pasta but reserve 1 cup of the pasta water. Set it aside for now.

2. While the pasta is cooking, drain the jackfruit and cut each piece in half. Pat jackfruit dry.
3. Mix your flour with garlic powder, oregano, paprika, pepper, and salt in a separate bowl.
4. Toss flour mixture with jackfruit.
5. Heat your vegetable oil in a skillet. Pan-fry the jackfruit until crisp on both sides. It takes around ten minutes in total.
6. Transfer the jackfruit to a plate lined with a paper towel and set aside.
7. In a large saucepan or skillet, melt vegan butter. Add coconut milk and lemon juice. Then add parmesan cheese and nutmeg. Cook until sauce is thick.
8. Add cooked pasta and half of the reserved pasta water to skillet. Toss to coat all pasta.
9. Cook until everything is hot and the sauce is to desired consistency and pasta is heated through. If the sauce is too thick, continue to use remaining pasta water.
10. Turn off heat. Add lemon zest and add pepper and salt to taste. Sprinkle parmesan and basil leaves. Add pan-fried jackfruit on top when serving.

### **Butternut Squash Tacos with Tempeh Chorizo**

This dish comes together quite easily, though there are a few preparation tips recommended you do in advance. If you have challenges with digesting beans or soy, steam your tempeh before using it. Simmer the butternut squash in veggie broth or water and vinegar as this adds more flavor instead of cooking. Keep a little extra water on hand in case the squash starts to stick.

## Ingredients:

- One 8-ounce package tempeh
- A ½ cup of filtered water
- ¼ cup apple cider vinegar
- 2 cups butternut squash, peeled, cut into cubes
- One teaspoon chili powder
- ½ teaspoon smoked paprika
- ½ teaspoon cumin
- ½ teaspoon garlic powder
- ½ teaspoon oregano
- A dash of cayenne
- One tablespoon nutritional yeast
- A few hints of liquid smoke
- Black pepper and sea salt to taste
- ½ cup thinly julienned carrot (optional)
- Eight corn tortillas (or whatever you have on hand)
- One large avocado, pitted and sliced
- Cilantro, chopped

## Instructions:

1. Cut the tempeh into two parts. Steam for 10 min. Place in a large bowl and tear apart into small pieces either with your hands (after it's cooled) or with a pastry cutter.
2. While the tempeh is steaming, bring water and vinegar to a boil in a small skillet.
3. Add spices, squash, liquid smoke, nutritional yeast, and a pinch of sea salt to skillet. Coat thoroughly and simmer covered, stirring occasionally. Add carrots and tempeh, covering again. Simmer a

little while longer, stirring to prevent sticking. Uncover and season with pepper and salt.

4. Fill warmed tortillas with squash and tempeh mix and top with avocado and cilantro.

### **Vegan Fish Sticks and Tartar Sauce**

This recipe for the so-called “wish” sticks as some call it. This has been kid-tested and approved, though adults can enjoy them on a sandwich or a salad topper.

#### Ingredients:

- Fish Sticks:
- 12-ounce package extra firm tofu
- ½ cup cornmeal
- One tablespoon garlic powder
- One tablespoon dried basil
- Two tablespoons dulse flakes
- One tablespoon onion powder
- ½ cup whole wheat flour (rice flour is an excellent gluten-free option)
- 10 turns fresh black pepper
- One tablespoon of sea salt
- ¼ cup non-dairy milk, unsweetened
- 1 cup high-heat oil for frying

#### Vegan Tartar Sauce:

- ¼ cup sweet pickle relish
- ½ cup vegan mayo

- ½ teaspoon sugar
- ½ teaspoon lemon juice
- 5 turns fresh black pepper

Instructions:

1. Rinse tofu and drain in a colander. Placing a heavy plate on tofu with a heavy item on top will help remove better. Set it aside.
2. In a medium bowl, mix the flour, cornmeal, garlic powder, basil, onion powder, dulse flakes, pepper, and salt. Whisk together. Set the mix aside.
3. Set tofu on cutting board. Cut into quarters.
4. Slice tofu into thin pieces. You should have 28-32 pieces in total.
5. In a large cast iron skillet, heat oil on medium/low heat.
6. In a small bowl, pour non-dairy milk.
7. Dip each piece of tofu in non-dairy milk. Immediately dip in breading, coating all sides evenly. Repeat until all pieces are coated.
8. The oil will start to splatter when hot enough. At that point, add tofu pieces to skillet. Repeat until all pieces are cooked.
9. Each side will cook for about 2-3 minutes. Watch for golden brown color. Place tofu pieces on a brown paper bag as you remove them from pan to soak up excess oil.
10. Repeat as necessary until all tofu is cooked. Cool before serving. Mix all tartar sauce ingredients until an even and creamy sauce is made. Enjoy!

**Vegan Philly Cheesesteak**

A great twist on a local favorite, this sandwich is relatively simple to put together and contains ingredients that are easy to find. It can be served with vegan mayo—if desired.

#### Ingredients:

- 6-8 sliced Portobello mushrooms
- Four cloves garlic, minced
- One tablespoon olive oil
- One whole clove garlic
- ½ teaspoon black pepper
- One teaspoon dried thyme
- ½ large diced onion
- A dash of kosher salt
- One tablespoon vegan Worcestershire sauce
- Hoagie rolls or another small loaf of bread of choice
- 1 cup shredded vegan cheddar cheese
- Vegan mayo (optional)

#### Instructions:

1. Preheat the broiler.
2. In a deep skillet, heat olive oil. Brown mushrooms in oil, about 10 min.
3. Add thyme, garlic, and pepper until evenly coated.
4. Add onion and salt. Mushrooms must be well cooked before adding salt. Cook until onion is caramelized and softened, which should be for about 5 minutes. Add Worcestershire sauce and mix well.

5. Slice the bread lengthwise—coat the open sides of the bread with olive oil or cooking spray. To add garlic flavor, cut whole garlic clove, cut off the tip, and put on the oiled side of bread. Garlic powder is also a good substitute.
6. If desired, add optional vegan mayo. Place bread on a cookie sheet, then fill the loaves with mushrooms and top with shredded vegan cheddar cheese.
7. Place in broiler until cheese has melted, which should be 4-5 minutes.

### **Tofu Pad Thai**

Takeout will be a thing of the past with this sweet and spicy classic!

#### Ingredients:

- 14 oz. extra-firm tofu, drain right away
- Two tablespoons cornstarch
- 8 oz. rice noodles
- ¼ cup soy sauce, low-sodium
- Two teaspoons sweet chili sauce
- Two tablespoons brown sugar
- Juice of 1 lime, plus lime wedges for serving
- One clove garlic, grated
- One tablespoon oil (vegetable, olive, coconut, whatever you like)
- One red pepper, sliced
- Two scallions, thinly sliced
- 2 cups mung bean sprouts
- ¼ cup chopped peanuts

### Instructions:

1. Slice tofu ½ inches thick. Place on a rimmed baking sheet sandwiched between layers of paper towel. Place cast iron skillet (or other flat, heavy object that can get damp) on top to weigh down for 10 minutes. Cut into cubes, transfer to a bowl and toss with cornstarch.
2. Meanwhile, cook noodles according to directions on the package, give it a cold water rinse and drain.
3. In a small bowl, combine soy sauce, sugar, chili sauce, lime juice, and garlic. Set aside.
4. Heat a large nonstick skillet over medium heat and add one tablespoon of oil. Once the oil is heated, cook pepper until tender for 4-5 min. Set it aside. Cook tofu until golden brown, 4-5 min. Add sauce and noodles and toss to combine. Fold in pepper, scallions, and sprouts—then, cook for 2 minutes.

### **Mango Lime Chia Pudding**

Chia pudding is another versatile treat that can be used at breakfast or as a mid-day snack. Pack it in a mason jar or a recycled food jar. This is one of many flavor combinations you can create.

### Ingredients:

- 3 cups fresh or frozen mango chunks
- One 15.5-ounce can coconut milk
- One tablespoon lime zest
- ¼ cup maple syrup
- ¼ cup freshly squeezed lime juice
- ¼ cup hemp seeds



- 1/3 cup chia seeds

Topping options: Approximately 8 cups of any combination of mango, banana, pineapple, or any fruit you'd love with mango and lime. (Banana is a fruit you'd want to wait to add until you are ready to eat the pudding as it browns and gets mushy very quickly once out of its peel)

#### Instructions:

1. Place mango chunks, coconut milk, lime zest, and maple syrup in a blender. Mix until smooth.
2. Add hemp and chia seeds in the blender and stir by hand or blend on low to combine.
3. This should yield 4 cups of pudding. Portion it as you prefer. One suggestion is to divide into eight portions, one each in a pint jar, and top with one cup of fresh fruit.
4. Refrigerate pudding until ready to eat, minimum 4 hours to set. The pudding keeps for 5-7 days.

### **Mint Chocolate Truffle LÄRABAR Bites**

This copycat recipe can be rolled into individual balls or placed in a pan and cut up as bars after firming in the refrigerator. With 15-minute prep time, this quick fix will satisfy any sweet tooth! Can keep for three weeks if refrigerated in an airtight container.

#### Ingredients:

- 1 cup vegan chocolate chips (semi-sweet dark chips are recommended)
- Ten large Medjool dates
- 1 ½ cups of raw almonds

- ¼ cup coconut flour
- A ¼ cup of cocoa powder
- ¼-1/2 teaspoon peppermint extract
- Two tablespoons water

#### Instructions:

1. Pour almonds into a food processor and chop until a fine flour.
2. Add chocolate chips, dates, flour, and cocoa—then, process again until well-combined.
3. Add oil and peppermint extract.
4. Process one more time until the mix starts balling up.
5. Taste a small portion, then add more peppermint if you wish. Process again if necessary.
6. Remove the blade from processor and form the dough into balls. Choose whatever size you like, as they do not need to bake and will be right in any portion.

### **Peanut Butter Caramel Rice Krispies**

Take a trip down memory lane and bring the pleasant memory of rice crispy treats into the adult world. This healthier version will give you a light and crunchy snack that is great for munching at home or family potlucks.

#### Ingredients:

- 6 cups crisp rice cereal
- 1/3 cup creamy peanut butter (can substitute with almond or sunflower seed butter)
- ¾ cup brown rice syrup
- One teaspoon vanilla extract

- ¼ cup maple syrup

Peanut butter drizzle:

Two tablespoons creamy peanut butter (or substitute of choice)

One teaspoon maple syrup (or another liquid sweetener)

1-2 teaspoons to thin, if needed

Instructions:

1. Line a 9" x 9" square pan with parchment or wax paper. An 8" x 8" pan will work as well. Treats will be thicker.
2. Place a large pot over medium heat. Add brown rice syrup and maple syrup in and bring to a rolling boil. Cook for 1-2 minutes, stirring often and making sure mix does not burn.
3. Remove from heat. Mix in vanilla and peanut butter with whisk until smooth.
4. In a large bowl, pour in crisp rice cereal. Stir in the wet mix until well combined.
5. Scoop into pan and spread out evenly. Press down with wet fingers or spatula. Place in freezer to set for 10 minutes while making peanut butter drizzle.
6. In a separate microwavable bowl, mix peanut butter and maple syrup. Microwave in 30-second intervals until just warm for easier mixing. Add one teaspoon water at a time if needed. Mix until smooth.
7. Remove treats from freezer and drizzle on peanut butter mix. Place back in the fridge until firm, about 10 min.
8. Cut into squares for serving. Bars will hold their shape quite well at room temperature but can be stored in the fridge. Leftovers can

be wrapped up and kept in the refrigerator for 5 to 7 days or freezer for up to one month.

## Conclusion

Thank you so much for downloading the book, *Alkaline Diet for Beginners: The Complete Guide to Understand pH, Cleanse Your Body Using a Plant-Based Diet, Boost Your Energy, and Reset Your Health to Reverse Degenerative Diseases*. We have come a long way in this book, and we have understood how to follow the Alkaline diet and how to use it to lead us in the right direction.

Not only that, but we realized how to make this more of a lifestyle while realizing the benefits of this diet. By now, you should see why this diet has been known by many experts to be one of the best out there when it comes to getting better health and wellness. The main thing to remember when it comes to following this diet would be to understand how important it is to follow it properly.

You can't mess around with it—if you do, it will cause severe issues and will not yield the results you have been looking towards, which is why we highly recommend that you take care of this diet properly and understand it before you follow it. That means you need to read this book multiple times to know how to follow this diet the right way.

If you did not understand some things, then make sure you revisit them appropriately and then execute based on that. Just know that this diet takes time to change your body the right way, so make sure you take your time with it and truly dedicate yourself to it.



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