

## Sample Menus from Alkaline for Life® 30-day Meal Plan

### Day 1

Breakfast—Hearty oatmeal\* with blueberries (fresh or frozen), toasted walnuts, organic butter, organic whole milk or rice milk and a soft-boiled egg

Snack—1 orange, sliced with ¼ avocado, diced, sprinkled with balsamic vinegar

Lunch—White Bean Stew\* and 1 apple

Snack—Handful of tropical trail mix: toasted nuts, dried coconut, dried apricot pieces, dried mango

Dinner—3-4 oz. roasted chicken

¾ cup roasted sliced sweet potatoes & parsnips

Roasted Brussels sprouts with roasted red peppers

Simple green salad with oil and vinegar

### Day 2

Breakfast—1 cup seasonal fruit salad

¼ cup organic, full-fat plain yogurt

1 tsp ground flax seeds

1 poached or soft-boiled egg with sautéed spinach

Snack—1 pear

Handful of toasted pumpkin seeds

Lunch—Apple, celery, and cucumber mixed green salad with Apple Cider Vinaigrette\*

1 Bowl of tomato soup

Snack—Celery with 1 tsp almond butter

Dinner—4 oz. oven-roasted salmon

½ baked sweet potato with organic butter and cinnamon

Beets and greens\*

## **Sample of the More than 35 Recipes in the Manual**

### Hearty Whole Grain Cereals

In general, it is best to soak whole grains overnight before cooking them, to improve digestibility and nutrient quality, but it is not a required step. These whole grains also reheat beautifully; make a big batch and store leftovers in the refrigerator up to four days.

Reheat with a little water, and add fruit, spices (such as cinnamon), nuts, seeds, butter, milk, etc. to enhance.

To cook whole dry oatmeal groats (2 servings):

2 ½ cups water

Pinch of sea salt

½ cup oat groats

Bring water and salt to a boil, add oats, return to a boil and then lower the heat and simmer 40 minutes.

If you soak the oats the night before, pour off remaining water, bring water and salt to a boil, and add soaked oats. Cook about 20 minutes.

Optional: add cinnamon stick to last half of cooking time.

### Beets and Greens

½ onion, sliced

1 Tbsp olive oil

2-3 peeled, shredded beets

Greens from beets

Sauté onion in olive oil.

Add peeled, shredded beets.

Stir, then add washed, chopped greens from the beet bunch.

Cover and simmer eight minutes.

Remove beets from pan, top with Orange-Mustard Vinaigrette\*, and serve immediately.

### Orange-Mustard Vinaigrette

Juice of 1 orange

1 Tbsp olive oil

1 tsp mustard

Mix in a jar and shake well.

### White Bean Stew (from dried beans)

#### *Beans*

1 cup white beans (Great Northern, Cannellini), soaked overnight

4 cups water

1 tsp dried rosemary

1 tsp dried thyme

1 tsp fennel seeds

1 bay leaf

1 stick kombu (optional)

#### *Additional Vegetables*

1 small onion, chopped

3 cloves garlic, minced

1 small potato, chopped

1 carrot chopped

½ head Savoy cabbage, chopped

½ cup parsley, chopped

Place all ingredients for beans in a large soup pot. Bring to a boil, and then simmer about an hour, partially covered.

Add onions, potato, carrots, and cabbage; return to a boil, then lower heat and simmer another hour, partially uncovered.

Remove bay leaf. Puree two-thirds of the soup in a blender, then add it back to the pot, making a slightly chunky, thick bean soup.

Stir in parsley and simmer 30 minutes more. Season with salt and pepper. Serve with a swirl of olive oil on top of each bowl.

### Apple Cider Vinaigrette

1 cup apple juice or cider

¼ cup raw apple cider vinegar

¼ cup olive oil

¼ cup flax oil

1 Tbsp honey

Pinch sea salt

Mix all ingredients in jar with a screw-top lid. Shake. Can be stored in refrigerator for several weeks.