

The Alkaline Diet

Recipe-Builder Cheat Sheet

Current Ingredient	Alkaline Ingredient
Milk	Soy/Rice/AlmondMilk
Meat	Oily fish or tofu
Mince	Alkaline base sauce (see below)
Cheese (sandwich/wrap)	Hummous/avocado
Pasta	Wholemeal/gluten free & smaller serve
Rice	Brown basmati & smaller serve
Sugar	Stevia
Cooking oil	Coconut oil
Butter/margarine	Avocado butter or olive oil
Salad dressing/Caesar dressing	Lemon juice & olive oil
Vinegar	Lemon juice & olive oil
Tomato sauce/ketchup	Blended fresh tomato, olive oil & garlic
Coffee/black tea	Rooibos (Redbush) tea or other herbal tea
Frying	Steam fry or use coconut oil
Eggs (scrambled)	Chopped silken tofu
Pizza	Use sprouted or wheat-free wraps as a lite base
Chips	Slow bake sprouted or wheat free wraps & salt
Standard bread	Sprouted breads or sprouted/wheat free wraps
Moyonnaise	Hummous or guacamole
Yoghurt	Soy yoghurt
Table salt	Celtic sea salt or Himalayan salt

Tips to Cook More Alkaline

Always try to keep cooking to a minimum, as the more a food is cooked, the less nutritious it becomes (in general). However, this doesn't mean you need to eat raw. Something that is warmed, but not cooked, is still raw. Try to steam vegetables instead of boiling or roasting, and try steam frying (where you quickly fry the vegetable in 50ml of boiling water) instead of using oil.

Alkaline Sauce Base - To Make 100's of Meals More Alkaline

For quick, alkaline and healthy sauces for pasta, cous-cous or rice gently soften onion, celery and carrot in a saucepan in a little coconut oil, steam half a pumpkin or butternut squash and then blend both with 5-6 tomatoes, a clove of garlic, a handful of basil leaves and stock (to get desired consistency). This is 80% raw, delicious, healthy and alkaline and can be used with hundreds of dishes.



How To INCREASE FLAVOUR!

When we are used to the artificially intensified flavours of packaged food, natural foods can seem to lack flavour - here is how to instantly ramp it back up!

For Vegetables:

'Stir Fry' in sliced garlic, ginger & sesame seeds and squeeze on lime and top with freshly chopped coriander.

Spinkle on a spice mix of paprika, cumin and coriander seeds (powdered)

Dress steamed vegetables with lemon juice and olive oil and lightly salt with Himalayan salt

Gently grill Mediterranean vegetables such as eggplant, capsicum & zucchini brushed with lemon juice and olive oil

For Sauces & Dressings

Blend fresh tomato, garlic, basil, red onion and a little lemon juice for a 2-minute salsa to dress anything!

Mash avocado, garlic, a little lemon juice and a little tomato for an instant guacamole to use in sandwiches, wraps and as a thick salad coating. Delicious.

Blend chickpeas, lemon juice, tahini and a little water for an instant hummous.

Simply mix lemon juice, olive oil, Himalayan salt & black pepper for an easy salad or vegetable dressing.

For Creamy Alkaline Soup Bases

Blend an avocado, 1/2 cucumber, a handful of spinach and a little stock. Now blend in whatever veggies you feel like and the base will keep it creamy, alkaline and raw.

By using these 'cheats' and tips you can easily make so many of your favourite meals more alkaline!

