

ALKALINE GOURMET'S NUTRITIONAL GUIDELINE

This guide is for transitioning to an alkaline lifestyle and molecular detoxification. The general goal is to eat fruit and raw vegetables which align with your biological DNA structure. The body is able to recognize food in its most simple form (carbohydrates, amino acids, and essential fatty acids). Complex structures of food are detrimental to the body. For this reason, we drink coconut water which is the most electrical water and has the highest affinity to the human body.

Seeds vs. Seedless. We choose seeded fruits over seedless because they are viable. If the fruit itself can't produce a seed to reproduce, then how will it continue? In turn, if we eat foods that are not viable, how do we expect to effectively reproduce? When you take foods out of their whole form, then you change the molecular structure of what it was supposed to be. Our bodies will have to overwork to process the seedless foods, which robs the body of energy that it needs to digest the food. The body does not have affinity for foods that have been altered to be seedless.

FRUITS

Only fresh or frozen (not canned). If in nature the fruit has seeds, then the ones you choose should have seeds as well. For instance, select watermelon, grapes, oranges, keylimes, & raisins, etc. all WITH seeds.

Apple

Banana – baby, manzano, or burro varieties NOT conventional bananas.

Baobab

Berry – all varieties except cranberry

Cantaloupe

Cherry

Currant

Custard Apple

Date

Fig

Grape –seeded

Jamaican Apple

Lime (key limes preferred; they have seeds)

Longon

Lucas Fruit

Mango

Mangosteen

Melon (Eat melon varieties by themselves. Do not mix with other fruits or with other melons.)

Orange (Seville or Sour orange preferred; typically in international or Caribbean markets)

Papaya (Check the label and make sure the code does not start with a 3.)

Peach

Pear

Plum

Prune

Raisin (Only select raisins if they have seeds. Currants are an alternative to seedless raisins.)

Rambutan

Sea Grapes

Star Apple

Soft Jelly Coconut

Soursop (Typically found in international or Caribbean markets)

Sugar Apple (Cherimoya)

VEGETABLES & GREENS

Asparagus*
Avocado*
Bell Pepper
Chayote
Cucumber
Green Banana
Izote (cactus flower or leaf)
Mushrooms
Nopales (Mexican cactus)
Okra*
Olives (NOT with preservatives other than sea salt)
Onion
Tomato (cherry or plum/roma)
Squash (all varieties)
Zucchini
**Use sparingly*

GREENS:

Amaranth (Pink or Green)
Callaloo
Creasy Greens
Dandelion
Epazote
Jamaican Dandelion
Kale
Knotweed
Leaf of Life
Lettuce (all except iceberg)*
Mustard Greens
Purslane (Verdolaga)
Shiny Bush
Susumba
Turnip Greens
Watercress
Wild Parsley

**There are many varieties of lettuce. Try them all!*

HERBS & SPICES

Achiote
Basil
Cayenne
Cilantro
Dill
Habanero
Onion Powder
Oregano
Parsley
Savory
Sage
Sea Salt
Sweet Basil
Thyme
Ginger

NUTS & SEEDS

Brazil Nut *
Jamaican Almond*
Walnut*
Hemp
Linaza
Nickel
Pumpkin**
Sesame
Watermelon**
**Soak 6 hours*
***Sprouted is best*

OILS

Avocado
Coconut*
Grapeseed
Hemp
Olive*
Sesame
**Do not cook*

POWDERS

Cacao (powder, wafer, or nibs)
Camu Camu
Lucuma
Maca
Sea Moss/Irish Moss
Soursop

OTHER

Kelp, Dulse, or Nori Granules
Coconut Milk*
Coconut Water
Coconut Wraps
Raw Tahini
Sea Weed Nori Sheets
Unsweetened Coconut Cream*
**Aroy-D Brand is preferred*

GRAINS & LEGUMES*

Amaranth
Fonio
Kamut
Quinoa
Rye
Spelt
Wild Rice

Chickpea/Garbanzo

**Grains and chickpeas are best when sprouted and used sparingly*

SWEETENERS

Date/Date Syrup
Fig
Grade B Maple Syrup
Volcanic Blue Agave

SOUR ORANGE JUICE

½ to 1 cup sour orange juice (remove seeds)

2 cups Volcanic Blue Agave

1 gallon spring water

Hand squeeze 5 to 6 sour oranges and strain seeds out. Pour juice into a one gallon container. Add 2 cups agave. Fill the container with water and shake vigorously.

GREENS & GINGER JUICE

2 cups chopped callaloo (or other green)

2 to 3 cucumbers with peel

3 green apples

2 inches of ginger

1TB soursop powder

2-3TB keylime juice

Optional: Coconut Water

Juice greens, cucumbers, apples, and ginger. Stir in soursop powder and keylime juice. You can add coconut water to adjust for taste.