pH ion® Balance

ACID-ALKALINE
Foods Chart

With input and commentary from

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Esteemed author of

The Acid - Alkaline Diet for Optimum Health

Added Bonus!

45

Alkalizing Recipes

INCLUDING

Salads

Soups

Entrees

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FOREWORD

pHion Balance was founded in 2003 to help people seeking a pH balanced lifestyle. We are now the leader in body pH balance because we offer the most effective products that are also affordable, easy to use, and always deliver lasting results. We are excited to help you achieve a state of pH balance and optimal health.

Team pHion Balance

If you're reading this book, you're probably serious about making changes in your life for better health. It's always exciting to see people like you searching for solutions to better health and we assure you, we have them! We have prepared a valuable acid-alkaline foods chart and supporting alkalizing recipes to serve as a solid guide for those who want to balance their **body pH** and enjoy the lifelong benefits of this healthy state.

When you properly manage the delicate balance between acidic and alkaline elements in your body, you'll find that many of your health issues will disappear.

Acidification in the body is a reaction to THREE primary things:

1. **Eating too many acidifying foods,** which create an acid ash in your body. This is where proper diet comes in. By eating a diet of 80% alkalizing foods, you'll eliminate the production of excess acid in your body.

2. **Microforms like bacteria, yeasts, and fungi** create acidic toxins in your body. Not only do they "show-up" in an acidic body, they also pollute and further acidify your body. For this reason, it is important to cleanse & detoxify your body to jumpstart the process of balancing your pH.

3. **Being depleted of necessary alkaline buffers,** such as minerals, that neutralize acids and ions that help to conduct energy and regulate fluid pH. By increasing your intake of alkaline supplements and alkaline ionic water, you will replenish your body's capacity to neutralize excess acids.

We have prepared this guide to give you a list of foods that are both alkalizing and acidic in nature. It is our goal to help you find ways to integrate more healthy alkalizing foods and water into your diet, and free yourself from the kinds of acidic foods that overly tax your body. We believe that when you see and feel the results of a pH balanced body, maintaining an alkaline lifestyle won't be a challenge at all — it will be a pleasure! →

For over 20 years, **Christopher Vasey, N.D.** has taught the simple, yet life changing concept of "pH Balance" to hundreds of thousands of people around the World. These ideas have propelled many to a total transformation of their overall health and happiness.

We have also included over 45 alkalizing recipes that are not only delicious, but also easy to prepare. By simply adding even one alkalizing meal to your daily diet, you'll begin to notice a difference in your general health and overall well-being.

Hundreds of thousands of people have solved their own health dilemmas by implementing the information found in this guide and we hope the same goes for you!

Visit us anytime at pHionbalance.com to discover more about pH and your health.

To Your Continued Health and Balanced pH,

Team pHion Balance

ACID - ALKALINE FOODS OVERVIEW

Let's start with the basics of pH. The word pH stands for "the Potential of Hydrogen." The more hydrogen ions in a liquid such as human blood, the more acidic it is – and vice versa. A pH of 7.0 is neutral. Below 7.0 is acidic, and above 7.0 is alkaline.

Your body works to maintain the pH of the blood in a slightly alkaline range (7.3 – 7.4). If it moved below or above this range, you wouldn't be alive. In order to keep your blood alkaline, your body has a very efficient system of buffering or neutralizing acids that build up in the fluids of your body (in and around your cells) so that they can enter your bloodstream without harming you.

This buffering process involves combining the alkaline minerals that are present in the watery fluids of your body (intracellular fluid, extracellular fluid, lymph fluid), with the acids in order to make a neutral "salt." For example, when phosphoric acid is buffered with the alkaline mineral calcium, a pH neutral salt called calcium phosphate is created. This element can safely enter the bloodstream without altering the pH of your blood.

When your body's buffering system isn't working properly, it will attempt to keep excess acids away from your blood by reverting to less optimal tactics. The first tactic is to steal alkaline minerals out of your bones or muscles (calcium, magnesium) to buffer or neutralize these acids. The second tactic is to simply store them deep in your tissues. If you've ever wondered how someone could get gout (uric acid) in his or her toe, this is how. This is how your body becomes too acidic—by virtue of acids building up in the tissues and fluids of your body. Keep in mind that these excess acids damage all of the cells that they come in contact with. While these secondary tactics serve to keep your body functioning in the short term, by protecting your blood pH, they are by no means optimal in the long term.

To put this into terms we all can relate to, solving the pH balancing puzzle is really no different than balancing your checkbook. →

Simply put, you must keep your alkaline deposits ahead of your acid withdrawals. When you don't, your body goes into debt by stealing minerals, storing acids into fatty tissues, slowing metabolism down, and more. In turn, this creates deficits which result in poor energy, fatigue, incomplete digestion, weight gain, arthritis, osteoporosis, and a whole lot more. The good news is that the opposite effect is also true. When you keep the acids under control and the alkaline deposits up, your body will prosper… and you'll SEE it and FEEL it!

Tip!

Stay on top of your pH - a test per day may keep the doctor away! Test yourself with pHion pH Test Strips found at **www.phionbalance.com.**

Acids are primarily created in your body when you consume acid forming foods. They may also build up because of physical or emotional stress, toxic overload, immune reactions, or any process that deprives the cells of oxygen and nutrients.

As stated, your body is equipped with the systems that can neutralize these acids, but they slow down with age. You must also supply the raw materials for those systems to work – namely alkaline minerals, alkaline water, and ions with negative charges—also known as electrolytes. All of these elements can be supplied with the right diet, alkaline forming supplements, and alkaline drinking water.

Tip!

While eating a healthy alkaline-based diet plays a fundamental role in the process of pH balancing, there are a few things you can do to boost your results:

1. Cleanse your body (colon, lymph, liver, kidneys).
2. Hydrate! Drink PLENTY of alkaline, ionic water.
3. Supplement your diet with alkalizing nutritional supplements.

Acidosis is so common in our society mainly due to the fact that the typical modern diet is far too high in acid forming animal products like meat, eggs and dairy, and far too low in alkaline forming foods like fresh vegetables. Additionally, we consume too many acid-producing foods like white flour, processed sugar, packaged and pasteurized foods, coffee, soft drinks, and artificial chemical sweeteners.

Generally, alkaline forming foods include most fruits, green vegetables, beans & legumes, seeds & nuts, oils, herbs & seasonings, and mineralized water.

Acid forming foods include meat, dairy products, eggs, and packaged and processed foods.

Tip!

One of the best things you can do to correct an overly acidic body is to clean up your diet and lifestyle.

To **maintain** your health, your diet should consist of 60% alkaline forming foods and 40% acid forming foods.

To **restore** your health, your diet should consist of 80% alkaline forming foods and 20% acid forming foods.

We have prepared the following "Alkalizing" and "Acidifying" foods chart for you to use as an everyday guide during your pH balancing journey. We have also created a series of 3-hole punch guides along the left border of the pages. We recommend that you print this document, hole punching it and inserting it into a binder. This will make it easy to to carry on your grocery shopping trips. Never leave home without them!

We also want to mention that while some can get rather rigid with lists like these, keep in mind that you are not going to suddenly become too acidic because you ate a piece of bacon or drank a cup of coffee. Nor will you dig yourself out of an acidic state because you had a shot of wheatgrass juice. Acidification is a cumulative process, and it occurs as a result of your dietary habits. Getting back to an alkaline state is the same—just in reverse.

ACID - ALKALINE FOODS CHART

Alkalizing

Vegetables

Asparagus*
Barley Grass
Bamboo Shoots*
Beets*
Broccoli*
Brussels Sprouts*
Cabbage
Carrot*
Cauliflower*
Celery
Collard Greens
Cucumber*
Dulce
Eggplant
Garlic*
Green Beans
Green Olives
Green Peas
Kale*
Kelp*
Lettuce
Mushrooms
Mustard Greens
Onions
Parsley*
Parsnips
Peas
Peppers*
Potatoes
Pumpkin
Radishes
Rutabaga
Sea Veggies
Spinach*
Spirulina*
Sprouts
Sweet Potatoes
Tomatoes*
Watercress*
Wild Greens

Acidifying

Artichoke
Black Olives
Corn
Mushrooms
Pickles
Sauerkraut
Squash

Tip!

Vegetables are much less alkalizing when cooked, processed, or canned because they lose vital minerals and enzymes. Steaming your veggies is a better idea than boiling them. And remember, the greener they are, the more alkalizing they will be.

*

Supplement Your Diet! All Of These Alkaline Forming Veggies Can Be Found In pHion Balance – Alkalizing Green Superfood Online @ **www.phionbalance.com.**

ACID - ALKALINE FOODS CHART

Alkalizing

Acidifying

Grasses (Great for Juicing)

Alkalizing		Acidifying
Alfalfa*	Lemon Grass	None
Barley Grass*	Oat Grass*	
Dog Grass	Shave Grass	
Kamut Grass*	Wheat Grass*	

Tip! Grasses are some of the most alkalizing foods on earth. Unfortunately, the human body cannot digest the tough cellulose fibers in grasses like, say, a cow can, so we recommend juicing them!

*

Don't Have A Juicer? All Of These Alkalizing Grasses Can Be Found In pHion Balance – Alkalizing Green Superfood Online @ **www.phionbalance.com.**

Sprouts

Alkalizing		Acidifying
Alfalfa Sprouts	Millet Sprouts*	None
Amaranth Sprouts*	Mung Bean Sprouts	
Broccoli Sprouts*	Quinoa Sprouts*	
Fenugreek Sprouts*	Spelt Sprouts*	
Kamut Sprouts*		

*

Supplement Your Diet! All Of These Alkaline Forming Sprouts Can Be Found In pHion Balance – Alkalizing Green Superfood Online @ **www.phionbalance.com.**

ACID - ALKALINE FOODS CHART

Alkalizing

Fruits*

Apple
Apricot
Avocado
Banana (Unripe)
Coconut
Currants
Dates
Figs
Grapes
Mango
Peach
Pear
Prunes
Raisins
Raspberries
Rhubarb
Strawberries
Tangerine
Tropical Fruits
Watermelon

Acidifying

Berries
Cantaloupe
Cherries, sour
Cranberries
Currants
Grapefruit
Honeydew Melon
Lemon
Lime
Muskmelons
Nectarine
Orange
Pineapple
Plum
Tangerine

Tip!

While fruits are slightly alkalizing to a person who is already in a balanced state, we suggest refraining from them completely if you are in an acidic state because of their high sugar content. Once you get your pH back up to the desired level, enjoy them in moderation.

Also, fruits can contain organic, weak acids that are easy to buffer when you are in a balanced state. They are alkaline forming because of the other elements in them. If your pH is low, refrain from fruits if the weak acids bother you. Once you get your pH back up to the optimal zone, enjoy them. We've labeled the column on the right "Acid, But Alkaline Forming" and have included these fruits.

*

Want to get the antioxidant benefits from fruit without the sugar and calories? We've packed the antioxidants in 4 lbs. of fruit in a daily dose of pHion Balance Berry Superfruit Antioxidant Complex. Get it @ **www.phionbalance.com.**

ACID - ALKALINE FOODS CHART

Alkalizing

Acidifying

Grains, Cereal Grains

Amaranth
Buckwheat
Brown Rice
Kamut
Millet
Quinoa
Spelt

Barley
Bran
Oat Bran
Wheat
Bread
Corn
Corn Chips
Cornstarch
Crackers
Flour
Granola

Macaroni
Noodles
Oatmeal
Oats (Rolled)
Processed Grains
Rice Cakes
Rye
Spaghetti
Wheat Germ
White Rice
Wheat

Tip! Whole Grains are either slightly alkalizing or slightly acidifying. However, if they are processed, they are considered acidifying. The chart above lists grains in their natural, whole state.

Beans & Legumes

Black Beans
Garbanzo Beans/ Chick Peas
Green Beans
Green Peas
Kidney Beans
Lentils

Lima Beans
Mung Beans
Navy Beans
Pinto Beans
Red Beans
Soy Beans
White Beans

Packaged / Processed Beans
Pinto Beans
Red Beans

Tip! Processed or canned beans and legumes are acidifying. In general, beans and legumes are slightly alkalizing or slightly acidifying.

ACID - ALKALINE FOODS CHART

Alkalizing

Acidifying

Nuts & Seeds

Almonds	Hazelnuts	Cashews
Brazil Nuts	Macadamia Nuts	Peanuts
Chestnuts	Pumpkin Seeds	Pecans
Coconut	Sesame Seeds	Pistachios
Flax Seeds	Sunower Seeds	Walnuts

Tip!

Nuts & seeds are relatively neutral foods. They are either slightly alkalizing or slightly acidifying. They are mineral rich, but they also contain proteins that are acidifying when metabolized. Also, raw nuts are much more alkalizing than cooked nuts. When cooked, the fats in nuts and seeds become damaged.

Fats & Oils

Avocado Oil	Hemp Seed Oil	Cooked Oils
Canola Oil	Olive Oil	Saturated Animal
Coconut Oil	Saower Oil	Fats
Corn Oil	Sesame Oil	
Flax Oil	Sunower Oil	

Tip!

When they come from vegetable sources and are raw or cold pressed, fats are relatively alkalizing. When fats are cooked, however, they become acidifying to your body, as do animal saturated fats. Did you know that every cell in your body has a fatty layer or membrane that surrounds and protects it? These fats help to keep your cells properly charged on the outside. If your diet is deficient in healthy polyunsaturated fats, your cell membranes become weaker. This leads to cell damage, and the buildup of acid waste.

ACID - ALKALINE FOODS CHART

Alkalizing

Acidifying

Meats & Eggs

None

Bacon
Beef
Clams
Corned Beef
Eggs
Lamb
Lobster
Mussels
Organ Meats
Oyster
Pork
Rabbit
Sausage
Scallops
Shellsh
Shrimp
Tuna
Turkey
Veal
Venison
Fish

Tip!

Meats and eggs are acid forming—some more so than others. For this reason, we recommend refraining from meats if you are recovering from a severely acidic condition. Even when you're in a pH balanced state, you should eat only one or two servings per day, which will make it easier to stay in balance. If you just can't help yourself and you eat a lot of meat, make sure to balance every serving with 3 – 4 servings of alkalizing veggies or alkalizing supplements.

Dairy Products

Butter, Raw
Buttermilk, Raw
Cheese, Raw
Milk, Raw
Whey, Raw
Yogurt, Fresh

Butter
Cheese, Aged
Cheese, Pasteurized
Cheese, Processed
Cottage Cheese
Ice Cream
Milk, Pasteurized
Yogurt, Pasteurized

Tip!

Dairy products that are packaged & pasteurized (which most are) are acidifying because the enzymes required for digestion have been destroyed. Raw dairy products are slightly alkalizing.

ACID - ALKALINE FOODS CHART

Alkalizing

Breads, Muffins, Baked Foods

Sprouted Breads
Sprouted Tortillas
Yeast-Free Breads

Sweeteners

Agave
Honey, Raw
Lo Han Guo
Maple Syrup, Raw
Molasses
Sugarcane, Raw
Stevia

Beverages

Alkaline Water *
Fresh Juices
Green Drinks
Juices
Green Tea
Herbal Tea
Milk, Raw

Acidifying

Brownies
Cakes
Cookies
Muffins
Pies

Artificial
Sweeteners
Carob
Corn Syrup
Fructose
Processed Sugar
Saccharine
Sucrose
Sucralose

Alcohol
Beer
Black Tea
Cocoa
Coffee
Energy Drinks
(E.g. Red Bull)
Milk, Pasteurized
Pasteurized Juice
Soda
Water, Tap
Wine

Tip!

Boost your ordinary water with pHion Balance pH Booster! It amps the pH from 7.0 to 9.5, PLUS it suplies the negative ions that conduct energy inside your body. Remember, proper hydration is the cornerstone of pH balance and your body is 70% water, so drink up! pHion Balance pH Booster is simply the most alkalizing, ionic water on the planet and can be found online @ **www.phionbalance.com.**

ACID - ALKALINE FOODS CHART

Alkalizing

Condiments, Spices, Miscellaneous

Apple Cider Vinegar
Bragg Aminos
(Unfermented Soy)
Chili Pepper
Cinnamon
Curry
Ginger
Herbs
Miso
Sea Salt*

Acidifying

Breath Mints
Candy
Catsup
Chips
Drugs
Mustard
Pepper
Pesticides
Pretzles
Salt*
Soy Sauce
Tabasco
Tobacco
Twinkies
Vinegar, Distilled

* While sodium is an alkaline mineral, too much of it pulls water out of cells and into the fluid that surrounds cells. This is why you would die if you drank too much seawater. We recommend a low sodium diet to maintain proper cell hydration.

pH ion® Balance

As a sign of our excitement in your journey towards creating an Alkaline, Healthy Lifestyle, pHion would like to offer to you:

30% OFF

the pHion Jump Start Program*

*About the offer:

This is a 30% discount on the pHion Jump Start Program. To take advantage of this promotional offer, visit **pHionBalance.com** - at checkout, input the coupon code **JUMPSTART30**. The discount will be reflected on the Order Summary page prior to final order submission.

The pHion Jump Start Program provides you with everything you need to get started on the journey towards Alkalizing your body and achieving pH Balance. Products included: pHion Booster, phion Alkaline Minerals, pHion Green Superfood, pH Diagnostic Test Strips, Prebiotoc Fiber plus a Toxin-Free Water Bottle.

Promotional offer applies to online orders only. Discount applies to Jump Start Program only. Does not apply to previous purchases, and cannot be combined with any other discount offer.

ALKALIZING RECIPES
Salads

SALADS
Romini Salad

1 Med. Red-Leaf Lettuce
1 Med. Romaine Lettuce
2 Med. Zucchini, Thinly Sliced
¾ Cup Radishes, Sliced
2-3 Green Onions, Sliced

Dressing
¼ Cup Flax Seed Oil
2 Tbs. Sea Salt
Crushed Garlic Clove (to Taste)
Pinch of Dried Tarragon Leaves

Combine the lettuce and vegetables in a bowl. For the dressing, mix the Flax Seed Oil, sea salt, crushed garlic clove, and tarragon leaves and stir well. Add the dressing to the lettuce and vegetables just before serving.

SALADS
Spicy Asian Noodle Salad

½ Package Thin Buckwheat Soba Noodles
½ Cup Green Onion
10 Pieces Tofu (Optional)
1 Stalk Celery, Chopped
½ Cup Mung Bean Sprouts
½ Cup Red Pepper, Chopped
½ Cup Raw Almonds, Chopped

Dressing
4 Tablespoons Sesame Oil
2 Tablespoons Bragg® Aminos
¼ Tablespoon Hot Chili Oil

Cook the noodles (as instructed on the packaging), drain, and rinse in cold water. For the dressing, mix the Sesame oil, Bragg® Aminos, and hot chili oil. Add the dressing to the noodles and toss well. Cover and chill for several hours or overnight. Just before serving, stir in the tofu and vegetables, and top off with the almonds.

SALADS
Cabbage Patch Salad

½ Package Thin Buckwheat Soba Noodles
½ Cup Green Onion
10 Pieces Tofu (Optional)
1 Stalk Celery, Chopped
½ Cup Mung Bean Sprouts
½ Cup Red Pepper, Chopped
½ Cup Raw Almonds, Chopped

Combine all ingredients, toss thoroughly, cover & refrigerate at least a half-hour before serving.

ALKALIZING RECIPES
Salads

SALADS
Traditional Greek Salad

½ Head Romaine Lettuce
1 Cucumber, Diced
2 Tomatoes, Diced
5 Scallions, Diced
½ Green Pepper, Diced
1 Cup Soy Feta Cheese

Dressing
2 Tablespoons Lime or Lemon Juice
1 Clove Garlic, Finely Chopped
1/8 Teaspoon Pepper
¼ Teaspoon Sea Salt
½ Teaspoon Oregano
1/3 Cup Olive Oil
Pinch of Dried Tarragon Leaves

Wash and cut vegetables. Tear lettuce and place in a large salad bowl. Add cucumbers, tomatoes, scallions, green peppers, and feta cheese. Mix dressing ingredients together and slowly add olive oil while stirring the ingredients. Sprinkle dressing on top of salad.

SALADS
Fresh Spinach Salad

1 Head Spinach
2 Stalks Celery, Chopped
½ Cup Cauliflower Cut in Small Pieces
2 Shallots, Chopped (or 1 Small Red Onion)
6 Radishes, Chopped
2 Red Peppers, Chopped
½ Cup Chopped Basil
4 Tbs. Pine Nuts

Combine the spinach, celery, cauliflower, radishes, shallots, red peppers, basil, and pine nuts in a large bowl. Toss thoroughly. Top with Dressing of your choice right before serving.

SALADS
Broccoli Salad

1 Head Broccoli
1 Large Red Onion, Chopped
1 Cup Diced Celery
4 Chopped Scallions
1/3 Cup Flax Oil Dressing or Parsley Dressing

Cut broccoli into small pieces. Mix ingredients and chill for one hour.

ALKALIZING RECIPES
Salads

SALADS
Super Fiesta Salad

- 2 Tomatoes, Sliced
- 1 Cucumber, Sliced and Peeled
- 1 Small Red Onion, Coarsely Chopped
- 1 Can Diced Green Chilies
- ¼ Cup Fresh Cilantro, Chopped
- 1 Each Red, Green and Yellow Bell Pepper, Chopped
- 3 Tbs. Salsa
- 2 Tbs. Lemon Juice
- ½ Tbs. Garlic, Minced
- ¼ Tsp. Pepper
- ¼ Tsp. Sea Salt
- ¼ Tsp. Ground Cumin

Wash and cut vegetables. Tear lettuce and place in a large salad bowl. Add cucumbers, tomatoes, scallions, green peppers, and feta cheese. Mix dressing ingredients together and slowly add olive oil while stirring the ingredients. Sprinkle dressing on top of salad.

SALADS
Avocado Sunburst Salad

- 4 Sprouted Whole Wheat Tortillas
- 1/2 Package Tofu
- 1 1/2 Tbs. Chile Sauce
- 1 Avocado Seeded and Diced
- 1 Pink Grapefruit, Sectioned and Peeled
- 1/8 Cup Toasted Almonds, Chopped
- 1 Packaged Organic Salad Mix

Place tortillas over the top of a medium size bowl and bake in the oven at 350° F for 10 minutes. Remove the tortillas and cool. Combine tofu and Chile sauce in a medium bowl. Cover and chill for 20 minutes. Stir in avocado, grapefruit, and almonds into tofu mixture. Fold tortilla into cups, arrange greens in tortilla cups, and spoon salad on top and serve.

SALADS
Cucumber Salad

- 2 Cups Cucumbers, Chopped
- 2 Tbs. Parsley, Chopped
- 1/3 Cup Peppermint Finely Chopped
- 1 Tbs. Lemon Juice
- 1 Tbs. Olive Oil or Flax Seed Oil

Cut broccoli into small pieces. Mix ingredients and chill for one hour.

ALKALIZING RECIPES
Salads

SALADS
Rainbow Salad

- Grated Beets
- Grated Jicama
- Grated Squash (E.g. Butternut, Yellow Zucchini)
- Grated Carrots
- Grated Red Cabbage
- Sprouts
- Fresh Green Peas from the Pod
- 1 Each Red, Green and Yellow Bell Peppers, Sliced To Your Liking (Remove Seeds)
- Cucumbers – Sliced To Your Liking
- 1 Packaged Organic Salad Mix
- 1 Tsp. Of Avocado Oil

In a large salad bowl, add fresh, clean, dry greens (baby greens, spinach, lettuce, etc.). Arrange the ingredients from the deepest dark colors to the lightest. Top with a dressing of lemon juice and desired avocado oil and a sprinkle of sesame seeds.

SALADS
Avocado & Tomato Salad

- 2 Avocados – Diced
- 1 Small Eggplant, Diced
- 2 Green Chili Peppers, Seeded
- ¾ Tbs. Curry Powder
- 2 Tbs. Lemon Juice
- Salt and Seasoning to Taste
- 2 or 3 Tomatoes, Thickly Sliced
- 8-10 Leaves of Organic Leaf or Romaine Lettuce, Washed and Torn
- 2-3 Cups Mung Bean Sprouts
- 1-2 Cups of Your Favorite Sprouts (Broccoli, Buckwheat, Clover, and Lentil)
- 1 Cucumber, Peeled and Sliced
- 1 Tomato, Cut into Small Wedge
- 1 Carrot, Peeled and Grated
- 1 Cup Garbanzos, Sprouted or Canned
- Avocado Dressing (See Below)

Arrange ingredients in a bowl and chill until ready to serve. Serve with avocado dressing.

SALADS
Avocado Dressing

- 1 Small Avocado
- 1 Tbs. Olive Oil
- 2 Tbs. Tofu

In a blender, blend all ingredients.

ALKALIZING RECIPES
Salads

SALADS
Tomato Salad

2 Medium Tomatoes
¼ Tsp. Fresh Ground Pepper
2 Tbs. Dressing

Dressing
1 Tsp. Lemon Juice
1 Tsp. Olive Oil
1 Tsp. Garlic Powder Sea Salt to Taste
Pepper to Taste
Italian Herbs to Taste

Cut tomatoes into bite size pieces. Arrange them in a bowl. Add pepper to taste. Pour the dressing over the tomatoes.

ALKALIZING RECIPES
Dressing

DRESSINGS
Minty Cinnamon Dressing

½ Cup Olive Oil
5 Tbs. Carrot Juice
1/3 Cup Lemon Juice
½ Tsp. Cinnamon
½ Tsp. Lemon Pepper
1/8 Tsp. Paprika
1 Tbs. Fresh Mint, Finely Chopped
1 Tsp. Orange Ginger Pepper Blend (Spice Hunter)

Blend all ingredients except mint in a food processor or blender. Blend until smooth. Stir in Mint.

DRESSINGS
Soy Cucumber Dressing

2-3 Tsp. Carrot Juice
½ Small Onion
½ Red Bell Pepper
1 Lg. Cucumber
1 Cup Soy Milk
1 Tsp. Dried Basil (or 2 Tsp. Fresh)
1 Tbs. Bragg Liquid Aminos or Salt to Taste

Blend ingredients in food processor or blender until smooth.

DRESSINGS
Flax Oil Dressing

30% Flax Seed Oil
30% Bragg Liquid Aminos
40% Water
Liquid Lecithin to Thicken and Emulsify
Season With Pepper as Desired

Combine all ingredients together and shake. Can be used as dressing for salad or steamed veggies.

ALKALIZING RECIPES
Soups

SOUPS
Yummy Broccoli Soup

2 Cups Vegetable Stock or Water
3-4 Cups Broccoli, Chopped
2 Red or Yellow Onions, Chopped
1 Red Bell Pepper, Chopped
1-2 Stalks of Celery, Cut in Large Pieces
1 Avocado
Bragg Liquid Aminos or Salt to Taste
Cumin and Ginger to Taste

On medium heat, warm 2 cups of water or stock in a skillet. Keep the temperature at or below 118 degrees. Add the chopped broccoli and warm for 5 minutes. Puree the warmed broccoli, onion, bell pepper, celery, and avocado. For a thinner puree, add more water until the desired consistency is achieved. To add a crunch, save the broccoli stalks and peel off the tough outer skin. To create small chunks, use a food processor. Add the stalks to the soup just before serving. Serve warm. Add Bragg's, cumin, ginger, and any other spices you like to taste.

SOUPS
Gazpacho

4 Cups Fresh Tomato Juice
½ Cup Cucumber, Chopped
¼ Cup Celery, Finely Chopped
¼ Cup Green Bell Pepper, Chopped

Combine ingredients. Cover and chill overnight.

SOUPS
Green Raw Soup

1-2 Avocados
1-2 Cucumbers, Peeled and Seeded
1 Jalapeno Pepper, Seeded
1 Carrot, Finely Diced
½ Yellow Onion, Diced
1 Tbs. Fresh Cilantro

Puree all ingredients, except onions and carrots, in a food processor. Add more or less water to desired consistency. To garnish, add onions and raw carrot bits.

ALKALIZING RECIPES
Soups

SOUPS
Asparagus Zincado Soup

12 Stalks Medium Asparagus (or 17 Thin Stalks)

5-6 Large Tomatoes

1 Cup Fresh Parsley

1 Red Bell Pepper

1 Avocado

¼ Cup Dried Onion

3-5 Sun-Dried Tomatoes (Bottled in Olive Oil)

Bragg Liquid Aminos to Taste

1-2 Tsp. Spice Hunter's Herbes De Provence

2 Tsp. Spice Hunter's Deliciously Dill

2 Lemons or Limes, Cut in Thin Slices

On medium heat, warm 2 cups of water or stock in a skillet. Keep the temperature at or below 118 degrees. Add the chopped broccoli and warm for 5 minutes. Puree the warmed broccoli, onion, bell pepper, celery, and avocado. For a thinner puree, add more water until the desired consistency is achieved. To add a crunch, save the broccoli stalks and peel off the tough outer skin. To create small chunks, use a food processor. Add the stalks to the soup just before serving. Serve warm. Add Bragg's, cumin, ginger, and any other spices you like to taste.

SOUPS
Celery Soup

4-5 Stalks Celery

3 Cups Pure Water

2 Tbs. Yeast-Free Instant Vegetable Broth

Bragg Liquid Aminos to Taste

Flax Seed Oil

Cayenne Pepper To Taste

Cook celery until tender. Add water and broth mix and pour into blender. Blend 15-20 seconds. Reheat and serve. Use Bragg Liquid Aminos, flax seed oil, and cayenne pepper, all to taste.

ENTRÉES

Tuscany Tofu Meatballs

1-2 Cups Sprouted Wheat Tortilla Crumbs
1 Cup Cooked Brown and Wild Rice, 50/50
1 Med. Red Onion, Finely Chopped
2 Cloves Garlic, Minced
2 Stalks Celery with Leaves, Finely Chopped
2 Lbs. Firm Tofu (Nigari), Crumbled
1 Cup Vegetable Stock (Pacific Foods of Oregon Brand)
¼ Cup Whole Rolled Oats
2 Cups Fresh Basil, Finely Chopped
2 Cups Parsley
¼ Tsp. Black Pepper, Freshly Ground
2 Tsp. "Zip" or Pinch of Cayenne Pepper
1 Tbs. Olive Oil
3 Tbs. Bragg Liquid Aminos
Spice Hunter's Herbes De Provence to Taste (About 1 Tsp.)

Take 8-10 sprouted wheat tortillas and leave them out to dry on a counter or quick-dry them in a low-heat oven. Break into small pieces and blend in a food processor until they are finely ground into crumbs. Set aside in a bowl.

Steam-fry the celery, onion, and garlic in a skillet. Cook until softened, about 6 minutes. Transfer to a large bowl. Blend tofu, vegetable stock, oats, and Bragg Liquid Aminos until smooth. Add the basil, parsley, black pepper, and "Zip or pinch of Cayenne Pepper," and pulse until well blended. Add to the celery onion mixture. Add the cooked wild rice and the tortilla crumbs to the onion mixture. Mix well. Mixture should be slightly sticky but form into balls easily. If mixture is too wet, you may need to add more tortilla crumbs. Preheat oven to 400 degrees.

Lightly oil a cookie sheet or baking dish with olive oil. Shape mixture into balls. Roll each ball into the remaining tortilla crumbs to coat. Bake 20-30 minutes or until lightly browned. Serve with Roasted Pepper Macadamia sauce for dipping.

ALKALIZING RECIPES
Entrées

ENTRÉES
Red Pepper Macadamia Sauce

4-5 Big Pieces of Roasted Red Peppers
1 Lb. Macadamia Nuts (Raw)
6 Cloves Roasted Garlic
3 Large Fresh Basil Leaves
Salt And Pepper to Taste
½ to 1 Cup Olive Oil

Process all ingredients except olive oil in a food processor until creamy. Slowly add olive oil until well emulsified. This sauce can be made thick for dipping grilled Tofu slices or Tuscany Tofu Meatballs, or it can be thinned for use as a salad dressing.

ENTRÉES
Stuffed Vegetables

8 Cabbage Leaves
2 Stalks Celery
1 Cup French-Style Green Beans
½ Cup Bean Sprouts
½ Green Bell Pepper
1 Tsp. Parsley (Chopped)
3 Tsp. Dehydrated Onion Flakes Moistened with Tomato Juice or Veggie Broth
2 Cups Vegetable Broth

Scald cabbage leaves with boiling water & leave covered in pot for one-half hour. Finely chop vegetables & add parsley, and onion flakes, and mix. Spoon vegetable mixture onto each cabbage leaf. Roll tight & tuck in ends. Use toothpicks to fasten. Simmer in vegetable broth for 1 hour. Season with flax seed oil, Bragg Liquid Aminos, & cayenne pepper.

ENTRÉES
Stuffed Vegetables

1 Lb. Kale
4 Med. Garlic Cloves, Minced
2 Tsp. Ground Coriander
Salt and Cayenne Pepper to Taste

Rinse kale and remove stems, including the tough part of stem in the leaf. Cut leaves into a manageable size. Steam kale until tender-crisp and then transfer to a bowl. Steam-fry garlic for 1 minute. Add coriander, salt, and cayenne. Stir over low heat for 15 seconds to blend. In a pan or bowl, toss mixture with kale. Adjust seasoning to taste. Serve hot.

ENTRÉES

Cajun Beans And Rice

1 Lb. Dried Pinto Beans
1 Cup Green Onions (Chopped)
2 Cups Yellow Onion (Chopped)
½ Tsp. Garlic (Minced)
¼ Tsp. Oregano
¼ Tsp. Garlic Powder
¾ Tsp. Black Pepper
½ Tsp. Celtic Sea Salt
¼ Tsp. Red Cayenne Pepper
1 Oz. Braggs Liquid Aminos
6 Cups Cooked Brown Rice
6 Oz. Tomato Paste
¼ Tsp. Thyme
1 Tsp. Celery Flakes

Wash pinto beans. Soak pinto beans for 12 hours. Drain water. Fill large pot with beans, add water about ½" above beans. Add remaining ingredients. Cover. Cook over low heat for 2 ½ hours. Serve over cooked brown rice.

ENTRÉES

Stuffed Squash

2 Small Acorn Squash, Halved and Seeded
v
½ Cup Red Bell Pepper, Diced
½ Cup Zucchini, Thickly Sliced
½ Cup Onion, Diced
½ Tsp. Minced Garlic
Non-Stick Vegetable Spray

Preheat the oven to 350 degrees. Use cooking spray to coat large baking dish. Place acorn squash halves in pan with ¼ cup of water and steam for 10 to 15 minutes. Lightly steam-fry remaining ingredients for a few minutes. Stir frequently. Spoon vegetables into squash halves and bake until squash is tender or for 20-25 minutes.

ENTRÉES
Chili Tofu Pitas

1 Pkg. Tortillas or Pita Bread

1 Small Can Green Chilies (Chopped)

3 Cloves Garlic, Minced

1 Pkg. Extra Firm Tofu (Nigari)

1 Tsp. Mexican Seasoning (Spice Hunter)

2 Tsp. Dried Onion, or ¼ Cup Minced Fresh Onion

¼ Cup Soy Parmesan Cheese Substitute

1 Tbs. Fresh Cilantro

½ Tsp. Salt

1 Jar or Can Enchilada Sauce

3-4 Sun-Dried Tomatoes for Garnish

Avocado Slices for Garnish

Cut the tortillas or pita bread into eight triangular pieces, like a pie. Mince the garlic in a food processor. Add the other ingredients, except the tofu, and process until finely chopped. Grate the tofu into the mix by first placing the grater attachment on the processor. Process until mixed (a few seconds). Open each pita triangle up so you can put the filling in. Spoon the filling into the pita triangles and place into a pie pan. Add enchilada sauce inside over the filling mixture and over each pita on the outside as well. Bake at 350 degrees for 10-15 minutes. Cut the avocado slices and sun-dried tomatoes to put on top for a garnish. Add avocado slices and sun-dried tomatoes just before serving. Serve warm.

ENTRÉES
Curried Veggie Crepes

1 Cup Almond Milk

3 Tbs. Unsweetened Coconut Milk

1 ½ Tsp. Egg Substitute or 1 ½ Tbs. Agar Flakes (Seaweed Gel, Found in Your Health Food Store)

1/3 Cup Water

1 Tbs. Olive Oil

½ Tsp. Turmeric

¼ Tsp. Curry Powder

Dash of Cinnamon

1 Cup All-Purpose Flour (or Spelt, Millet, or Whole Wheat Flour)

½ Tsp. Salt (Optional)

In a bowl, whisk together the almond milk, coconut milk, egg substitute or agar flakes, water, oil, turmeric, curry, and cinnamon. Whisk in the flour and salt until there are no lumps left in the batter. If using Agar Flakes, you must use a food processor and process until smooth. →

Use saran wrap to cover the bowl and refrigerate for at least a half hour or up to one day. Heat a small non-stick crepe pan or skillet over medium-low heat. Gently stir batter to blend again. Once the pan is hot, drop 2 Tbs. of crepe batter into the skillet. Swirl the pan to coat the bottom evenly with the batter. If the batter does not swirl easily, you must add a little water to thin it a bit. Cook for about a minute or two or until the top appears dry. Use a spatula to gently flip the crepe. Cook for about a minute or two longer or until the bottom appears lightly browned and the crepe slides easily in the pan.

Move the crepe onto a plate or paper towel. Once made, these crepes may be refrigerated or frozen for later use.

ENTRÉES

Curried Veggie Crepes Veggie Filling

10-12 Thin Asparagus Stalks, Cut Into 3" Segments

½ Cup Snow Peas

1 Yellow Onion, Thinly Sliced

4 Cloves Minced Garlic

2 Med. Orange or Yellow Bell Peppers

2 Med. Red Bell Peppers

¼ Cup Olive Oil

1 Tbs. Fresh Grated Ginger

½ to 1 Tsp. Ground Mustard Seed

1 ½ Tsp. Ground Cumin

½ Tsp. Cinnamon

1 Tbs. Curry Powder

½ Cup Pine Nuts

1 Tsp. Salt or Bragg Liquid Aminos to Taste

1/3 Cup Coconut Milk (Unsweetened)

Remove the seeds and ribs from all the bell peppers. Cut into matchsticks. Heat the olive oil in a large skillet or electric fry pan over medium high heat. Add the asparagus and snow peas. Cook. Stir constantly, until they barely begin to brighten and soften. Reduce the heat to medium and add the onions and garlic. Cook until onions soften. Add the bell peppers and steam-fry with a little water just until peppers are begin to soften. Add the ginger, mustard seed, cumin, cinnamon, curry, and a little more olive oil. Continue to stir and cook. Add the pine nuts, salt, and coconut milk, and cook until desired softness. Serve warm with the Autumn Curry Crepes. Can also be served over rice or any other cooked grain you like!

ALKALIZING RECIPES
Entrées

ENTRÉES
Pepper Tofu Packets

1 Pkg. Firm or Extra Firm Fresh Tofu
3 Scallions
¼ Red Bell Pepper
¼ Cup Chopped Fresh Coriander
1 Tsp. Sesame Seeds
1 Cup Bragg Liquid Aminos

Soak sesame seeds overnight. Drain tofu. Cut in half on the diagonal to form two triangles. Cut a pocket in each triangle. Finely chop the scallion, pepper, and coriander. Add sesame seeds. Stuff half the mixture into each piece of tofu. Pour Liquid Aminos over tofu pockets and marinate in refrigerator for 10 minutes before serving.

ENTRÉES
Butternut and Celery Soup

3 Celery Stalks Cut In Big Chunks
2 Butternut Squash
1 Onion, Peeled and Chopped In Big Chunks
1 Onion, Peeled and Sliced into Thin Rings for Garnish
2 Tbs. Olive or UDO's Oil
3-4 Cups Veggie Stock
Cinnamon and Nutmeg or Salt and Pepper To Taste

Cut squash in half & remove seeds. Lightly oil the cut side of the vegetables. On an oiled cookie sheet, place squash cut side down, add celery chunks, and roast in a 400-degree oven until tender and lightly browned or for about 45 minutes. Scoop out soft squash from the skins. Puree the roasted vegetables in a food processor or blender with some of the stock. For a smoother texture, pass soup through a strainer into a clean pan. Add the remaining stock and season to taste. Keep warm. For the onion ring garnish, fry the onion in oil until brown and somewhat crisp or for about 10 minutes. Top soup & serve.

ALKALIZING RECIPES
Entrées

ENTRÉES
Vegetable Borscht

6 Cups Veggie Broth
1 Cup Each Carrots (Shredded)
1 Cup Beets (Roughly Chopped)
1 Cup Onions (Thinly Sliced)
1 Red Pepper (Shredded)
1 ½ Cups Cabbage, Shredded
Vegetable Salt to Taste
Pepper to Taste

In a large saucepan, combine broth, carrots, beets, and onion. Gently cook until tender. Add red pepper and cabbage. Add salt and pepper to taste and cook for about 5 minutes more. For a richer flavor, cool completely before serving time and reheat and serve.

ENTRÉES
Zucchini Tofu Patties

1 Carton Fresh Tofu, Drained
3 Tbs. Onion, Chopped
½ Tbs. Vegetable Broth Mix
1 Cup Zucchini, Grated
Egg Substitute Equal to 2 Eggs
3/8 Tsp. Salt

Slice and steam tofu for 5-10 minutes. Chop & drain well. Steam-fry onions. Add vegetable broth mix & zucchini. Stir well. Add salt, tofu, & egg substitute and combine all ingredients. Make into patties. Place on sprayed baking sheets & flatten slightly. Lightly bake at 350 degrees. When bottoms are barely brown, flip patties. Finish baking, but make sure not to overbake.

ENTRÉES
Simple Veggie Steam-fry

1-2 Tsp. Fresh Grated Ginger (Hand Grated)
2-3 Cloves Garlic, Crushed
½ Cup Yellow Squash
½ Cup Cauliflower, Slices
½ Cup Red Peppers, Strips
½ Cup Broccoli (Cut Small)
½ Cup Onion Slices
1 Cup Pea Pods (Other Veggies as Desired, Cut Julienne)
1 Cup Fried Tofu (Or Use Marinated Tofu From The Health Food Store)
¼ Tsp. Salt
¼ Cup of Water

Heat the electric fry pan. With a small amount of water (1/4 of a cup) steam-fry the garlic and ginger for a couple of minutes. Pour in vegetables and tofu. Steam-fry until vegetables turn very bright and begin to slightly soften. Pour the steam-fry sauce mixture over the top and steam for a couple more minutes. Serve while warm.

ALKALIZING RECIPES
Entrées

ENTRÉES
Steam-fry Sauce

1/3 Cup Water or Veggie Stock
1 Tsp. Stir-Fry Ginger Spice (Spice Hunter)
Juice of Half a Lemon or Lime
Bragg Liquid Aminos to Taste

Heat water or veggie stock to desired temperate, mix in the remaining ingredients, and pour over the stir fry dish.

ENTRÉES
Bean Sprout Casserole

1 Cup Baby Lima Beans, Sprouted
1 Cup Mung Beans, Sprouted
3 Cups Chopped Leeks
1 Cup Pinto Beans, Sprouted
1 Large Red or Green Pepper, Finely Chopped
1 Large Onion, Chopped
1 Clove Garlic, Finely Chopped
3 Tbs. Bragg Liquid Aminos
Freshly Ground Pepper to Taste

Steam-fry the garlic and onions. Add leeks, Bragg Aminos, and pepper. Simmer for 15 minutes Add chopped pepper and simmer for 5 more minutes. In casserole dish, pour over beans. Stir gently. Bake at 350 degrees for 15 minutes.

ENTRÉES
Italian Zucchini

8-10 Med. Zucchini
2/3 Cup Onion, Coarsely Chopped
1 ½ Cups Tomatoes
2 Cloves Garlic, Minced
1 Tsp. Salt
1/8 Tsp. Pepper
3 Tbs. Olive Oil

Wash, cut ends, and slice zucchini. Steam-fry sliced zucchini, onion, and garlic in a saucepan over low heat for 10 minutes. Turn and move mixture occasionally. Remove vegetable mixture from heat and sieve in tomatoes with pepper. Blend thoroughly but lightly. Place mixture into a casserole dish. Cover and simmer 30 minutes. Add olive oil just before serving.

ENTRÉES
Cabbage Rolls

1 Medium Head of Cabbage
1 Clove Garlic
1 Bay Leaf
1 Pkg. Drained Fresh Tofu (Break into Fine Pieces)
1 Cup Onion, Finely Chopped
1/8 Tsp. Black Pepper
1 Tsp. Bragg Liquid Aminos
½ Tsp. Real Salt or Vegetized Salt
3 Cups Vegetable Broth
½ Cup Vegetable Broth Mix
Wooden Toothpicks

Grease a shallow casserole dish with a tight-fitting lid. Remove wilted outer leaves from cabbage. Rinse and cut in half through core. Remove eight large leaves. Shred remaining cabbage, enough to yield 2 cups, and place in casserole dish.

Add garlic clove and bay leaf. Set casserole aside. In a large pan, pour boiling water to 1-inch level. Add the eight leaves of cabbage and salt. Cover and simmer for 2-3 minutes. Steam-fry chopped tofu, onion, pepper, and Liquid Aminos for a couple of minutes.

Place one-quarter cup of this mixture into the center of each of the eight cabbage leaves. Roll each leaf, tucking ends in. Use wooden picks to secure and place on shredded cabbage in a casserole dish. Stir vegetable broth mix into cold vegetable broth. Pour this mixture over cabbage rolls along with a few grains of pepper. Cover and simmer on low heat for 30 minutes. Remove bay leaf and wooden picks and serve.

ENTRÉES
Tofu Onion Stew

2 Med. Onions, Sliced
3 Cups Water
3 Kale Leaves, Torn to Bite-Size Pieces
1 Bay Leaf
1 ½ Cups Fresh Green Beans
3 Large Onions, Quartered
1 Pkg. Fresh Tofu, Firmness of Choice

Steam-fry the sliced onions in a 3-quart pan with a lid. Add water, kale, bay leaf. Cover and simmer until kale begins to soften. Remove bay leaf. Add in quartered onions and green beans. Continue to simmer until beans are tender. Drain and slice tofu and warm in pan or steam separately in steamer. Season with salt & pepper if desired. Place tofu on top of stew and serve.

ALKALIZING RECIPES
Entrées

ENTRÉES
Tomato Okra Creole

4 Cups Sliced Okra
1/3 Cup Chopped Green Pepper
1 Cup Chopped Onion
2 Cups Chopped Tomatoes
1/8 Tsp. Curry Powder
½ Tsp. Salt
1/8 Tsp. Black Pepper
1 Tsp. Powdered Lecithin
1/8 Tsp. Thyme

Wash okra, cut off ends, and slice. Set aside. Chop green pepper and onion. In a large skillet, steam-fry green pepper and onion to a transparent stage. Add okra and tomatoes. Stir in mixture of curry powder, salt, pepper, lecithin, and thyme. Cover and simmer for 30-40 minutes or until okra becomes tender.

ENTRÉES
Spinach Lasagna

1-2 Cans Tomato Sauce (6 Oz.)
1 Pkg. "No Boil" Spelt Lasagna Noodles
1 Package Fresh Spinach
2 Cups Soy Cheese, Shredded
2 Cups Soy Burgers, Crumpled, Precooked

Pour tomato sauce into a glass container. In a large skillet, sauté spinach for 5 minutes. Add spices for flavoring Remove spinach and set aside. Spread a layer of tomato sauce on the bottom of a baking pan. Depending on the size of the dish, place 2 or 3 lasagna noodles on top of the tomato sauce. Spread another layer of tomato sauce over the noodles. Place spinach, crumbled soy burgers, and soy cheese on top of the layer of tomato sauce. Add more lasagna noodles on top of mixture. Repeat this procedure until all of the ingredients have been used. Place the baking pan in the oven and bake for 30 minutes at 350-400 degrees.

ENTRÉES
Curried Squash

- 3 Cloves Garlic, Sliced
- 2 Serrano or Thai Chili Peppers, Seeded or Diced
- ½ Can Unsweetened Coconut or Almond Milk
- 1 Med. Yellow Onion, Quartered
- 2-4 Sun-Dried Tomatoes, Minced
- 1 Tbs. Fresh Ginger Root, Minced
- 2 Tsp. Garam Masala
- 1 Tsp. Ground Cumin
- ½ Tsp. Cinnamon
- ¼ Tsp. Ground Coriander
- 1 Tsp. Salt
- ¼ Tsp. Turmeric
- 2 Cups Black-Eyed Beans or Lentils, Cooked
- 4 Cups Butternut Squash, Peeled and Diced
- 2 Cups Vegetable Stock or Water
- 1 Tbs. Udo Choice Oil or Olive Oil
- 2 Cups Fresh Tomatoes, Diced
- 2 Cups Spinach or Kale, Chopped
- 1 Cup Green Peas
- 3 Tbs. Mint, Minced

Combine first twelve ingredients and 3 Tbs. of stock or water in a blender. Puree mixture to a paste while scraping down the sides of the blender a couple of times. In a large saucepan, heat oil. Add the spice paste and cook. Stir often for 10 minutes. Add remaining stock, butternut squash, and tomatoes. Cook over medium heat while stirring often. Cook until squash is just tender or about 20 minutes. Mix in black-eyed beans, spinach (or kale), and green peas. Continue to cook while stirring often. Cook until spinach is tender, about 10 more minutes. Remove from heat. Adjust seasonings to taste. Just before serving, stir in the mint.

ENTRÉES
Tomato Okra Creole

- 1 Each Med Green and Red Pepper, Cut Into 1" Strips
- 2 Large Onions, Cut and Separated into Rings ¾" Thick
- 1 Cup Sprouted Barley, Partially Cooked (Save 1 Cup Water)
- 1 Cup Barley Water (Saved Above)
- 4 Tbs. Vegetable Broth Mix
- 2 Large Tomatoes, Peeled and Quartered
- 2 Med. Zucchini Cut into 1 ½" Chunks
- 3 Med. Carrots, Cut into Chunks

Steam-fry green peppers and onions. In a casserole dish combine green peppers and onions with all ingredients and cover. Bake at 350 degrees for 1 hour. Barley should be tender.

ALKALIZING RECIPES
Entrées

ENTRÉES
Veggie Pad Thai

1 Package Tofu
3 Tbs. Almond Butter
1/3 Cup Lime Juice or Lemon Juice
1/3 Cup Bragg's Liquid Aminos
1/2 Teaspoon Red Pepper Flakes
1 Small Onion (Chopped)
1 Small Bunch Green Onions (Chopped)
2 Cups of Mixed Vegetables (Steamed, Stir-Fried, or Microwave)
8 Oz. Rice Noodles
2 Cups Bean Sprouts
3/4 Tsp. Garlic Powder
1" Piece of Ginger (Minced or Powdered Ginger)
2 Tbs. Sesame Oil
Sliced Lemons
Water as Needed

Prepare rice noodles as directed on the package. Drain and set aside. Squeeze tofu until completely dry. Cut tofu in ¼ to ½ inch squares. Set aside. Mix almond butter, lime or lemon juice, Bragg's Liquid Aminos and red pepper flakes. Set aside.

Stir-fry garlic and tofu in 1 tablespoon of sesame oil in a wok, until garlic and tofu slightly turn brown. Add in remaining oil, ginger, and onions. Stir-fry for two minutes. Add in vegetables and almond mixture. Stir-fry until all vegetables are covered in almond mixture. Add noodles and bean sprouts. Stir-fry until sauce thickens, and vegetables and noodles are hot. Use sliced lemons for garnish.

ENTRÉES
Veggie Enchilada Tortillas

4 Sprouted Whole-Wheat Tortillas
4 Oz. Soy Monterey Jack Cheese (Shredded)
1/2 Cup Onion (Diced)
1/2 Cup Green Bell Peppers (Diced)
1/4 Cup Red Bell Pepper (Diced)
2 Tsp. Canned Green Chilies (Chopped)

Place tortilla in microwave with a paper towel cover. Microwave on high for 15 seconds. If preferred, place in toaster oven for 2 minutes or warm on a dry fry pan and flip each top to bottom until all are warmed through. Set aside. In a bowl, mix cheese, onion, peppers, and chilies. Split the mixture among the tortillas. Roll tortillas and place seam side down on a plate. Top the tortilla rolls with cheese. Bake at 350 F for 5 minutes or until cheese melts. Serve hot.

APPENDIX

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Notes

pHion Balance Diagnostic pH Test Strips

Throw Away The pH Paper … Pick Up The Strips!

Interested in finding out your pH, but never been taught how to do it? Then this is the place to start! pHion Balance Diagnostic pH Strips are the best pH testing strips available to help determine if your body is in The VERY ACIDIC pH Zone™ (or "danger zone"), The ACIDIC pH Zone™ (or "caution zone"), or The OPTIMAL pH Zone™ (or "healthy zone"). To find out more visit **www.phionbalance.com**.

Advantages

- **True results.** Super-sensitive pHion Balance Diagnostic pH Strips give you a very accurate reading of how acidic or alkaline your tissues really are.
- **No guesswork.** Because our strips are separated in small 0.25 unit increments, you'll know right down to the decimal what your pH is.
- **Easy to read.** Unlike regular pH paper, our dual pad indicator pH strips are super easy to read.
- **Versatile.** pHion Balance Diagnostic pH Strips can test both urine and saliva to give you the most complete picture of your pH.
- **Economical.** pHion Balance Diagnostic pH Strips are more accurate, more versatile, and easier to read than litmus paper, yet they're surprisingly affordable.
- **Practitioner preferred.** With all those benefits, it's no wonder so many practitioners recommend the pHion Balance brand!

Is your body pH balanced? Find out by testing!

You get your cholesterol tested. You get your blood pressure tested. Now you can test your pH - easily, accurately and within the comfort of your own home!

Just like your cholesterol and blood pressure, your pH says a lot about the state of your health. It tells you how acidic or alkaline your tissues and fluids are, and that affects all aspects of your well-being.

pHion Balance Alkalizing Green Superfood

Concentrated Juice Formula, 40 Alkaline Grasses, Sprouts and Veggies.

If you want your system to be pH balanced—the way nature intended, you need to eat more alkalizing foods, such as green veggies, than acidifying foods such as meat, cooked and processed foods, and processed sugars. But who really eats like that all of the time?

Even the most devoted students of pH balance can have trouble including enough alkalizing foods in their diet. That's why a greens product like pHion Balance Alkalizing Green Superfood is so essential. pHion Balance Alkalizing Green Superfood contains 40 different raw alkalizing juices and foods that are so alkalizing, they easily make up for the gaps in your diet.

Unlike ordinary greens, pHion Balance Alkalizing Green Superfood contains only alkaline ingredients from 40 different grasses, veggies, and sprouts.

Advantages

- **Super alkalizing.** pHion Balance Alkalizing Green Superfood contains the most complete blend of 40 different alkaline forming foods, including Alkalizing Grasses, Veggies and Sprouts, to neutralize the damaging acids in your system.
- **Raw.** Our gentle, low heat process insures that all of the nutrients in pHion Balance Alkalizing Green Superfood remain intact!
- **Super concentrated.** Just one teaspoon of pHion Balance Alkalizing Green Superfood provides the nutrient equivalent of more than one pound of vegetables!
- **Chlorophyll rich.** Compare pHion Balance Alkalizing Green Superfood to other greens products side by side. What makes it so green? Chlorophyll–which is great for boosting your blood.

pHion Balance Berry Superfruit Antioxidants

Fights Damaging Free Radicals, Neutralizes Degeneration and Aging.

Your cells, tissues, and organs are under attack every day by free radicals. In fact, it's been estimated that your DNA sustains one million lesions every 24 hours.

Since scientists have discovered this fact, antioxidant supplements, which neutralize free radicals, have become very popular. But what many people don't understand is there are literally hundreds of different types of free radicals, and hundreds of different types of antioxidants.

Antioxidants work like keys in locks: one type of antioxidant will work beautifully against one type of free radical, but it's useless against another type. This means your best defense against free radicals is to have a wide range of antioxidants. And that's exactly what you'll get with pHion Balance Berry Superfruit—our super antioxidant complex!

Advantages

- **Different antioxidants for different free radicals.** pHion Balance Berry Superfruit contains 14 different kinds of powerful antioxidants, so it can fight multiple kinds of free radicals.
- **Superfruit blend.** pHion Balance Berry Superfruit includes concentrates of some of nature's most powerful antioxidant superfruits such as goji, mangosteen, pomegranate, and berries—without the fruit sugar.
- **Botanical blend.** We've also included all the botanical antioxidant superstars like pine bark, grape seed extract, bilberry, and green tea in pHion Balance Berry Superfruit.
- **Vitamin and mineral blend.** Finally, pHion Balance Berry Superfruit features a range of antioxidant vitamins and minerals, including vitamin C, zinc, manganese, copper, and selenium.
- **Super strong antioxidant power.** A daily dose of pHion Balance Berry Superfruit has a certified ORAC* rating (a scientific measure of antioxidant strength) of 8,000 units. That's equivalent to more than four pounds of fresh fruits and vegetables!

pHion Balance pH Booster, Alkaline Water Supplement

Ionize, Alkalize and Electrify your water!

Water can be either alkaline or acidic, ionized or mineral depleted, or oxygen-rich or oxygen-poor.

Great water has four key characteristics—it's pure, it's alkaline, it's oxygenated, and it's chock full of quality minerals.

With a little help from our pH Booster, you can turn ordinary water into an alkaline, ionized, oxygenated super health tonic!

One of the easiest and most effective ways to boost your pH is to drink structured alkaline water with a pH of 9.5. Water like this helps flush out all those harmful acids that your diet and system are constantly producing.

Our pH Booster infuses your water with over 72 electrically charged ionic minerals that counteract and neutralize damaging acids, so even if your diet's not perfect, at least your water will be!

Advantages

- **Alkalizing.** pHion Balance pH Booster contains 72 alkalizing minerals that boost your water up to a pH of 9.5. This is over 500 times more alkaline than regular water with a pH of 7.0.
- **Ionizing.** pHion Balance pH Booster infuses your water with a wealth of ionic minerals. Drinking water that is ionized or electrically charged may improve your cells' ability to conduct electrochemical signals.
- **Oxygenating.** pHion Balance pH Booster actually increases your water's oxygen content, which is necessary for fueling all human activity, because alkaline water is higher in oxygen than water with a pH of 7.0 or below.
- **Tasteless and odorless.** Best of all, pHion Balance pH Booster provides all these benefits without affecting the taste or odor of your water.
- **Long-lasting.** Each pHion Balance pH Booster kit contains enough ionic minerals to treat a whopping 15 gallons of water!

pHion Balance Alkaline Minerals

Neutralizes Strong Acids. A Perfect Blend of Ionic Minerals.

Maintaining proper acid/alkaline balance, as measured by a pH reading between 6.75 and 7.25, is one of the best things you can do for your health.

Why? Because when the pH of your internal fluids falls below 6.75, it means your tissues are bathed in acid. And that even more serious disorders.

Plus, an acidic environment makes the perfect breeding ground for microforms, which can further compromise your health.

Your body has one primary mechanism to neutralize damaging acids throughout your system: alkaline mineral buffers.

Unfortunately, most of us don't get nearly the amount of minerals that we're supposed to from our diet. You can make up for the lack of minerals with pHion Balance Alkalizing Minerals Complex.

Advantages

- **Almost instantly neutralizes harmful acids.** pHion Balance Alkaline Minerals contain all five primary alkaline minerals: calcium, magnesium, potassium, manganese, and iron. Once these mineral buffers hit the system, they quickly neutralize excess acids.
- **Replenishes mineral reserves.** When taken on a daily basis, pHion Balance Alkaline Minerals will go beyond just neutralizing the acids in your system. It will help you build up your mineral reserves, so you have a ready supply of minerals on-hand when needed.
- **Formulated for optimal absorption.** In addition to the five alkaline mineral buffers, pHion Balance Alkaline Minerals include the perfect amount of phosphorous, which is a co-nutrient of calcium, to ensure optimal calcium absorption.

pH ion® Balance

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Visit our website at

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