

# Guidance in Transitioning to Alkaline Lifestyle

## Better Food Choices (choose all organic if possible)

<u>From</u>	<u>To</u>
Cow's milk	Almond, soy or rice milk (unsweetened)
Beef, chicken, pork, shellfish	Fresh salmon or trout You can try the meat substitute, like produce from organic tofu. If you still eat meat eat less and only organic.
Cold cereal, oatmeal, pancakes	Millet, buckwheat, quinoa, seed pankaces
Baked potato with butter	Basmati rice with olive or flax oil
Coffee, soda, alcohol, fruit juice	Freshly squeezed green juices or water with fresh lemon and essential oil of lemon
1 liter/quart of water per day	1 gallon or more of water per day with lemon juice and essential oil of lemon ( <a href="#">CPTG from doTerra</a> )
Pizza, hamburger, fried chicken	Sprouted wheat tortilla with veggies
Iceberg lettuce salad	Spinach/red leaf lettuce with avocado
Vinegar/cream-based dressing	Olive oil-based dressing with lemon juice
Pasta with alfredo sauce	Buckwheat soba noodles or gluten free pasta with olive oil/tomato
Bread with jam	Brown rice cake with almond butter
Potato chips and ranch dip	Sprouted wheat or bean tortilla chips with hummus or salsa
Candy, gum, cake, pie, donuts	Almonds, pumpkin seeds, raw veggies
Meat and starch meals	Vegetables and low-carbohydrate meals
Cooked or microwaved meals	Raw, steamed or low-temperature meals