

## Alkalisising Diet Menu

Meal	Food Examples
<b>Breakfast</b>	<p>Green smoothie – Cucumber, celery stick, carrot &amp; apple</p> <p>Mixed berries with a tablespoon of yogurt &amp; sprinkling of chia seeds</p> <p>Omelette made with 2 eggs and 1 cup of finely chopped vegetables eg: mushroom, tomato, spinach, parsley</p>
<b>Morning Snack</b>	<p>Small handful of mixed raw nuts</p> <p>2 small mandarins or nectarines</p>
<b>Lunch</b>	<p>Mediterranean chicken salad with 3 cups of raw salad vegetables</p>
<b>Afternoon Snack</b>	<p>Celery sticks with 1 tablespoon hummus</p> <p>Cheese and apple slices</p> <p>Small tin of tuna, diced tomato &amp; fresh basil</p>
<b>Dinner</b>	<p>Thai stir-fry made with white fish, chicken or tofu / tempeh and 1 cup of bean sprouts, broccoli, capsicum, onion and mushroom and 1 cup of cabbage or Chinese greens, cooked in olive and sesame oil with lime juice and fresh coriander</p>