

7-DAY ALKALINE

MEAL PLAN

WHAT TO EAT WHILE DETOXING?



**YOU DID WELL SON
YOU WOKE UP
THE WORLD!
DR. SEBI**



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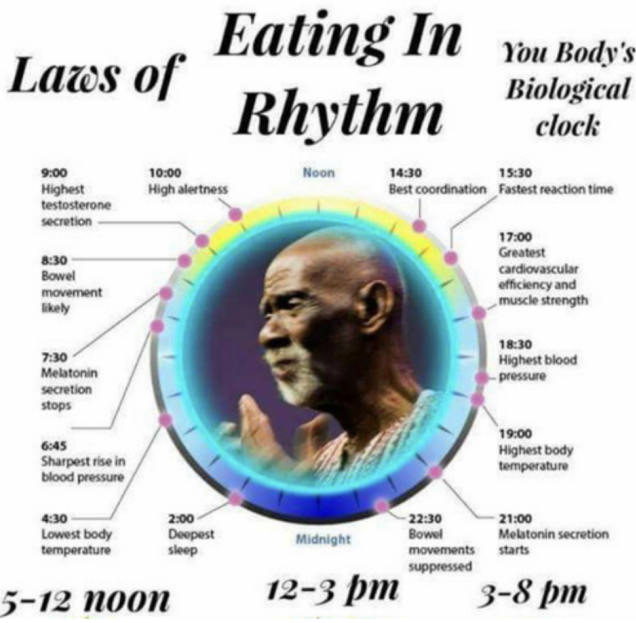
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EATING IN RHYTHM

What goes into your body is just as important as what comes out. By eating on a regular schedule, with minimal snacking in between, energy will be constant, and you won't have a problem feeling full. Even more important, foods high in saturated fats, sugar, starch and bacteria, will counteract the work of the detox. Avoid processed foods, meat, dairy, sugar and gluten. Nuts, legumes, grains, fresh fruits and vegetables, and a gallon of water a day will enhance the work of the detox and help to not only maintain your alkaline state but promote optimal bodily function (optimal health).



BREAKFAST

A 16 ounce smoothie is always a great way to start off your day. As a breakfast option, choose your favorite fruits and vegetables and blend it along with 2 tablespoons of sea moss. You will have energy to get you moving and you will feel full enough to last until lunchtime.

Not big on smoothies? Feel free to keep it simple with a bowl of fruit or some oatmeal



LUNCH

At lunchtime, you are welcome to eat something a bit more substantial. A nice salad or some quinoa with your choice of toppings is an easy and simple choice. Protein is important here.

When many people think of protein, meat and fish are the first options that spring to mind. While these items do have protein, they also contain toxins and bacteria consumed by the animal during their lifetime and therefore may do more harm than good.



DINNER

If you kept your lunch simple with something like a salad, dinner can be more substantial. Quinoa topped with lots of vegetables such as squash, mushroom, chickpea or any combination of your favorite vegetables will keep you full and satisfied through the night.

If your dinner is of a smaller portion, feel free to consume another 16 ounce smoothie to achieve the same fullness and satiation to get you through the night.

