

Alkalize Your Body BootCamp Menu

Prep the Evening Before:

Soak pumpkin seeds and raw almonds for tomorrow. Learn how to: [SPROUT NUTS & SEEDS](#)

First thing in the morning:

Drink 1 - 2 cups of pure warm water.* Drink as much as feels good. If you feel nauseous do not continue to drink. Read why you need to [What do you Drink or Eat First Thing in the Morning?](#)



Wait 15 minutes:

Drink 1 cup Lemon Water [Lemon Water \(AKA Sugar-free Lemon Aid\)](#)

Breakfast Part 1:

Eat all you want of this highly alkalizing cleansing food; [Watermelon](#). If you cannot get watermelon then get any other melon.

Chew your food well. Saliva is alkaline and you can produce 2 gallons a day!

Wait 1 to 2 hours if you can before having this.

Breakfast Part 2:

Alkaline Smoothie to Deeply Nourish

Choose one of these:

- [Green Orange Spinach Smoothie](#)
- [Pear Smoothie](#)
- [Alkalizing Apple Green Smoothie](#)

Eat your smoothie; chew it to produce that alkaline saliva.



Watch these two videos for inspiration:

[Diana's Green Smoothie with a Difference](#)

[3 Minute Green Smoothie](#) by Randy

Drink one glass of water half an hour before lunch.

Lunch:

[Alkaline Steamed Vegetables](#) and [Miso Sauce](#) served with [Millet](#)

Remember to chew your food well for more alkalizing and more nutrition.

Drink one glass of water half an hour before snack.

Mid Afternoon Snack:

Choose between these two:

- Drink a large 16 ounce glass of vegetable juice of carrot, celery, lettuce and apple. [Vegetable Juice Recipe](#) Eat your vegetable juice; do not gulp it.
- Eat celery sticks, cucumber rounds, red pepper sliced and carrot sticks. Simply cut up a whole plate full and eat as much all you want. 😊



Drink two glasses of water before dinner. Allow 1 hour after afternoon snack.

Dinner:

[Alkalizing Mixed Green Salad](#) with pumpkin seeds and almonds.

Eating a salad by chewing it well can take longer than half chewing it. Saliva is alkaline and you can produce 2 gallons a day if you chew your food well!

Drink one glass of water one hour after dinner and one hour before evening snack.



Evening Snack (2 hours after dinner):

[Alkalizing Fruit Salad](#) This recipe is for two servings. You can make up the whole recipe and put half in a covered container in the fridge or just make up half of it.

*Water is of vital importance in creating and maintaining proper pH. Your body is 70% water, so it needs to be replenished consistently all day long. Did you know that the body loses 2.5 liters of water every day just from normal bodily functions? Alkaline water is best.

Also on the menu are **Breathing, Exercise, Relaxation and Sunlight.**

- **Exercise is alkaline forming** as long as it is moderate exercise. It has a cleansing effect on the body flushing out acidic waste. Exercise that is done past the point of exhaustion can create and acid build up from the lactic acid. When you are acidic and exercise you will feel worse do to the excessive acid in the tissues. Acid and toxins do build up without exercise.
- **Blood alkalizes when you breathe out carbon dioxide.** Breathing in increases acidity. That is why an outward sigh feels so good. A balance between oxygen and carbon dioxide is required for the body to function properly. The rate of the breath tries to match the needs of the tissues as body movement becomes more or less vigorous.
- **Relax by finding quiet time or meditating increases alkaline levels in the body.** Stressed, anger and negative thoughts can increase the levels of acid in our body. When we are happy, relaxed and positive, we reduce our acid levels.
- **“Sunlight effects the levels of acid within the body as well.** An alkaline chemistry is enhanced by the presence of full spectrum sunlight. The opposite is true in the absence of sunlight. Darkness creates acid build-up within bodily tissues. The effects compromise the immune system, skin vitality, vitamin D production, and more.” Kris A. Pletschke
<http://healquest.com/xq/asp/gx/BodyPhStrategies2.htm>



Food combining is also very helpful in creating an alkaline environment because when you combine properly you reduce the acid build up of toxins from indigested foods thus creating a more alkaline condition. You do not have to concern yourself with this as all the meal plans are properly food combined. I just do that naturally. You can find a whole chapter on this in ‘Eating Green and Lean’ ebook. Also, there will be a BootCamp on this.

Please Note:

Too much alkaline is as dangerous as too much acid. Remember that balance is what we want to achieve. Don't eliminate all acid foods from your diet on a regular basis. This menu is just for two days to bring back the balance of an over acidic body and diet.