

Alkalize Your Body BootCamp Shopping List:

3 Lemons
1 large Watermelon (If watermelon is not available then 2 or 3 of any other type of melon.)
1 large orange
2 apples*
2 pears
2 apricots
1 Kiwi fruit

6 cups spinach*
4 leaves of kale*
2 beets
2 bunches of broccoli
2 small onions
2 small sweet potatoes
Bunch of Swiss Chard*
2 handfuls, Arugula
1 head, Romaine Lettuce*
1 medium bunch of Parsley*
6 Celery stalks*
2 medium Green Pepper*

1/4 cup raw almonds – make sure they have not been pasteurized.
3/4 cup raw pumpkin seeds

1 cup Millet
1 cup cold pressed olive oil
1 cup Yogurt*, unsweetened

Himalayan salt or Sea salt
2 Tbsp light tahini (sesame butter)
1 – 3 tsp [miso](#)
Few drops of liquid [Stevia](#) or 1-3 tsp honey, non-pasteurized

Optional:

3 tsp. basil, 1 tsp. marjoram, 1/4 tsp. rosemary, or 2 tbsp. fresh mint (or 2 tsp. dried)
Nori or dulse seaweed flakes

If you have a juicer and want to have juice this weekend then buy these:

4 carrots
4 stalks of celery*
10 – 12 leaves of Romaine*
1 golden delicious apple*
2 small beets

If you are not making vegetable juice have extra of these:

4 stalks of celery, 1 large cucumber, 1 red pepper* and 2 carrots

Roll of testing pH paper (pH strips with a range of 6.0-8.0 pH are best) Get this at a health food store.

*Organic is best