



# ACID-ALKALINE Foods Chart



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*Esteemed author of  
The Acid - Alkaline Diet for Optimum Health*

Added Bonus!  
**45**  
Alkalizing Recipes

INCLUDING  
**Salads**



**Soups**



**Entrees**



## TABLE OF CONTENTS

Foreword

Acid - Alkaline Foods Overview ..... 01

Acid - Alkaline Foods Chart..... 04

Alkalizing Recipes: Salads & Matching Dressings ..... 12

Alkalizing Recipes: Just Dressings ..... 17

Alkalizing Recipes: Soups ..... 18

Alkalizing Recipes: Entrées ..... 20

Appendix..... 32



## FOREWORD



Hello, my name is **David Whelan**, and I founded pHion Balance in 2003 as a result of my own personal success with living a pH balanced lifestyle. We're now the leader in body pH balance because we offer the most effective products that are affordable, easy to use, and always deliver lasting results. Let us help you achieve a state of pH balance and extraordinary health.

It's always nice to see people like yourself looking for ways to be healthier. We have prepared the following acid-alkaline foods chart and supporting alkalizing recipes to serve as a guide for those who want to balance their **body pH**.

When you properly manage the delicate balance between acidic and alkaline elements in your body you'll find that many of your "health problems" will vanish.

Acidification in the body comes as a result of **THREE** primary things:

1. **Eating too many acidifying foods**, which create an acid ash in your body. This is where proper diet comes in. By eating a diet of 80% alkalizing foods, you'll eliminate the production of excess acid in your body.
2. **Microforms like bacteria, yeasts and fungi** create acidic toxins in your body. Not only do they "show-up" in an acidic body, they also pollute and further acidify your body. For this reason, it is important to cleanse & detoxify your body in order to jumpstart the process of balancing your pH.
3. Being depleted of the necessary **alkaline buffers such as minerals** that neutralize acids, and **ions** that help to conduct energy and regulate fluid pH. By increasing your intake of alkaline supplements and alkaline, ionic water you will replenish your body's capacity to neutralize excess acids.

We have prepared this guide to give pHion Balance customers a listing of foods that are both alkalizing and acidic in nature. It is our wish that you'll find ways to integrate more healthy alkalizing foods and water into your diet, and free yourself from the kinds of acidic foods that overly tax your body. We believe that when you see and feel the results you're looking for, maintaining an alkaline lifestyle will be a pleasure. →



My name is **Christopher Vasey**, N.D. For over 20 years, I have taught the simple, yet life-changing concept of "pH Balance" to hundreds of thousands of people all around the world. These ideas have propelled many to a total transformation in their overall health and happiness. pHion Balance products have been an integral part of those transformations. I invite you to discover pH balance the pHion Balance way.

We have also included over 45 alkalizing recipes that are not only delicious, but rather easy to prepare. Even by simply adding one alkalizing meal to your daily diet, you'll begin to notice a difference in your general health and overall wellness.

Hundreds of thousands of people have solved their own health puzzle by implementing the information found in this guide and we hope the same goes for you! Visit us anytime at [www.phionbalance.com](http://www.phionbalance.com) to discover more about pH and your health.

Warm Regards,

A handwritten signature in cursive script that reads "David Whelan".

David Whelan,  
pHion Balance Founder

and

A handwritten signature in cursive script that reads "Christopher Vasey".

Christopher Vasey, N.D.

## ACID - ALKALINE FOODS OVERVIEW

As way of background, a pH of 7.0 is neutral, below 7.0 is acidic and above 7.0 is alkaline. The word pH stands for “the Potential of Hydrogen”. The more hydrogen ions in a liquid such as human blood, the more acidic it is – and vice versa.

Your body works to maintain the pH of the blood in a slightly alkaline range (7.3 – 7.4). If it moved below or above this range, you wouldn't be alive. In order to keep your blood alkaline, your body has a very efficient system of buffering or neutralizing acids that build up in the fluids of your body (in and around your cells) so that they can enter your bloodstream without harming you.

This buffering process involves combining the alkaline minerals that are present in the watery fluids of your body (intracellular fluid, extracellular fluid, lymph fluid) with the acids in order to make a neutral "salt". For example: when phosphoric acid is buffered with the alkaline mineral calcium, a pH neutral salt called calcium phosphate is created. This element can safely enter the bloodstream without altering the pH of your blood.

When your body's buffering system isn't working properly, it will attempt to keep excess acids away from your blood by reverting to less optimal tactics. The first tactic is to steal alkaline minerals out of your bones or muscles (calcium, magnesium) to buffer or neutralize these acids. The second tactic is to simply store them deep into your tissues. If you've ever wondered how somebody could get gout (uric acid) in their toe... this is how. This is the process of how your body becomes too acidic - by virtue of acids building up in the tissues and fluids of your body. Keep in mind that these excess acids damage all of the cells that they come in contact with. While these secondary tactics serve to keep your body functioning in the short term by protecting your blood pH, they are by no means optimal in the long term.

To put this into something that we all can relate to, solving the pH balancing puzzle is really no different than balancing a banking account. →

Simply put, you must keep your alkaline deposits ahead of your acid withdrawals. When you don't, your body goes into debt by stealing minerals, storing acids into fatty tissues, slowing metabolism down, etc. This in turn creates deficits which result in poor energy, fatigue, incomplete digestion, weight gain, arthritis, osteoporoses, and a whole lot more. The good news though, is that the opposite effect is also true. When you keep the acids under control and the alkaline deposits up, your body will prosper... and you'll SEE and FEEL it!

**Tip!**



Stay on top of your pH - a test per day may keep the doctor away! Test yourself with pHion pH Test Strips found at [www.phionbalance.com](http://www.phionbalance.com).

Acids are primarily created in your body when you consume acid forming foods. But they also can build up as a result of physical or emotional stress, toxic overload, immune reactions or any process that deprives the cells of oxygen and nutrients.

As already stated, your body is equipped with the systems that can neutralize these acids, but they slow down with age. You must also supply the raw materials for those systems to work – namely alkaline minerals, alkaline water and ions with negative charges (also known as electrolytes). All of these elements can be supplied with the right diet, alkaline forming supplements and alkaline drinking water. →

**Tip!**

While eating a healthy alkaline based diet plays a fundamental role in the process of pH balancing, there are a few things you can do to boost your results:

1. Cleanse your body (colon, lymph, liver, kidneys).
2. Hydrate! Drink **PLENTY** of alkaline, ionic water.
3. Supplement your diet with alkalizing nutritional supplements.

The reason acidosis is so common in our society is mostly due to the typical modern diet, which is far too high in acid forming animal products like meat, eggs and dairy, and far too low in alkaline forming foods like fresh vegetables. Additionally, we consume too many acid producing foods like white flour, processed sugar, packaged and pasteurized foods, coffee, soft drinks and artificial chemical sweeteners.

Generally, alkaline forming foods include: most fruits, green vegetables, beans & legumes, seeds & nuts, oils, herbs & seasonings and mineralized water.

Acid forming foods include: meat, dairy products, eggs, packaged and processed foods.

A green circular icon with the word "Tip!" in white text.

One of the best things you can do to correct an overly acid body is to clean up your diet and lifestyle.

To **maintain** your health, your diet should consist of 60% alkaline forming foods and 40% acid forming foods.

To **restore** your health, your diet should consist of 80% alkaline forming foods and 20% acid forming foods.

We have prepared the following "Alkalizing" and "Acidifying" foods chart to be used as an everyday guide while on your pH balancing journey. You will see there are 3-hole punch guides along the left border of the pages; we recommend printing this document out, hole-punching, inserting into a binder and taking it along with you on your grocery shopping days.

We also want to mention that while some can get rather dogmatic with lists like these, keep in mind that you are not going to suddenly become too acidic because you ate a piece of bacon or because you drank a cup of coffee. Nor will you dig yourself out of an acidic state because you had a shot of wheatgrass juice. Acidification is a cumulative process, and it occurs as a result of your lifestyle of eating. Getting back to an alkaline state is the same... just in reverse.

# ACID - ALKALINE FOODS CHART

## Alkalizing

### Vegetables

Asparagus*	Lettuce
Barley Grass	Mushrooms
Bamboo Shoot*	Mustard Greens
Beets*	Onions
Broccoli*	Parsley*
Brussels Sprouts*	Parsnips
Cabbage	Peas
Carrot*	Peppers*
Cauliflower*	Potato
Celery	Pumpkin
Collard Greens	Radishes
Cucumber*	Rutabaga
Dulce	Sea Veggies
Eggplant	Spinach*
Garlic*	Spirulina*
Green Beans	Sprouts
Green Olives	Sweet Potatoes
Green Peas	Tomatoes*
Kale*	Watercress*
Kelp*	Wild Greens

## Acidifying

Artichoke  
Black Olives  
Corn  
Mushrooms  
Pickles  
Sauerkraut  
Squash

### Tip!

Vegetables are much less alkalizing when cooked , processed or canned as they lose vital minerals and enzymes. Steaming your veggies is a better idea than boiling them. Also, the greener they are, the more alkalizing they are.



Supplement Your Diet! All Of These Alkaline Forming Veggies Can Be Found in pHion Balance – Alkalizing Green Superfood found online @ [www.phionbalance.com](http://www.phionbalance.com).



# ACID - ALKALINE FOODS CHART

## Alkalizing

## Acidifying

### Grasses (Great for Juicing)

Alfalfa*	Lemon Grass	none
Barley Grass*	Oat Grass*	
Dog Grass	Shave Grass	
Kamut Grass*	Wheat Grass*	

### Tip!

Grasses are some of the most alkalizing foods on earth. Unfortunately the human body cannot digest the tough cellulose fibers in grasses like say a cow can - so we recommend to simply juice them.



Don't Have A Juicer? All Of These Alkalizing Grasses Can Be Found in pHion Balance – Alkalizing Green Superfood found online @ [www.phionbalance.com](http://www.phionbalance.com).

### Sprouts

Alfalfa Sprouts	Millet Sprouts*	none
Amaranth Sprouts*	Mung Bean Sprouts	
Broccoli Sprouts*	Quinoa Sprouts*	
Fenugreek Sprouts*	Spelt Sprouts*	
Kamut Sprouts*		



Supplement Your Diet! All Of These Alkaline Forming Sprouts Can Be Found in pHion Balance – Alkalizing Green Superfood found online @ [www.phionbalance.com](http://www.phionbalance.com).

# ACID - ALKALINE FOODS CHART

## Alkalizing

## Acid, But Alkaline Forming

### Fruits\*

Apple	Peach	Berries	Nectarine
Apricot	Pear	Cantaloupe	Orange
Avocado	Prunes	Cherries, sour	Pineapple
Banana - Unripe	Raisins	Cranberries	Plum
Coconut	Raspberries	Currrants	Tangerine
Currants	Rhubarb	Grapefruit	
Dates	Strawberries	Honeydew Melon	
Figs	Tangerine	Lemon	
Grapes	Tropical Fruits	Lime	
Mango	Watermelon	Muskmelons	

While fruits are slightly alkalizing to a person who is already in a balanced state, we suggest refraining from them all together if you are in an acidic state because of their high sugar content. Once you get your pH back up to the desired level, enjoy them in moderation.

### Tip!

Also, fruits can contain organic, weak acids that are easy to buffer when you are in a balanced state. They are alkaline forming because of the other elements in them. If your pH is low, refrain from them if the weak acids bother you. Once you get your pH back up to the optimal zone, enjoy them. We've labeled the column on the right "Acid, But Alkaline Forming" and have included these fruits.



Want to get the antioxidant benefits from fruit without the sugar and calories? We've packed the antioxidants of 4 lbs of fruit in a daily dose into pHion Balance Berry Superfruit Antioxidant Complex [www.phionbalance.com](http://www.phionbalance.com).

# ACID - ALKALINE FOODS CHART

## Alkalizing

### Grains, Cereal Grains

Amaranth  
 Buckwheat  
 Brown Rice  
 Kamut  
 Millet  
 Quinoa  
 Spelt

## Acidifying

Barley	Macaroni
Bran, oat	Noodles
Bran, wheat	Oatmeal
Bread	Oats (rolled)
Corn	Processed Grains
Corn Chips	Rice Cakes
Cornstarch	Rye
Crackers	Spaghetti
Flour	Wheat Germ
Flour	White Rice
Granola	Wheat

### Tip!

Whole Grains are either slightly alkalizing or slightly acidifying. If they are processed however, then they are considered acidifying. This chart above reflects grains in their natural, whole state.

### Beans & Legumes

Black Beans	Lima Beans	Packaged / Processed Beans
Garbanzo Beans (Chick Peas)	Mung Beans	Pinto Beans
Green Beans	Navy Beans	Red Beans
Green Peas	Pinto Beans	
Kidney Beans	Red Beans	
Lentils	Soy Beans	
	White Beans	

### Tip!

Processed or canned beans and legumes are acidifying. In general, beans and legumes are slightly alkalizing or slightly acidifying.

# ACID - ALKALINE FOODS CHART

## Alkalizing

## Acidifying

### Nuts & Seeds

Almonds	Hazelnuts	Cashews
Brazil Nuts	Macadamia Nuts	Peanuts
Chestnuts	Pumpkin Seeds	Pecans
Coconut	Sesame Seeds	Pistachios
Flax Seeds	Sunflower Seeds	Walnuts

### Tip!

Nuts & seeds are relatively neutral foods... either slightly alkalizing or slightly acidifying. They are mineral rich, but they also contain proteins which are acidifying when metabolized. Also, raw nuts are much more alkalizing than cooked nuts are. When cooked, the fats in nuts and seeds are damaged.

### Fats & Oils

Avocado Oil	Hemp Seed Oil	Cooked Oils
Canola Oil	Olive Oil	Saturated Animal
Coconut Oil	Safflower Oil	Fats
Corn Oil	Sesame Oil	
Flax Oil	Sunflower Oil	

### Tip!

Fats are relatively alkalizing foods – when they're from vegetable sources and are raw or cold pressed. When Fats are cooked, they become acidifying to your body, as do animal saturated fats. Did you know that every cell in your body has a fatty layer or membrane that surrounds and protects it? These fats help to keep your cells properly charged on the outside. If your diet is deficient in healthy polyunsaturated fats, your cell membranes become weaker as a result. This leads to cell damage, and the buildup of acid waste.

# ACID - ALKALINE FOODS CHART

## Alkalizing

### Meats & Eggs

none

## Acidifying

Bacon	Rabbit
Beef	Sausage
Clams	Scallops
Corned Beef	Shellfish
Eggs	Shrimp
Lamb	Tuna
Lobster	Turkey
Mussels	Veal
Organ Meats	Venison
Oyster	Fish
Pork	

### Tip!

Meats and eggs are acid forming, with some being more so than others. For this reason, we recommend refraining from meats if you are recovering from a severely acidic condition. Even when you're in a pH balanced state, eat only one or two servings per day and it will be easier to stay in balance. If you just can't help yourself and you eat a lot of meat, make sure to balance every serving with 3 – 4 servings of alkalizing veggies or alkalizing supplements.

### Dairy Products

Butter, Raw	Whey, Raw	Butter	Cottage Cheese
Buttermilk, Raw	Yogurt, Fresh	Cheese, Aged	Ice Cream
Cheese, Raw		Cheese, Pasteurized	Milk, Pasteurized
Milk, Raw		Cheese, Processed	Yogurt, Pasteurized

### Tip!

Dairy products that are packaged & pasteurized (which most are) are acidifying because the enzymes required for digestion have been destroyed. Raw dairy products are slightly alkalizing.

# ACID - ALKALINE FOODS CHART

## Alkalizing

### Breads, Muffins, Baked Foods

Sprouted Breads  
 Sprouted Tortillas  
 Yeast-Free Breads

## Acidifying

Brownies  
 Cakes  
 Cookies  
 Muffins  
 Pies

### Sweeteners

Agave  
 Honey, Raw  
 Lo Han Guo  
 Maple Syrup, Raw  
 Molasses

Sugarcane, Raw  
 Stevia

Artificial  
 Sweeteners  
 Carob  
 Corn Syrup  
 Fructose

Processed Sugar  
 Saccharine  
 Sucrose  
 Sucralose

### Beverages

Alkaline Water \*  
 Fresh Juices  
 Green Drinks  
 Juices  
 Green Tea  
 Herbal Tea

Milk, Raw

Alcohol  
 Beer  
 Black Tea  
 Cocoa  
 Coffee  
 Energy Drinks (Red

Bull, etc)  
 Milk, Pasteurized  
 Pasteurized Juice  
 Soda  
 Water, Tap  
 Wine



Boost your ordinary water with pHion Balance pH Booster - it amps the pH from 7.0 to 9.5, PLUS it supplies the negative ions that conduct energy inside your body. Remember, proper hydration is the cornerstone of pH balance and your body is 70% water, so drink up! . pHion Balance pH Booster is simply the most alkalizing, ionic water on the planet and can be found online @ [www.phionbalance.com](http://www.phionbalance.com).

# ACID - ALKALINE FOODS CHART

## Alkalizing

## Acidifying

### Condiments, Spices, Miscellaneous

Apple Cider Vinegar	Curry	Breath Mints	Pretzles
Bragg Aminos	Ginger	Candy	Salt*
(Unfermented Soy)	Herbs	Catsup	Soy Sauce
Chili Pepper	Miso	Chips	Tabasco
Cinnamon	Sea Salt*	Drugs	Tobacco
		Mustard	Twinkies
		Pepper	Vinegar, Distilled
		Pesticides	



While sodium is an alkaline mineral, too much of it pulls water out of cells into the fluid that surrounds cells. This is why you would die if you drank too much sea water. We recommend a low sodium diet in order to maintain proper cell hydration.



As a sign of our excitement in your journey towards creating an Alkaline, Healthy Lifestyle, pHion would like to offer to you:

# FREE SHIPPING\*

on your next purchase with us!



## \*About the offer

This is a free shipping offer on all pHion Balance products. Simply add desired product(s) to your shopping cart, input the coupon code: **ACID-ALKALINE** and your entire shopping cart will be updated upon checkout to reflect the total savings. The discount will be reflected on the Order Summary page prior to final order submission.

This ACID-ALKALINE Free Shipping promotion is only valid for orders shipping to Domestic Standard USA.

If you are using the Google Checkout feature on our site, not all pHion Balance coupons will be available to you.

Applies to online orders only. Discount applies to merchandise total only. Does not apply to previous purchases, and cannot be combined with any other discount offer.



## ALKALIZING RECIPES

### Salads

**SALADS**  
**Romini Salad**

1 med. Red-Leaf Lettuce  
1 med. Romaine Lettuce  
2 med. Zucchini, thinly sliced  
¾ cup Radishes, sliced  
2-3 Green Onions, sliced

**DRESSINGS**

¼ cup Flax Seed Oil  
2 tbs. Sea Salt  
Crushed Garlic clove (to taste)  
Pinch of dried Tarragon Leaves

**SALADS**  
**Spicy Asian Noodle Salad**

½ package thin Buckwheat Soba Noodles  
½ cup green onion  
10 pieces tofu (optional)  
1 stalk celery, chopped  
½ cup Mung bean sprouts  
½ cup red pepper, chopped  
½ cup raw almonds, chopped

**DRESSINGS**

4 tablespoons sesame oil  
2 tablespoons Bragg® Aminos  
¼ tablespoon hot chili oil

Cook the noodles, drain, and rinse in cold water. Mix the Sesame oil, Bragg® Aminos, and hot chili oil. Add the dressing to the noodles and toss well. Cover and chill for several hours or overnight. Just prior to serving, stir in the vegetables, and top off with the almonds.

**SALADS**  
**Cabbage Patch Salad**

½ package thin Buckwheat Soba Noodles  
½ cup green onion  
10 pieces tofu (optional)

1 stalk celery, chopped  
½ cup Mung bean sprouts  
½ cup red pepper, chopped  
½ cup raw almonds, chopped

Combine all ingredients, toss thoroughly, cover & refrigerate at least a half-hour before serving.

## ALKALIZING RECIPES

### Salads

**SALADS**  
**Traditional  
Greek Salad**

½ head romaine lettuce  
1 cucumber, diced  
2 tomatoes, diced  
5 scallions, diced  
½ green pepper, diced  
1 cup soy feta cheese

**DRESSINGS**

2 tablespoons lime or lemon  
juice  
1 clove garlic, finely chopped  
1/8 teaspoon pepper  
¼ Teaspoon Sea salt  
½ teaspoon oregano  
1/3 cup olive oil

Wash and cut vegetables. Tear lettuce and place in a large salad bowl. Add cucumbers, tomatoes, scallions, green peppers, and feta cheese. Mix dressing ingredients together and slowly add olive oil. Sprinkle dressing on top of salad.

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**SALADS**  
**Fresh  
Spinatch Salad**

1 head Spinach  
2 stalks Celery, chopped  
½ cup Cauliflower cut in small pieces  
6 Radishes, chopped  
2 Shallots, chopped (or 1 small Red

Onion)  
2 Red Peppers, chopped  
½ cup chopped Basil  
4 Tbs. Pine Nuts

Combine the spinach, celery, cauliflower, radishes, shallots, red peppers, basil, and pine nuts in a large bowl. Toss thoroughly. Top with Essential Dressing.

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**SALADS**  
**Broccoli Salad**

1 head Broccoli  
1 large Red Onion, chopped  
1 cup diced Celery

4 chopped Scallions  
1/3 cup Flax Oil Dressing or Parsley  
Dressing

Cut broccoli into small pieces. Mix ingredients and chill for one hour.

## ALKALIZING RECIPES

### Salads

**SALADS**  
**Super**  
**Fiesta Salad**

2 tomatoes, sliced	¼ cup fresh cilantro, chopped
1 cucumber, sliced and peeled	3 Tbs. salsa
1 each red, green & yellow bell pepper, chopped	2 Tbs. lemon juice
1 small red onion, coarsely chopped	½ Tbs. garlic, minced
1 can diced green chilies	¼ tsp. pepper
	¼ tsp. sea salt
	¼ tsp. ground cumin

Combine ingredients and chill for one hour. Serve on a bed of lettuce or with tortilla chips.

Serves: 6, Preparation time: 15 min, Cook time: 0 min

**SALADS**  
**Avocado**  
**Sunburst Salad**

4 sprouted whole wheat tortillas	1 pink grapefruit, sectioned and peeled
1/2 package tofu	
1 1/2 Tbs. Chile sauce	1/8 cup toasted almonds, chopped
1 avocado seeded and diced	1 Packaged Organic Salad Mix

Place tortillas over the top of a medium size bowl and bake in the oven at 350 degrees F for 10 minutes. Remove the tortillas and cool. Combine tofu and Chile sauce in a medium bowl. Cover and chill for 20 minutes. Stir in avocado, grapefruit, and almonds. Arrange greens in tortilla cups and spoon salad on top and serve.

**SALADS**  
**Cucumber Salad**

2 cups Cucumbers, chopped	Peppermint
2 Tbs. Parsley, chopped	1 Tbs. Lemon Juice
1/3 cup finely chopped	1 Tbs. Olive Oil or Flax Seed Oil

Combine the cucumbers, parsley, mint, lemon juice, oil in small bowl. Toss together. Chill for several hours or overnight. Toss before serving.

## ALKALIZING RECIPES

### Salads

**SALADS**  
**Rainbow Salad**

Grated Beets	Red, Yellow, and Orange Bell
Grated Jicama	Peppers
Grated Carrots	Sprouts
Grated Squash (e.g. Butternut, Yellow Zucchini)	Fresh Green Peas from the pod
Grated Red Cabbage	Cucumbers

In a large salad bowl, add fresh, clean, dry greens (baby greens, spinach, lettuce, etc.). Arrange the ingredients from the deepest dark colors to the lightest. Top with a dressing of lemon juice and desired oil and a sprinkle of sesame seeds.

**SALADS**  
**Avocado &  
Tomato Salad**

2 Avocados	romaine lettuce, washed and torn
1 small Eggplant, diced	2-3 cups mung bean sprouts
2 Green Chili Peppers, seeded	1-2 cups of your favorite sprouts (broccoli, buckwheat, clover, and lentil)
¾ Tbs. Curry Powder	1 cucumber, peeled and sliced
2 Tbs. Lemon Juice	1 tomato, cut into small wedge
Salt and seasoning to taste	1 carrot, peeled and grated
2 or 3 Tomatoes, thickly sliced	1 cup garbanzos, sprouted or canned
Sprout Salad with Avocado Dressing	
8-10 leaves of organic leaf or	

Arrange ingredients in a bowl and chill until ready to serve. Serve with avocado dressing.

**SALADS**  
**Avocado Dressing**

One small avocado	2 Tbs. tofu
1 Tbs. olive oil	

In a blender, blend all ingredients.

## ALKALIZING RECIPES

### Salads

#### **SALADS** **Tomato Salad**

2 medium tomatoes  
¼ tsp. fresh ground pepper  
2 Tbs. dressing

#### **DRESSINGS**

1 tsp. lemon juice  
1 tsp. olive oil  
1 tsp. garlic powder  
Sea salt to taste  
Pepper to taste  
Italian herbs to taste

Cut tomatoes into bite size pieces. Arrange them in a bowl. Pour the dressing over the tomatoes.

## ALKALIZING RECIPES

### Dressings

**DRESSINGS**  
**Minty Cinnamon Dressing**

½ cup Olive Oil  
5 Tbs. Carrot Juice  
1/3 cup Lemon Juice  
½ tsp. Cinnamon  
½ tsp. Lemon Pepper

1 tsp. Orange Ginger Pepper blend  
(Spice Hunter)  
1/8 tsp. Paprika  
1 Tbs. fresh Mint, finely chopped

Blend all ingredients except mint in a food processor or blender. Blend until smooth. Stir in Mint.

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**DRESSINGS**  
**Soy Cucumber Dressing**

2-3 tsp. Carrot Juice  
½ small Onion  
½ Red Bell Pepper  
1 lg. Cucumber

1 cup Soy Milk  
1 tsp. dried Basil (or 2 tsp. fresh)  
1 Tbs. Bragg Liquid Aminos or Salt  
to taste

Blend ingredients in food processor or blender until smooth.

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**DRESSINGS**  
**Flax Oil Dressing**

30% Flax Seed Oil  
30% Bragg Liquid Aminos  
40% Water

Liquid Lecithin to thicken and  
emulsify  
Season as desired

Shake and pour. Can be used as dressing for salad or steamed veggies.

## ALKALIZING RECIPES

### Soups

**SOUPS**  
**Yummy**  
**Broccoli Soup**

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| 2 cups Vegetable Stock or Water    | pieces                               |
| 3-4 cups Broccoli, chopped         | 1 Avocado                            |
| 2 Red or Yellow Onions, chopped    | Bragg Liquid Aminos or Salt to taste |
| 1 Red Bell Pepper, chopped         | Cumin and Ginger to taste            |
| 1-2 stalks of Celery, cut in large |                                      |

Warm 2 cups of water or stock in an electric skillet. Keep the temperature at or below 118 degrees (finger test). Add the chopped broccoli and warm for 5 minutes. Puree the warmed broccoli, onion, bell pepper, celery, and avocado. Thin with additional water if necessary achieve the desired consistency. To add a crunch, save the broccoli stalks and peel off the tough outer skin; place them in a food processor until they are small chunks. Add to the soup just before serving. Serve warm. Add Bragg's, cumin, and ginger and any other spices you like.

**SOUPS**  
**Gazpacho**

- |                                  |                       |
|----------------------------------|-----------------------|
| 4 cups fresh Tomato Juice        | 1 Tbs. Olive Oil      |
| ½ cup Cucumber, chopped          | 1 tsp. Basil          |
| ¼ cup celery, finely chopped     | ½ tsp. Garlic, minced |
| ¼ cup Green Bell Pepper, chopped | ½ tsp. Pepper         |

Combine ingredients. Cover and chill overnight.

**SOUPS**  
**Green Raw**  
**Soup**

- |                                  |   |
|----------------------------------|---|
| 1-2 Avocados                     | 1 Tbs. fresh Parsley                    |
| 1-2 Cucumbers, peeled and seeded | Juice of ½ Lemon                        |
| 1 Jalapeno Pepper, seeded        | 1-2 cups light Vegetable Stock or Water |
| 1 Carrot, finely diced           | 3 cloves roasted Garlic                 |
| ½ Yellow Onion, diced            |   |
| 1 Tbs. fresh Cilantro            |   |

Puree all ingredients, except onions and carrots, in a food processor. Add more or less water to desired consistency. To garnish add onions and raw carrot bits.

## ALKALIZING RECIPES

### Soups

**SOUPS**  
**Aspara**  
**Zincado Soup**

12 stalks medium Asparagus (or 17 thin stalks)	¼ cup dried Onion
5-6 large Tomatoes	4 cloves fresh Garlic
1 cup fresh Parsley	Bragg Liquid Aminos to taste
3-5 Sun-dried Tomatoes (bottled in olive oil)	1-2 tsp. Spice Hunter's Herbes de Provence
1 Red Bell Pepper	2 tsp. Spice Hunter's Deliciously Dill
1 Avocado	2 Lemons or Limes, cut in thin slices

Blend the asparagus and red tomatoes, parsley, dried tomatoes, red bell pepper, onion, garlic, and spices in a food processor. Blend in the avocado until soup is smooth and creamy. Warm in an electric skillet and garnish with lemon or lime slices. Season with Bragg's to taste.

**SOUPS**  
**Celery Soup**

4-5 stalks Celery	2 Tbs. yeast-free instant Vegetable Broth
3 cups pure Water	

Cook celery until tender. Add water and broth mix and pour into blender. Blend 15-20 seconds. Reheat and serve. Use Bragg Liquid Aminos, flax seed oil, and cayenne pepper, to taste.



## ALKALIZING RECIPES

### Entrées

#### ENTRÉES

### Tuscany Tofu Meatballs

- 1-2 cups Sprouted Wheat Tortilla crumbs
- 1 cup cooked Brown and Wild Rice, 50/50
- 1 med. Red Onion, finely chopped
- 2 cloves Garlic, minced
- 2 stalks Celery with leaves, finely chopped
- 2 lbs. FIRM Tofu (Nigari), crumbled
- 1 cup Vegetable Stock (Pacific Foods of Oregon brand)
- ¼ cup whole Rolled Oats
- 2 cups fresh Basil, finely chopped
- 2 cups Parsley
- ¼ tsp. Black Pepper, Freshly ground
- 2 tsp. "Zip" or pinch of Cayenne Pepper
- 1 Tbs. Olive Oil
- 3 Tbs. Bragg Liquid Aminos
- Spice Hunter's Herbes de Provence to taste (about 1 tsp.)

Take 8-10 sprouted wheat tortillas and leave them out to dry on a counter or quick-dry them in a lowheat oven. Break into small pieces and blend in a food processor until they are finely ground into crumbs. Set aside in a bowl. Steam-fry the celery, onion, and garlic in an electric skillet. Cook until softened, about 6 minutes. Transfer to a large bowl. Blend tofu, vegetable stock, oats, and Liquid Aminos until smooth. Add the basil, parsley, black pepper, and "Zip," and pulse until well blended. Add to the onion mixture. Add the cooked wild rice and the tortilla crumbs to the onion mixture. Mix well. Mixture should be slightly sticky but form into balls easily. If mixture is too wet, you may need to add more tortilla crumbs. Preheat oven to 400 degrees. Lightly oil a cookie sheet or baking dish. Shape mixture into balls. Roll each ball into the remaining tortilla crumbs to coat. Bake 20-30 minutes or until lightly browned. Serve with Roasted Pepper Macadamia sauce to dip the balls in.

## ALKALIZING RECIPES

### Entrées

**ENTRÉES**  
**Red Pepper  
Macadamia Sauce**

4-5 big pieces of roasted Red Peppers	3 large fresh Basil Leaves
1 lb. Macadamia Nuts (raw)	Salt and Pepper to taste
6 cloves roasted Garlic	½ to 1 cup Olive Oil

Process all ingredients, except olive oil, in a food processor until creamy. Slowly add olive oil until well emulsified. This sauce can be made thick for dipping grilled Tofu slices or the Tuscany Tofu Meatballs, or it can be thinned for use as a salad dressing.

**ENTRÉES**  
**Stuffed  
Vegetables**

8 Cabbage Leaves	1 tsp. Parsley (chopped)
2 stalks Celery	3 tsp. dehydrated Onion Flakes moistened with Tomato Juice or Veggie Broth
1 cup French-Style Green Beans	2 cups Vegetable Broth
½ cup Bean Sprouts	
½ Green Bell Pepper	

Scald cabbage leaves with boiling water & leave covered in pot for one-half hour. Finely chop vegetables & add parsley. Mix. Spoon vegetable mixture onto each cabbage leaf. Roll tight & tuck in ends. Use toothpicks to fasten. Simmer in vegetable broth for 1 hour. Season with flax seed oil, Bragg Liquid Aminos, & cayenne pepper.

**ENTRÉES**  
**Kale & Garlic  
Sauce**

1 lb. Kale	2 tsp. ground Coriander
4 med. Garlic cloves, minced	Salt and Cayenne Pepper

Rinse Kale and remove stems, including the tough part of stem in the leaf. Cut leaves into a manageable size. Steam kale until tender-crisp and then transfer to a bowl. Steam-fry garlic for 1 minute. Add coriander, salt, & cayenne and stir over low heat for 15 seconds to blend. In a pan or bowl, toss mixture with kale. Adjust seasoning to taste. Serve hot.

## ALKALIZING RECIPES

### Entrées

#### ENTRÉES

### Cajun Beans And Rice

1 lb. dried Pinto Beans	½ tsp. Celtic Sea Salt
1 cup Green Onions (chopped)	¼ tsp. Red Cayenne Pepper
2 cups Yellow Onion (chopped)	1 oz. Braggs Liquid Aminos
½ tsp. Garlic (minced)	6 cups cooked Brown Rice
¼ tsp. Oregano	6 oz. Tomato Paste
¼ tsp. Garlic Powder	¼ tsp. Thyme
¾ tsp. Black Pepper	1 tsp. Celery Flakes

Wash beans. Soak 12 hours, Drain water. Fill large pot with beans, add water about ½" above beans. Add remaining ingredients. Cover. Cook over low heat for 2 ½ hours. Serve over cooked brown rice.

#### ENTRÉES

### Stuffed Squash

2 small Acorn Squash, halved and seeded	½ cup Zucchini, thickly sliced
½ cup Carrot, diced	½ cup Onion, diced
½ cup Red Bell Pepper, diced	½ tsp. minced Garlic
	Non-Stick Vegetable Spray

Preheat the oven to 350 degrees. Use cooking spray to coat large baking dish. Place acorn squash halves in pan with ¼ cup of water and steam for 10 to 15 minutes. Lightly steam-fry remaining ingredients for a few minutes. Stir frequently. Spoon vegetables into squash halves and bake until squash is tender or for 20-25 minutes.

## ALKALIZING RECIPES

### Entrées

#### ENTRÉES

#### Chilli Tofu Pitas

1 pkg. Tortillas or Pita Bread	minced fresh Onion
1 small can Green Chilies (chopped)	¼ cup Soy Parmesan Cheese substitute
3 cloves Garlic, minced	1 Tbs. fresh Cilantro
1 pkg. extra firm Tofu (Nigari)	½ tsp. Salt
1 tsp. Mexican Seasoning (Spice Hunter)	1 jar or can Enchilada Sauce
2 tsp. dried Onion, OR ¼ cup	3-4 Sun-dried Tomatoes for garnish
	Avocado slices for garnish

Cut the pita bread into eight triangular pieces, like a pie. Mince the garlic in a food processor. Add the other ingredients, except the tofu, and process until finely chopped. Grate the tofu into the mix by first placing the grater attachment on the processor. Process until mixed (a few seconds). Open each pita triangle up so you can put the filling in. Spoon the filling into the pita triangles and place into a pie pan. Add enchilada sauce inside over the filling mixture and over each pita on the outside as well. Bake at 350 degrees for 10-15 minutes. Cut the avocado slices and sun-dried tomatoes to put on top for a garnish just before serving warm.

#### ENTRÉES

#### Currie Veggie Crepes

1 cup Almond Milk	½ tsp. Turmeric
3 Tbs. unsweetened Coconut Milk	¼ tsp. Curry Powder
1 ½ tsp. Egg Substitute OR 1 ½ Tbs. Agar Agar flakes (seaweed gel, found in your health food store)	Dash of Cinnamon
1/3 cup Water	1 cup all-purpose Flour (or spelt, millet, or whole wheat flour)
1 Tbs. Olive Oil	½ tsp. Salt (optional)

In a bowl, whisk together the almond milk, coconut milk, egg substitute or agar flakes, water, oil, turmeric, curry, and cinnamon. Whisk in the flour and salt until there are no lumps left in the batter. If using agar, you must use a food processor and process until smooth.

## ALKALIZING RECIPES

### Entrées

Use saran wrap to wrap over the bowl and refrigerate for at least a half an hour or up to one day. Heat a small nonstick crepe pan or skillet over medium-low heat. Gently stir batter to blend again. Once the pan is hot, drop 2 Tbs. of crepe batter into the skillet. Swirl the pan to coat the bottom evenly with the batter. If the batter does not swirl easily you must add a little water to thin it down a bit. Cook for about a minute or two or until the top appears dry. Use a spatula to gently flip the crepe. Cook for about a minute or two longer or until the bottom appears lightly browned and the crepe slides easily in the pan.

Move the crepe onto a plate or paper towel. Once made, these crepes may be refrigerated or frozen for later use.

#### ENTRÉES

### Curried Veggie Crepes Veggie Filling

10-12 thin Asparagus Stalks, cut into 3-in. segments	½ to 1 tsp. ground Mustard Seed
½ cup Snow Peas	1 ½ tsp. ground Cumin
1 Yellow Onion, thinly sliced	½ tsp. Cinnamon
4 cloves minced Garlic	1 Tbs. Curry Powder
2 med. Orange or Yellow Bell Peppers	½ cup Pine Nuts
2 med. Red Bell Peppers	1 tsp. Salt or Bragg Liquid Aminos to taste
¼ cup Olive Oil	1/3 cup Coconut Milk (unsweetened)
1 Tbs. fresh grated Ginger	

Remove the seeds and ribs from all the bell peppers. Cut into matchsticks. Heat the olive oil in a large skillet or electric fry pan over medium high heat. Add the asparagus and snow peas. Cook. Stir constantly, until they barely begin to brighten and soften. Reduce the heat to medium and add the onions and garlic. Cook until onions soften. Add the bell peppers and steam-fry with a little water just until peppers are begin to soften. Add the ginger, mustard seed, cumin, cinnamon, curry, and a little more olive oil. Continue to stir and cook. Add the pine nuts, salt, and coconut milk, and cook until desired softness. Serve warm with the Autumn Curry Crepes. Can also be served over rice or any other cooked grain you prefer.

## ALKALIZING RECIPES

### Entrées

#### ENTRÉES Pepper Tofu Packets

1 pkg. firm or extra firm FRESH Tofu	¼ cup chopped fresh Coriander
3 Scallions	1 tsp. Sesame Seeds
¼ Red Bell Pepper	1 cup Bragg Liquid Aminos

Remove the seeds and ribs from all the bell peppers. Cut into matchsticks. Heat the olive oil in a large skillet or electric fry pan over medium high heat. Add the asparagus and snow peas. Cook. Stir constantly, until they barely begin to brighten and soften. Reduce the heat to medium and add the onions and garlic. Cook until onions soften. Add the bell peppers and steam-fry with a little water just until peppers begin to soften. Add the ginger, mustard seed, cumin, cinnamon, curry, and a little more olive oil. Continue to stir and cook. Add the pine nuts, salt, and coconut milk, and cook until desired softness. Serve warm with the Autumn Curry Crepes. Can also be served over rice or any other cooked grain you prefer.

#### ENTRÉES Butternut and Celery Soup

3 Celery Stalks cut in big chunks	2 Tb Olive or UDO's Oil
2 Butternut Squash	3-4 cups Veggie Stock
1 Onion, peeled and chopped in big chunks	Cinnamon and Nutmeg or Salt and Pepper to taste
1 Onion, peeled and sliced into thin rings for garnish	

Cut Squash in half & remove seeds. Lightly oil the cut side of the vegetables. On an oiled cookie sheet, place squash cut side down and celery chunks and roast in a 400 degree oven until tender and lightly browned or for about 45 minutes. Scoop out soft squash from the skins. Puree the roasted vegetables in a food processor or blender with some of the stock. For a smoother texture, pass soup through a strainer into a clean pan. Add the remaining stock & season to taste. Keep warm. For the onion ring garnish, fry the onion in oil until brown and somewhat crisp or for about 10 minutes. Top soup & serve.

## ALKALIZING RECIPES

### Entrées

**ENTRÉES**  
**Vegetable**  
**Borcht**

6 cups Veggie Broth	1 Red Pepper (shredded)
1 cup each Carrots (shredded)	1 ½ cups Cabbage, shredded
1 cup Beets (roughly chopped)	Vegetable Salt to taste
1 cup Onions (thinly sliced)	Pepper to taste

In a large saucepan combine broth, carrots, beets, and onion. Gently cook until tender. Add red pepper and cabbage. Add salt and pepper to taste and cook for about 5 minutes more. For a richer flavor, cool completely before serving time and reheat and serve.

**ENTRÉES**  
**Zuchchini Tofu**  
**Patties**

1 carton Fresh Tofu, drained	1 cup Zucchini, grated
3 Tbs. Onion, chopped	Egg Substitute equal to 2 eggs
½ Tbs. Vegetable Broth Mix	3/8 tsp. Salt

Slice and steam tofu for 5-10 minutes. Chop & drain well. Steam-fry onions. Add vegetable broth mix & zucchini. Stir well. Add salt, tofu, & egg substitute and combine all ingredients. Make into patties. Place on sprayed baking sheets & flatten slightly. Lightly bake at 350 degrees. When bottoms are barely brown, flip patties. Finish baking, but make sure not to overbake.

**ENTRÉES**  
**Simple Veggie**  
**Steam-fry**

1-2 tsp. fresh grated Ginger (hand grated)	1 cup Pea Pods (other veggies as desired, cut julienne)
2-3 cloves Garlic, crushed	1 cup fried Tofu (or use marinated tofu from the health food store)
½ cup Yellow Squash	¼ tsp. Salt
½ cup Cauliflower, slices	
½ cup Red Peppers, strips	
½ cup Broccoli (cut small)	
½ cup Onion slices	

Heat up electric fry pan. With a small amount of water, steam-fry the garlic and ginger for a couple of minutes. Pour in vegetables and tofu. Steam-fry until vegetables turn very bright and begin to slightly soften. Pour the steam-fry sauce mixture over the top and steam for a couple more minutes. Serve while warm.

## ALKALIZING RECIPES

### Entrées

**ENTRÉES**  
**Steam-fry  
Sauce**

1/3 cup Water or Veggie Stock  
1 tsp. Stir-Fry Ginger Spice (Spice Hunter)

Juice of half a Lemon or Lime  
Bragg Liquid Aminos to taste

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**ENTRÉES**  
**Bean Sprout  
Casserole**

1 cup baby Lima Beans, sprouted  
1 cup Mung Beans, sprouted  
3 cups chopped Leeks  
1 cup Pinto Beans, sprouted  
1 large Red or Green Pepper, finely chopped

1 large Onion, chopped  
1 clove Garlic, finely chopped  
3 Tbs. Bragg Liquid Aminos  
Freshly ground Pepper to taste

Steam-fry the garlic and onions. Add leeks, Bragg Aminos, and pepper. Simmer for 15 minutes. Add chopped pepper and simmer for 5 more minutes. In casserole dish, pour over beans. Stir gently. Bake at 350 degrees for 15 minutes.

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**ENTRÉES**  
**Italian Zucchini**

8-10 med. Zucchini  
2/3 cup Onion, coarsely chopped  
1 ½ cups Tomatoes  
2 cloves Garlic, minced

1 tsp. Salt  
1/8 tsp. Pepper  
3 Tbs. Olive Oil

Wash, cut ends, and slice zucchini. Steam-fry sliced zucchini, onion, and garlic in a saucepan over low heat for 10 minutes. Turn and move mixture occasionally. Remove vegetable mixture from heat and sieve in tomatoes with pepper. Blend thoroughly but lightly. Place mixture into a casserole dish. Cover and simmer 30 minutes. Add olive oil just before serving.



## ALKALIZING RECIPES

### Entrées

#### ENTRÉES

#### Cabbage Rolls

- |   |                                      |
|---|--------------------------------------|
| 1 medium head of Cabbage                              | 1/8 tsp. Black Pepper                |
| 1 clove Garlic  | 1 tsp. Bragg Liquid Aminos           |
| 1 Bay Leaf  | 1/2 tsp. Real Salt or Vegetized Salt |
| 1 pkg. drained FRESH Tofu<br>(break into fine pieces) | 3 cups Vegetable Broth               |
| 1 cup Onion, finely chopped                           | 1/2 cup Vegetable Broth Mix          |

Grease a shallow casserole dish with a tight-fitting lid. Remove wilted outer leaves from cabbage. Rinse and cut in half through core. Remove eight large leaves. Shred remaining cabbage, enough to yield 2 cups, and place in casserole dish.

Add garlic clove and bay leaf. Set casserole aside. In a large pan, pour boiling water to 1-inch level. Add the eight leaves of cabbage and salt. Cover and simmer for 2-3 minutes. Steam-fry chopped tofu, onion, pepper, and Liquid Aminos.

Place one-quarter cup of this mixture into the center of each of the eight cabbage leaves. Roll each leaf, tucking ends in. Use wooden picks to secure and place on shredded cabbage in a casserole dish. Stir vegetable broth mix into cold vegetable broth. Pour this mixture over cabbage rolls along with a few grains of pepper. Cover and simmer on low heat for 30 minutes. Remove bay leaf and wooden picks and serve.

#### ENTRÉES

#### Tofu Onion Stew

- |                                  |                                       |
|----------------------------------|---------------------------------------|
| 2 med. Onions, sliced            | 1 1/2 cups fresh Green Beans          |
| 3 cups Water                     | 3 large Onions. Quartered             |
| 3 Kale leaves, torn to bite-size | 1 pkg. FRESH Tofu, firmness of choice |
| 1 Bay Leaf                       |                                       |

Steam-fry the sliced onions in a 3-quart pan with a lid. Add water, kale, bay leaf. Cover and simmer until kale begins to soften. Remove bay leaf. Add in quartered onions and green beans. Continue to simmer until beans are tender. Drain and slice tofu and warm in pan or steam separately in steamer. Season if desired. Place tofu on top of stew and serve.

## ALKALIZING RECIPES

### Entrées

**ENTRÉES**  
**Tomato Okra**  
**Creole**

4 cups sliced Okra	1/2 tsp. Salt
1/3 cup chopped Green Pepper	1/8 tsp. Black Pepper
1 cup chopped Onion	1 tsp. powdered Lecithin
2 cups chopped Tomatoes	1/8 tsp. Thyme
1/8 tsp. Curry Powder	

Wash okra, cut off ends, and slice. Set aside. Chop green pepper and onion. In a large skillet, steam-fry green pepper and onion to a transparent stage. Add okra and tomatoes. Stir in mixture of curry powder, salt, pepper, lecithin, and thyme. Cover and simmer for 30-40 minutes or until okra becomes tender.

**ENTRÉES**  
**Spinach Lasagna**

1-2 cans tomato sauce (6 oz.)	2 cups soy burgers, crumpled, precooked
1 pkg. "no boil" spelt lasagna noodles	2 cups soy cheese, shredded
1 package fresh spinach	

Pour tomato sauce into a glass container. In a large skillet, sauté spinach for 5 minutes. Add spices for flavoring. Remove spinach and set aside. Spread a layer of tomato sauce on the bottom of a baking pan. Depending on the size of the dish, place 2 or 3 lasagna noodles on top of the tomato sauce. Spread another layer of tomato sauce over the noodles. Place spinach, crumbled soy burgers, and soy cheese on top of the layer of tomato sauce. Add more lasagna noodles on top of mixture. Repeat this procedure until all of the ingredients have been used. Place the baking pan in the oven and bake for 30 minutes at 350-400 degrees.

## ALKALIZING RECIPES

### Entrées

#### ENTRÉES Curried Squash

- |  |  |
|--|--|
| 3 cloves Garlic, sliced                          | 1 tsp. Salt                                |
| 2 Serrano or Thai Chili Peppers, seeded or diced | ¼ tsp. Turmeric                            |
| ½ can unsweetened Coconut or Almond Milk         | 2 cups Vegetable Stock or Water            |
| 1 med. Yellow Onion, quartered                   | 1 Tbs. Udo Choice Oil or Olive Oil         |
| 2-4 Sun-dried Tomatoes, minced                   | 4 cups Butternut Squash, peeled and diced  |
| 1 Tbs. fresh Ginger Root, minced                 | 2 cups fresh Tomatoes, diced               |
| 2 tsp. Garam Masala                              | 2 cups Black-eyed Beans or Lentils, cooked |
| 1 tsp. ground Cumin                              | 2 cups Spinach or Kale, chopped            |
| ½ tsp. Cinnamon                                  | 1 cup Green Peas                           |
| ¼ tsp. ground Coriander                          | 3 Tbs. Mint, minced                        |

Combine first twelve ingredients and 3 Tbs. of stock or water in a blender. Puree mixture to a paste while scraping down the sides of the blender a couple of times. In a large saucepan, heat oil. Add the spice paste and cook. Stir often for 10 minutes. Add remaining stock, butternut squash, and tomatoes. Cook over medium heat while stirring often. Cook until squash is just tender or about 20 minutes. Mix in black-eyed beans, spinach, and green peas. Continue to cook while stirring often. Cook until spinach is tender, about 10 more minutes. Remove from heat. Adjust seasonings to taste. Just before serving stir in the mint.

#### ENTRÉES Harvest Casserole

- |  |   |
|--|---|
| 1 each med Green and Red Pepper, cut into 1" strips        | 4 Tbs. Vegetable Broth mix                |
| 2 large Onions, cut and separated into rings ¾" thick      | 2 med. Zucchini cut into 1 1/2inch chunks |
| 1 cup sprouted Barley, partially cooked (save 1 cup water) | 2 large Tomatoes, peeled and quartered    |
| 1 cup Barley Water (saved above)                           | 3 med. Carrots, cut into chunks           |

Steam-fry green peppers and onion. In a casserole dish combine all ingredients and cover. Bake at 350 degrees for 1 hour. Barley should be tender.

## ALKALIZING RECIPES

### Entrées

**ENTRÉES**  
**Veggie Pad**  
**Thai**

- |  |  |
|--|--|
| 1 package tofu   | 8 oz. rice noodles                             |
| 3 Tbs. almond butter   | 2 cups bean sprouts                            |
| 1/3 cup lime juice or lemon juice                              | 3/4 tsp. garlic powder                         |
| 1/3 cup Bragg's Liquid Aminos                                  | 1" piece of ginger (minced or powdered ginger) |
| 1/2 teaspoon red pepper flakes                                 | 2 Tbs. sesame oil                              |
| 1 small onion (chopped)  | Sliced lemons                                  |
| 1 small bunch green onions (chopped)                           | Water as needed                                |
| 2 cups of mixed vegetables (steamed, stir-fried, or microwave) |  |

Prepare rice noodles. Drain and set aside. Squeeze tofu until completely dry. Cut tofu in 1/4" to 1/2" squares. Set aside. Mix almond butter, lime or lemon juice, Bragg's Liquid Aminos and red pepper flakes. Set aside. Stir-fry garlic and tofu in 1 tablespoon of sesame oil in a wok, until garlic and tofu slightly turn brown. Add in remaining oil, ginger, and onions. Stir-fry for two minutes. Add in vegetables and almond mixture. Stir-fry until all vegetables are covered in almond mixture. Add in noodles and bean sprouts. Stir-fry until sauce thickens and vegetables and noodles are hot. Use sliced lemons for garnish.

**ENTRÉES**  
**Veggie Enchilada**  
**Tortillas**

- |   |                                       |
|---|---------------------------------------|
| 4 sprouted whole wheat tortillas          | 1/2 cup green bell peppers (diced)    |
| 4 oz. soy Monterey Jack Cheese (shredded) | 1/4 cup red bell pepper (diced)       |
| 1/2 cup onion (diced)                     | 2 tsp. canned green chilies (chopped) |

Place tortilla in microwave with a paper towel cover. Microwave on high for 15 seconds. If preferred, place in toaster oven for 2 minutes or warm on a dry fry pan and flip each top to bottom until all are warmed through. Set aside. In a bowl, mix cheese, onion, peppers, and chilies. Split the mixture among the tortillas. Roll tortillas and place seam side down on a plate. Top the tortilla rolls with cheese. Bake at 350 F for 5 minutes or until cheese melts. Serve hot.

Serves: 4, Preparation time: 15 min, Cook time: 5 min

## APPENDIX

pHion Balance Diagnostic pH Test Strips.....	33
pHion Balance Alkalizing Green Superfood .....	34
pHion Balance Berry Superfruit .....	35
pHion Balance pH Booster, Alkaline Water Supplement.....	36
pHion Balance Alkaline Minerals .....	37

Notes



## pHion Balance Diagnostic pH Test Strips



### Throw Away The pH Paper ... Pick Up The Strips!

Interested in finding out your pH, but never been taught how to do it? Then this is the place to start. pHion Balance Diagnostic pH Strips are the best pH testing strips available for discovering if your body is in The VERY ACIDIC pH Zone™ (or “danger zone”), The ACIDIC pH Zone™ (or “caution zone”), or The OPTIMAL pH Zone™ (or “healthy zone”). To find out more please visit

### Advantages

- ✔ **True results.** Super-sensitive pHion Balance Diagnostic pH Strips give you an extremely accurate reading of how acidic or alkaline your tissues really are.
- ✔ **No guesswork.** Because our strips are separated in small 0.25 unit increments, you'll know down to the decimal what your pH is.
- ✔ **Easy to read.** Unlike regular pH paper, our dual pad indicator pH strips are super easy to read.
- ✔ **Versatile.** pHion Balance Diagnostic pH Strips can test both urine and saliva to give you the most complete picture of your pH.
- ✔ **Economical.** pHion Balance Diagnostic pH Strips are more accurate, more versatile and easier to read than litmus paper, yet they're surprisingly affordable.
- ✔ **Practitioner preferred.** With all those benefits, it's no wonder so many practitioners recommend the pHion Balance brand!

### Is your body pH balanced? Find out by testing!

You get your cholesterol tested. You get your blood pressure tested. Now you can test your pH - easily, accurately and within the comfort of your own home!

Just like your cholesterol and blood pressure, your pH says a lot about the state of your health. It tells you how acidic or alkaline your tissues and fluids are — and that affects all aspects of your well-being.

## pHion Balance Alkalizing Green Superfood



### Concentrated Juice Formula, 40 Alkaline Grasses, Sprouts and Veggies.

If you want your system to be pH balanced, the way nature intended, you need to eat more alkalizing foods (such as green veggies) than acidifying foods (such as meat, cooked and processed foods, and processed sugars). But who really eats like that all of the time?

Even the most devoted students of pH balance can have trouble including enough alkalizing foods in their diet. That's why a greens product like pHion Balance Alkalizing Green Superfood is so essential. pHion Balance Alkalizing Green Superfood contains 40 different raw alkalizing juices and foods that are so alkalizing, they easily make up for the gaps in your diet.

Unlike ordinary greens, pHion Balance Alkalizing Green Superfood contains only alkaline ingredients from 40 different grasses, veggies and sprouts.

### Advantages

- ✔ **Super alkalizing.** pHion Balance Alkalizing Green Superfood contains the most complete blend of 40 different alkaline forming foods - including Alkalizing Grasses, Veggies and Sprouts - to neutralize the damaging acids in your system.
- ✔ **Raw.** Our gentle, low heat process insures that all of the nutrients in pHion Balance Alkalizing Green Superfood stay intact!.
- ✔ **Super concentrated.** Just one teaspoon of pHion Balance Alkalizing Green Superfood provides the nutrient equivalent of more than one pound of vegetables!
- ✔ **Chlorophyll rich.** Compare pHion Balance Alkalizing Green Superfood to other greens products side by side. What makes it so green? Chlorophyll - which is great for building your blood.

## pHion Balance Berry Superfruit Antioxidants



### Fights Damaging Free Radicals, Neutralizes Degeneration and Aging.

Every day, your cells, your tissues, and your organs are under attack by free radicals. In fact, it's been estimated that your DNA sustains one million lesions every 24 hours.

Since scientists have discovered this fact, antioxidant supplements - which neutralize free radicals - have become very popular. But what many people don't understand is that there are literally hundreds of different types of free radicals, and hundreds of different types of antioxidants.

Antioxidants work like keys in locks: one type of antioxidant will work beautifully against one type of free radical, but it's useless against another type. That means your best defense against free radicals is to have a wide range of antioxidants. And that's exactly what you'll get with pHion Balance Berry Superfruit, our super antioxidant complex.

### Advantages

- ✔ **Different antioxidants for different free radicals.** pHion Balance Berry Superfruit contains 14 different kinds of powerful antioxidants, so it can fight multiple kinds of free radicals.
- ✔ **Superfruit blend.** pHion Balance Berry Superfruit includes concentrates of some of nature's most powerful antioxidant superfruits - such as goji, mangosteen, pomegranate, and berries - without the fruit sugar.
- ✔ **Botanical blend.** We've also included all the botanical antioxidant superstars - like pine bark, grape seed extract, bilberry, and green tea - in pHion Balance Berry Superfruit.
- ✔ **Vitamin and mineral blend.** Finally, pHion Balance Berry Superfruit features a range of antioxidant vitamins and minerals, including vitamin C, zinc, manganese, copper, and selenium.
- ✔ **Super strong antioxidant power.** A daily dose of pHion Balance Berry Superfruit has a certified ORAC\* rating (a scientific measure of antioxidant strength) of 8,000 units. That's equivalent to more than four pounds of fresh fruit and vegetables!



## pHion Balance pH Booster, Alkaline Water Supplement



### Ionize, Alkalize and Electrify your water!

Water can be either: alkaline or acidic, ionized or mineral - depleted, and oxygen-rich or oxygen-poor.

Great water has the following four key characteristics; it's pure, it's alkaline, it's oxygenated, and it contains a lot of quality minerals.

With a little help from our pH Booster, you can turn ordinary water into an alkaline, ionized, oxygenated super health tonic!

One of the easiest and most effective ways to boost your pH is to drink structured alkaline water with a pH of 9.5. Water like this helps flush out all those harmful acids your diet and your system are constantly producing.

Our pH Booster infuses your water with over 72 electrically charged ionic minerals that counteract and neutralize damaging acids, so even if your diet's not perfect, at least your water will be!

### Advantages

- ✔ **Alkalizing.** pHion Balance pH Booster contains 72 alkalizing minerals that boost your water up to a pH of 9.5 - over 500 times more alkaline than regular water with a pH of 7.0.
- ✔ **Ionizing.** pHion Balance pH Booster infuses your water with a wealth of ionic minerals - and drinking water that is ionized, or electrically charged, may improve your cells' ability to conduct electrochemical signals.
- ✔ **Oxygenating.** pHion Balance pH Booster actually increases your water's content of oxygen - which is necessary for fueling all human activity - because alkaline water is higher in oxygen than water with a pH of 7.0 or below.
- ✔ **Tasteless and odorless.** Best of all, pHion Balance pH Booster provides all these benefits without affecting the taste or odor of your water.
- ✔ **Long-lasting.** Each pHion Balance pH Booster kit contains enough ionic minerals to treat 15 gallons of water.

## pHion Balance Alkaline Minerals



### Neutralizes Strong Acids, A Perfect Blend of Ionic Minerals.

Maintaining proper acid/alkaline balance - as measured by a pH reading between 6.75 and 7.25 - is one of the best things you can do for your health.

Why? Because when the pH of your internal fluids falls below 6.75, it means your tissues are bathed in acid. And that can cause low energy, fatigue, excess weight, poor digestion, aches and pains, and even more serious disorders.

Plus, an acidic environment makes the perfect breeding ground for microforms, which can further compromise your health.

Your body has one primary mechanism to neutralize damaging acids throughout your system: alkaline mineral buffers.

Unfortunately, most of us don't get nearly the amount of minerals that we're supposed to from our diet. Make up for that lack with pHion Balance Alkalizing Minerals Complex.

### Advantages

- ✔ **Almost instantly neutralizes harmful acids.** pHion Balance Alkaline Minerals contain all five primary alkaline minerals: calcium, magnesium, potassium, manganese, and iron. Once these mineral buffers hit the system, they quickly neutralize excess acids.
- ✔ **Replenishes mineral reserves.** When taken on a daily basis, pHion Balance Alkaline Minerals will go beyond just neutralizing the acids in your system. It will help you build up your mineral reserves, so you have a ready supply of minerals on-hand when needed.
- ✔ **Formulated for optimal absorption.** In addition to the five alkaline mineral buffers, pHion Balance Alkaline Minerals includes the perfect amount of phosphorous, a co-nutrient of calcium, to ensure optimal calcium absorption.

**NOTES**

A series of horizontal lines providing a space for notes.









*This recipe guide and foods chart  
is brought to you by pHion Balance*

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