



# 30 DAYS ALKALINE MEAL PLAN

# Disclaimer

This 30 days Alkaline meal plan is intended for informational purposes only and should not be considered medical or dietary advice. Before making any significant changes to your diet or lifestyle, consult with a qualified healthcare professional, such as a doctor or registered dietitian, especially if you have existing health conditions, allergies, or dietary restrictions.

The meal plan has been designed to include a variety of nutritious and balanced options; however, individual nutritional needs may vary. Certain ingredients, such as nuts, seeds, or seafood, may trigger allergies, so please modify the recipes as necessary to suit your individual needs.

Additionally, moderation is key with some items labeled as "in moderation." Overconsumption of these foods, or adherence to a restrictive diet, without appropriate guidance, may not be suitable for everyone.

This meal plan is not intended to diagnose, treat, cure, or prevent any disease. Always listen to your body, prioritize your health, and seek professional advice when in doubt.



# 30 DAYS ALKALINE MEAL PLAN

Starting Date/

	BREAKFAST	LUNCH	DINNER	SNACKS
DAY 1 	<b>Green Power Smoothie Bowl</b> (Page 7)	<b>Mediterranean Lentil Salad</b> (Page 47)	<b>Warm Mushroom and Spinach Salad</b> (Page 87)	<b>Coconut Date Energy Balls</b> (Page 160)
DAY 2 	<b>Savory Chickpea Flour Pancakes</b> (Page 8)	<b>Rainbow Veggie Salad</b> (Page 50)	<b>Spaghetti Squash with Marinara Sauce and Meatless Balls</b> (Page 98)	<b>Dark Chocolate Covered Almonds</b> (Page 142)
DAY 3 	<b>Avocado and Sprout Toast</b> (Page 12)	<b>Roasted Cauliflower and Chickpea Bowl</b> (Page 86)	<b>Stuffed Zucchini Boats</b> (Page 116)	<b>Sweet Potato Fries</b> (Page 149)
DAY 4 	<b>Tofu Scramble Breakfast Burrito</b> (Page 10)	<b>Quinoa and Black Bean Burrito Bowl</b> (Page 85)	<b>Lentil and Mushroom Shepherd's Pie</b> (Page 120)	<b>Trail Mix Energy Bites</b> (Page 128)
DAY 5 	<b>Berry Chia Overnight Oats</b> (Page 11)	<b>Broccoli Salad with Lemon-Tahini Dressing</b> (Page 54)	<b>Ratatouille</b> (Page 115)	<b>Apple "Cookies"</b> (Page 147)
DAY 6 	<b>Spinach and Mushroom Omelette (Egg-Free)</b> (Page 13)	<b>Edamame and Veggie Salad</b> (Page 52)	<b>SRoasted Salmon with Lemon and Dill</b> (Page 97)	<b>Frozen Grapes</b> (Page 151)
DAY 7 	<b>Sweet Potato Hash with Tofu</b> (Page 14)	<b>Chickpea and Herb Salad with Lemon Dressing</b> (Page 79)	<b>Grilled Tofu and Veggie Skewers with Peanut Sauce</b> (Page 121)	<b>Kale Chips</b> (Page 158)

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DAY 8



BREAKFAST	LUNCH	DINNER	SNACKS
<b>Coconut Yogurt Parfait</b> (Page 16)	<b>Roasted Vegetable and Quinoa Bowl</b> (Page 74)	<b>Pan-Seared Tofu with Bok Choy and Brown Rice</b> (Page 103)	<b>Baked Apple Chips</b> (Page 156)
<b>Green Smoothie with Ginger and Lime</b> (Page 17)	<b>Shaved Brussels Sprout Salad with Apple and Walnuts</b> (Page 55)	<b>Vegetable and Chickpea Tagine</b> (Page 109)	<b>Almond Butter and Apple Slices</b> (Page 131)
<b>Almond Flour Waffles</b> (Page 18)	<b>Tuna Salad Stuffed Avocados</b> (Page 84)	<b>Alkaline Zucchini Noodle Salad with Miso Ginger Dressing</b> (Page 124)	<b>Guacamole with Plantain Chips</b> (Page 159)
<b>Warm Quinoa Porridge with Apple and Cinnamon</b> (Page 20)	<b>Cucumber and Dill Salad with Lemon Dressing</b> (Page 56)	<b>Eggplant and Zucchini Lasagna</b> (Page 99)	<b>Spiced Roasted Almonds</b> (Page 157)
<b>Mango Lassi Smoothie</b> (Page 22)	<b>Baked Falafel Salad Bowl</b> (Page 83)	<b>Shepherd's Pie with Sweet Potato Topping</b> (Page 114)	<b>Roasted Pumpkin Seeds</b> (Page 150)
<b>Scrambled Tofu with Turmeric and Spinach</b> (Page 23)	<b>Quinoa Salad with Roasted Sweet Potatoes and Kale</b> (Page 48)	<b>Grilled Portobello Mushrooms with Balsamic Glaze</b> (Page 102)	<b>Coconut Yogurt with Berries</b> (Page 153)
<b>Baked Sweet Potato with Cinnamon and Nutmeg</b> (Page 24)	<b>Chickpea Flour Pizza</b> (Page 71)	<b>Roasted Butternut Squash Soup</b> (Page 80)	<b>Chocolate Avocado Mousse (in moderation)</b> (Page 155)

DAY 9



DAY 10



DAY 11



DAY 12



DAY 13



DAY 14



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	BREAKFAST	LUNCH	DINNER	SNACKS
DAY 15 	<b>Chia Seed Pudding with Mango and Coconut</b> (Page 26)	<b>Black Bean Soup</b> (Page 57)	<b>Stuffed Sweet Potatoes with Tahini Drizzle</b> (Page 76)	<b>Dates with Almond Butter</b> (Page 140)
DAY 16 	<b>Almond Butter and Banana Sandwich</b> (Page 27)	<b>Roasted Vegetable and Hummus Wrap</b> (Page 64)	<b>Curried Red Lentil Soup</b> (Page 81)	<b>Smoothie Popsicles</b> (Page 141)
DAY 17 	<b>Tofu Scramble Breakfast Burrito</b> (Page 10)	<b>Lentil Patties with Sweet Potato Fries</b> (Page 73)	<b>Grilled Swordfish with Asparagus</b> (Page 110)	<b>Bell Pepper Nachos</b> (Page 145)
DAY 18 	<b>Peanut Butter Overnight Oats</b> (Page 33)	<b>Roasted Cauliflower Salad with Lemon and Herbs</b> (Page 88)	<b>Baked Cod with Cherry Tomatoes and Basil</b> (Page 119)	<b>Frozen Banana "Nice Cream" with Berries</b> (Page 130)
DAY 19 	<b>Spinach and Mushroom Omelette (Egg-Free)</b> (Page 13)	<b>Mediterranean Lentil Salad</b> (Page 47)	<b>Vegetable and Chickpea Tagine</b> (Page 109)	<b>Veggies and Guacamole</b> (Page 132)
DAY 20 	<b>Almond Flour Pancakes with Berry Compote</b> (Page 46)	<b>Kale and Apple Salad with Maple-Dijon Dressing</b> (Page 89)	<b>Cauliflower Fried Rice</b> (Page 104)	<b>Banana Oat Energy Bars</b> (Page 148)
DAY 21 	<b>Blueberry Lemon Muffins (Grain-Free)</b> (Page 15)	<b>Spicy Black Bean and Corn Salsa Wraps</b> (Page 68)	<b>Polenta with Mushrooms and Spinach</b> (Page 112)	<b>Seaweed Snacks</b> (Page 144)

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# 30 DAYS ALKALINE MEAL PLAN

DAY 22



BREAKFAST	LUNCH	DINNER	SNACKS
<b>Avocado and Tomato Toast</b> (Page 31)	<b>Shaved Brussels Sprout Salad with Apple and Walnuts</b> (Page 55)	<b>Roasted Root Vegetable Medley</b> (Page 111)	<b>Pear Slices with Walnut Butter</b> (Page 154)
<b>Pineapple Coconut Smoothie</b> (Page 32)	<b>Grilled Halloumi and Veggie Wraps</b> (Page 82)	<b>Stuffed Acorn Squash with Quinoa and Cranberries</b> (Page 101)	<b>Popcorn</b> (Page 143)
<b>Alkaline Green Omelette (Egg-Free)</b> (Page 38)	<b>Curried Chickpea Salad Wrap</b> (Page 65)	<b>Golden Beet Soup</b> (Page 61)	<b>Almond Joy Bites</b> (Page 163)
<b>Warm Quinoa Porridge with Apple and Cinnamon</b> (Page 20)	<b>Edamame and Veggie Salad</b> (Page 52)	<b>Lentil and Vegetable Curry with Coconut Rice</b> (Page 105)	<b>Baked Pears with Cinnamon and Walnuts</b> (Page 166)
<b>Tofu and Vegetable Breakfast Skillet</b> (Page 37)	<b>Chickpea Flour Pizza</b> (Page 71)	<b>Mushroom Barley Soup</b> (Page 92)	<b>Roasted Chickpeas</b> (Page 139)
<b>Berry Chia Overnight Oats</b> (Page 11)	<b>Rainbow Veggie Salad</b> (Page 50)	<b>Sheet Pan Fajitas</b> (Page 117)	<b>Chocolate Chia Seed Pudding</b> (Page 161)
<b>Avocado and Egg Toast (Eggs in moderation)</b> (Page 40)	<b>Spiced Chickpea and Veggie Wraps</b> (Page 96)	<b>Roasted Salmon with Lemon and Dill (Salmon in moderation)</b> (Page 97)	<b>Hard-boiled Eggs (in moderation)</b> (Page 133)

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DAY 29



BREAKFAST	LUNCH	DINNER	SNACKS
Mango Lassi Smoothie (Page 22)	Roasted Cauliflower and Chickpea Bowl (Page 86)	Butternut Squash Risotto (Dairy-Free) (Page 100)	Frozen Grapes (Page 151)

DAY 30



Sweet Potato Hash with Tofu (Page 14)	Broccoli Salad with Lemon-Tahini Dressing (Page 54)	Stuffed Zucchini Boats (Page 116)	Strawberry Coconut Yogurt Bark (Page 164)
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