

Disclaimer

The Alkaline trilogy shopping list is provided for informational and educational purposes only. It is not intended as medical, nutritional, or dietary advice. Before starting an alkaline diet or making significant changes to your food choices, consult with a qualified healthcare professional, such as a doctor or registered dietitian, especially if you have any existing medical conditions, dietary restrictions, or allergies.

This list is a general guide and may not meet the specific nutritional needs of every individual. Please adapt the list as necessary to accommodate personal preferences, allergies, and intolerances. Certain foods may interact with medications or exacerbate specific health conditions, so it is essential to seek professional guidance if you are unsure.

The inclusion of any specific ingredient or food item does not guarantee health benefits, and the alkaline diet's effects may vary for each person. Use this list responsibly, prioritize balance and variety in your meals, and remember that overall lifestyle habits contribute to long-term health and well-being.

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Vegetables

- Asparagus
- Avocado
- Beets (Golden or Red)
- Bell Peppers (Red, Yellow, Green)
- Broccoli
- Brussels Sprouts
- Butternut Squash
- Cabbage (Red and/or Green)
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplan (in moderation)
- Fennel Bulb
- Garlic
- Ginger Root
- Green Beans

- Kale
- Leeks
- Lettuce (various types: Romaine, Butter, etc.)
- Mushrooms (Cremini, Shiitake, Portobello, etc.)
- Onions (Red and/or Yellow)
- Parsnips
- Peas (Fresh or Frozen)
- Potatoes (in moderation)
- Radishes
- Shallots
- Snap Peas
- Spinach
- Sweet Potatoes
- Tomatoes
 (various types: Cherry,
 Roma, etc.)
- Watercress
- Zucchini

Fruits

- Apple (various types: Fuji, Honeycrisp, Granny Smith)
- Banana
- Berries (Blueberries, Raspberries, Strawberries)
- Grapefruit
- Grapes (Green and/or Red) (in moderation)
- Lemon
- Lime
- Mango
- Melon (Watermelon, Cantaloupe, Honeydew)
- Orange
- Peach (in moderation)
- Pear
- Pineapple

Legumes

- Black Beans
- Chickpeas
- Lentils (Brown, Green, and/or Red)
- White Beans (Cannellini and/or Great Northern)

Grains (in moderation)

- Brown Rice
- Buckwheat Groats
- Millet
- Oats (Rolled and/or Steel-Cut)
- Polenta (Coarse Cornmeal)
- Quinoa
- Pasta (whole wheat)
- Bread (whole grain)
- Tortillas (whole wheat)
- Rice cakes (brown)

Nuts and Seeds

- Almonds (Raw or Dry-Roasted)
- Cashews (Raw)
- Pecans
- Pine Nuts
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds
- Walnuts
- Chia Seeds
- Flax Seeds
- Hemp Seeds

Herbs and Spices

- Basil (Fresh and/or Dried)
- Bay Leaf
- Cayenne Pepper
- Chili Powder
- Cilantro (Fresh)
- Cinnamon
- Coriander (Ground)
- Cumin (Ground)
- Dill (Fresh and/or Dried)
- Everything Bagel Seasoning
- Garlic Powder
- Ginger (Ground)
- Herbs de Provence
- Mint (Fresh)

- Nutmeg
- Onion Powder
- Oregano (Dried and/or Fresh)
- Paprika (Sweet and/or Smoked)
- Parsley (Fresh and/or Dried)
- Red Pepper Flakes
- Rosemary
 (Fresh and/or Dried)
- Sage (Fresh and/or Dried)
- Thyme (Fresh and/or Dried)
- Turmeric

Oils and Fats



- Coconut Oil
- Olive Oil
- Sesame Oil

Condiments and Sauces (use in moderation)

- Apple Cider Vinegar
- Balsamic Vinegar
- Dairy-Free Cheese Shreds
- Dairy-Free Sour Cream
- Dijon Mustard
- Hot Sauce
- Hummus
- Kalamata Olives
- Maple Syrup
- Mayonnaise (Vegan)
- Mustard
- Nutritional Yeast
- Pesto (Dairy-Free)
- Rice Vinegar
- Salsa
- Soy Sauce or Tamari
- Tahini
- Tomato Sauce

Dairy and Alternatives

- Almond Milk (Unsweetened)
- Cashew Cream
- Coconut Milk (Full-Fat and Light)
- Coconut Yogurt (Unsweetened)
- Cottage Cheese (in moderation)
- Dairy-Free Feta Cheese
- Dairy-Free Mozzarella Shreds
- Dairy-Free Parmesan Cheese
- Dairy-Free Ricotta Cheese
- Yogurt (dairy or non-dairy)
- Nutritional Yeast

Protein (in moderation)

- Chicken
- Cod
- Eggs
- Salmon
- Shrimp
- Swordfish
- Tofu (Extra-Firm and/or Silken)
- Tempeh
- Tuna (Albacore)
- Turkey (Ground and/or Breast)
- Halloumi Cheese

Other

- Baking Powder
- Baking Soda
- Breadcrumbs (Whole-Wheat or Gluten-Free)
- Cocoa Powder (Unsweetened)
- Coconut (Shredded, Unsweetened)
- Coconut Aminos
- Coconut Water
- Dark Chocolate (70% cacao or higher)
- Dates (Medjool)
- Dried Apricots
- Dried Cranberries
- Nori Seaweed Sheets
- Plantain
- Sea Salt
- Vanilla Extract
- Vegetable Broth (Low Sodium)

Baking ingredients

- Almond flour
- Baking powder
- Baking soda
- Brown rice flour
- Chickpea flour
- Coconut flour