

7-DAY ALKALINE MEAL PLAN

BREAKFAST

LUNCH

DINNER

SNACK

DAY 1

Oatmeal with almond milk, and berries

Lettuce wraps with black beans and avocados

Quinoa with grilled vegetables and hummus

Handful of almonds + green tea

DAY 2

Smoothie with spinach, banana, almond milk

Miso soup with tofu, seaweed, and brown rice

Stir-fried bok choy, mushrooms, served over quinoa

Carrot sticks with hummus

DAY 3

Chia pudding with coconut milk and mango

Spinach and chickpea salad

Grilled sweet potatoes with roasted cauliflower and quinoa

Fresh berries with herbal tea

DAY 4

Green smoothie with kale, kiwi, cucumber, and coconut water

Quinoa salad with cucumber, tomatoes, avocado.

Lentil dal with basmati rice & sautéed greens

cashews and a cup of tea

DAY 5

Smoothie bowl with frozen mixed berries

Grilled falafel with tabbouleh and tahini sauce

Zucchini noodles with homemade tomato sauce

Sliced cucumber with olive oil

DAY 6

Almond milk chia pudding topped with kiwi

Lettuce wraps with chickpeas, avocado

Cauliflower curry with coconut milk, served with quinoa

Handful of almonds + green tea

DAY 7

Coconut yogurt parfait

Miso soup with tofu

Grilled vegetable platter served with quinoa

Cucumber avocado bites