

# **A 7-Day Alkaline Meal Plan**

From Dr. Daryl Gioffre

## DAY ONE

### **Breakfast: Strawberry Coco Chia Quinoa Breakfast**

strawberry-coconut-chia-bowlIngredients:

1 cup cooked quinoa

5 tbsp. chia seeds

1 ½ cup almond, coconut or hemp milk

½ cup quartered strawberries + 4 sliced strawberries

2 pitted date

2 tbsp. almond pieces

2 tbsp. unsweetened shredded coconut flakes

Directions:

The night before, cook quinoa and prepare strawberry chia by combining the strawberries, almond milk, and 2 dates in a blender and pureeing until smooth. Pour the mixture into a jar and add chia seeds. Mix well until all chia seeds are covered with the liquid. Cover with lid and refrigerate overnight. In the morning, place chia seeds in bowl, add the quinoa and strawberry slices, almonds, and shredded coconut and enjoy!

### **Lunch: Sweet and Savory Salad**

sweet-and-savory-salad

Ingredients:

1 large head of butter lettuce

½ cucumber, sliced

1 pomegranate, seeded or 1/3 cup seeds

1 avocado, cubed

¼ cup shelled pistachios, chopped

Dressing Ingredients:

¼ cup apple cider vinegar

½ cup extra virgin olive oil

1 garlic clove, minced

Directions:

Hand tear the butter lettuce into a salad bowl. Add the rest of the ingredients and toss with the salad dressing

DAY TWO

### **Breakfast: Non-Dairy Apple Parfait**

cashew-cream-parfait

Ingredients:

½ cup soaked raw cashews (soak 20 mins-1 hour)

½ cup unsweetened almond or coconut milk

½ tsp. vanilla

1 cup chopped apple

1/3 cup rolled gluten-free oats, uncooked

1 tbsp. hemp seeds

Directions:

Combine cashews, almond milk, and vanilla in a blender and blend until smooth. Layer ingredients in a small cup: heaping spoon of cashew cream, spoonful of apples, top with oats and hemp seeds and enjoy!

### **Lunch: Savory Avocado Wrap**

salad-wraps

Ingredients:

1 butter lettuce or collard leaf bunch

½ haas avocado

1 tsp. chopped basil

Small handful of spinach

1 tsp. cilantro, chopped

¼ red onion, diced

1 tomato, sliced or chopped

Sea salt & pepper

Directions:

Spread avocado onto leaf and sprinkle with basil, cilantro, red onion, tomato, salt and pepper and add spinach. Fold in half and enjoy!

DAY THREE

### **Breakfast: Almond Butter Crunch Berry Smoothie**

almond-butter-berry-smoothie-recipe

Ingredients:

2 cups fresh spinach

2 cups almond milk, unsweetened

1 cup of any of the following (frozen mixed berries, strawberries or grapes)

1 banana (peeled and frozen)

4 tbsp. raw almond butter

1 tbsp. chia

Directions:

Blend spinach and almond milk first. Then add remaining ingredients except chia, and blend. Add chia once all is smooth – then blend on a very low speed to mix. If you don't have a variable speed blender, mix chia in with the rest of the ingredients by hand. Let sit for a few minutes for the chia seeds to expand, then enjoy.

### **Lunch: Kale Pesto Pasta**

kale-pesto-pasta

Ingredients:

1 bunch kale

2 cups fresh basil

1/4 cup extra virgin olive oil

1/2 cup walnuts

2 limes, fresh squeezed

Sea salt and pepper

1 zucchini, noodled (spiralizer)

Optional: garnish with sliced asparagus, spinach leaves, and tomato

Directions:

The night before, soak walnuts to improve absorption. Put all ingredients in a blender or food processor, and blend until you get a cream consistency. Add to zucchini noodles and enjoy!

DAY FOUR

### **Breakfast: Apple and Almond Butter Oats**

apple-almond-butter-oats

Ingredients:

2 cups gluten-free oats

1 ½ cups coconut milk

1/3 cup raw almond butter

1 cup grated green apple

1 tsp. cinnamon

Directions:

Add the oats, coconut milk and almond butter into a bowl and mix well. Stir in the grated apple; cover the bowl with a lid or plastic wrap and place in the refrigerator. Refrigerate overnight. If the oats get too thick, add some coconut milk to them. Garnish with cinnamon powder.

### **Lunch: Green Goddess Bowl with Avocado Cumin Dressing**

green-goddess-bowl

Ingredients for avocado cumin dressing:

1 avocado

1 tbsp. cumin powder

2 limes, fresh squeezed

1 cup filtered water

¼ tsp. sea salt

1 tbsp. extra virgin olive oil

dash cayenne pepper

Optional: ¼ tsp. smoked paprika

Ingredients for Tahini Lemon Dressing:

¼ cup tahini (sesame butter)

½ cup filtered water (more if you desire thinner, less for thicker)

½ lemon, fresh squeezed

1 clove minced garlic

¾ tsp. sea salt (Celtic grey, Himalayan, Redmond Real Salt)

1 tbsp. extra virgin olive oil

Black pepper to taste

Ingredients for salad:

3 cups kale, chopped

½ cup broccoli florets, chopped

½ zucchini (make noodles with spiralizer)

½ cup kelp noodles, soaked and drained

1/3 cup cherry tomatoes, halved

2 tbsp. hemp seeds

Directions:

Lightly steam kale and broccoli (flash steam for 4 minutes), set aside. Mix zucchini noodles and kelp noodles and toss with a generous serving of smoked avocado cumin dressing. Add cherry tomatoes and toss again. Plate the steamed kale and broccoli and drizzle them with lemon tahini dressing. Top kale and broccoli with the dressed noodles and tomatoes and sprinkle the whole dish with hemp seeds.

DAY FIVE

**Breakfast: Berry Good Spinach Power Smoothie**

berry-spinach-smoothie

Ingredients:

2 cups fresh spinach

2 cups unsweetened almond milk

1 cup frozen mixed berries

1 frozen banana

1 tbsp. coconut oil

½ tsp. cinnamon

2 tbsp. raw almond butter

Directions:

Blend spinach and almond milk first, then add remaining ingredients and blend.

### **Lunch: Quinoa Burrito Bowl**

quinoa-burrito-bowl

Ingredients:

1 cup quinoa (or brown rice)

2 15-oz cans of black or adzuki beans

4 green onions (scallions), sliced

2 limes, fresh juiced

4 garlic cloves, minced

1 heaping tsp. cumin

2 avocados, sliced

small handful of cilantro, chopped

Directions:

Cook quinoa or rice. While cooking, warm beans over low heat. Stir in onions, lime juice, garlic and cumin and let flavors combine for 10-15 minutes. When quinoa is done cooking, divide into individual serving bowls. Top with beans, avocado and cilantro.

## **DAY SIX**

### **Breakfast: Quinoa Morning Porridge**

quinoa-morning-porridge

Ingredients:

½ cup rinsed quinoa

1 15 oz. can of coconut milk

1 tsp. cinnamon

1 tsp. chia seeds

1 tsp. hemp seeds

Directions:

Combine all ingredients except hemp seeds and simmer for 10-15 minutes until liquid is absorbed. Sprinkle with hemp seeds.

### **Lunch: Thai Quinoa Salad**

thai-quinoa-salad

Ingredients for dressing:

1 tbsp. sesame seeds

1 tsp. chopped garlic

1 tsp. lemon, fresh juiced

3 tsp. apple cider vinegar

2 tsp. tamari, gluten-free

¼ cup tahini (sesame butter)

1 pitted date

½ tsp. salt

½ tsp. toasted sesame oil

Ingredients for salad:

1 cup of quinoa, steamed

1 large handful of arugula

1 tomato, sliced

¼ red onion, diced

Directions:

In a small blender, add the following: ¼ cup + 2 tbsp. filtered water, then the rest of ingredients. Blend. Steam 1 cup of quinoa in a steamer or rice cooker, then set aside. Combine, quinoa, arugula, sliced tomatoes, diced red onion, onto a serving plate or bowl, add Thai dressing, and hand mix with a spoon and serve.

## DAY SEVEN

### **Breakfast: Alkamind Warrior Chia Breakfast**

warrior-chia-breakfast

Ingredients:

1 cup unsweetened almond or coconut milk

4 tbsp. of chia seeds

½ tsp. vanilla

½ tsp. cinnamon

1 tbsp. unsweetened shredded coconut flakes

¼ cup chopped nuts (almonds, cashews or hemp seeds)

Directions:

The night before, combine milk and chia seeds in a mason jar. Add vanilla, cinnamon and chopped nuts. Cover with lid and shake the mixture until it's combined. Refrigerate overnight. The next morning, shake or stir the mixture and divide into 2-3 bowls. Top with optional fresh fruit, coconut shreds or more chopped nuts.

### **Lunch: Asian Sesame Dressing and Noodles**

asian-sesame-noodles

Ingredients for dressing:

2 tbsp. tahini (sesame butter)

2 tsp. tamari (gluten-free)

½ tsp. liquid coconut nectar (Coconut Secrets brand)

½ tsp. lemon, fresh squeezed 1 clove garlic, minced

Ingredients for noodle salad:

1 scallion, chopped

1 tbsp. raw sesame seeds (topping)

Optional: sliced red bell pepper and/or carrot

Directions:

Choose one of the following for noodles: Kelp Noodles (1 bag) or 1 Zucchini (use spiralizer or vegetable

peeler)

In a mixing bowl, combine all the dressing ingredients and thoroughly mix with a spoon. Make your zucchini noodles with a spiralizer or, if using kelp noodles, place in warm water for 10 minutes to rinse off the liquid they are packaged with, allowing them to separate and soften. Add the Asian Sesame dressing to the noodles and scallions, and mix thoroughly. Add sesame seeds on top, and serve.