

# Genesis Pure's Alkaline Diet



## Sample Diet: 1 day of eating on the *Genesis Pure Alkalinizing Diet*

### Breakfast

Sautéed green vegetables & onions (80%) & 2 poached eggs (20%)

OR

Vegetable soup (80%) with Quinoa (20%)

### Lunch

Large Rainbow Salad (include vegetables of all colors) (80%) topped with broiled & sliced, free-range chicken (20%)

OR

Steamed Greens & Vegetables (80%) with brown rice, millet or quinoa and beans (20%), topped with lemon.

### Dinner

Steamed asparagus, broccoli, cauliflower, zucchini and kale (80%), and broiled, wild salmon (20%), topped with lemon and olive oil

OR

Sautéed Mixed Vegetables (80%) with Tofu, over brown rice (20%) and a small raw salad.

### Snacks

Raw nuts and seeds (in moderation), sliced avocado, raw vegetables, hummus wrapped in lettuce leaves, fresh squeezed vegetable juices, plain goat yogurt (occasionally), green drinks, miso soup, and more.

### Beverages

Herbal teas, Powdered green drinks, Vegetable juices or bottled water.

### ***Avoid the following “highly” acid-forming foods:***

- Sugar
- Candy
- Soft Drinks & Colas
- Beer, Wine And Other Alcohol Drinks
- Artificial Sweeteners!

**Note:** All processed & pre-prepared foods containing preservatives and chemicals are acid-forming - Skip them!

### ***Remember...***

*At Genesis Pure we are committed to helping you make a difference in your life and the lives of your loved ones. Please take advantage of all the information that Genesis Pure makes available:*

- 12 Golden Rules for Optimum Health
- Personalized Health Programs

No information contained here is meant to replace the advice of your Doctor or Health Care Practitioner. The data and opinions appearing in this document are solely for informational and educational purposes. Genesis Pure does not offer medical advice and Genesis Pure encourages readers to seek advice from qualified health professionals. These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, prevent, or cure disease.