7 DAY

ALKALINE DIET

MEAL PLAN

7-Day Alkaline Meal Plan with Meat, Eggs, and Nuts

This plan incorporates protein (meat, eggs, and nuts) alongside alkaline-forming foods, providing a comprehensive and balanced approach to maintaining a healthy diet.

Day 1:

- Morning: Lemon water (juice of a slice of a lemon in warm water)
- Breakfast: Green smoothie (spinach, banana, almond milk, chia seeds, and a tablespoon of almond butter)
- Lunch: Large mixed green salad with avocado, cucumber, grilled chicken breast, walnuts, and lemon dressing
- Dinner: Vegetable stir-fry with tofu, shrimp, broccoli, bell peppers, and quinoa
- Snacks: Apple slices with almond butter, a handful of raw almonds

Day 2:

- Morning: Lemon water
- Breakfast: Scrambled eggs with spinach, tomatoes, and a sprinkle of sunflower seeds
- Lunch: Lentil and vegetable soup with a side salad topped with pumpkin seeds
- Dinner: Baked salmon with steamed broccoli and sweet potato
- Snacks: Carrot sticks with hummus, a handful of mixed nuts

Day 3:

- Morning: Lemon water
- Breakfast: Chia seed pudding made with almond milk and topped with sliced kiwi and chopped pecans

- Lunch: Quinoa bowl with roasted vegetables, grilled turkey slices, and a handful of almonds
- Dinner: Zucchini noodles with homemade pesto, cherry tomatoes, and grilled chicken
- Snacks: Celery sticks with almond butter, a handful of unsalted cashews

Day 4:

- Morning: Lemon water
- Breakfast: Avocado toast on sprouted grain bread with a poached egg, lemon juice, and crushed walnuts
- Lunch: Spinach salad with grilled tofu, cucumber, and balsamic vinaigrette, topped with sunflower seeds
- Dinner: Grilled lean beef steak with roasted asparagus and quinoa
- Snacks: Fresh berries, handful of raw walnuts

Day 5:

- Morning: Lemon water
- Breakfast: Green smoothie bowl topped with sliced banana, chia seeds, and a sprinkle of hemp seeds
- Lunch: Collard green wraps filled with hummus, fresh vegetables, turkey slices, and a few almonds
- Dinner: Grilled portobello mushrooms with roasted chicken breast and a side of mixed vegetables
- Snacks: Sliced bell peppers with guacamole, a handful of mixed nuts

Day 6:

- Morning: Lemon water
- Breakfast: Tofu scramble with spinach, turmeric, and diced bell peppers, served with sliced tomato
- Lunch: Buddha bowl with mixed greens, roasted sweet potato, grilled shrimp, and tahini dressing
- Dinner: Lentil and vegetable curry over brown rice with a side of grilled fish
- Snacks: Cucumber slices with hummus, a handful of goji berries

Day 7:

- Morning: Lemon water
- Breakfast: Alkaline green juice (celery, cucumber, apple, lemon, ginger) and a boiled egg
- Lunch: Kale salad with avocado, hemp seeds, walnuts, and lemon dressing, topped with grilled chicken strips
- Dinner: Stuffed bell peppers with quinoa, ground turkey, vegetables, and herbs
- Snacks: Homemade kale chips, handful of raw almonds

Tips for Success:

- Hydration: Drink plenty of water, aiming for at least 8 glasses per day. Herbal teas like green tea or chamomile can be consumed freely.

  Also drinking lemon water each morning can help kickstart digestion and provide a refreshing boost of vitamin C.
- Balance: Maintain a balance of 80% alkaline-forming foods and 20% acid-forming foods, as suggested by some health experts.
- Preparation: Prepare meals and snacks in advance to stay on track, especially when incorporating meat, eggs, and nuts.

- Variety: Ensure a variety of meats, eggs, nuts, and plant-based foods to keep the diet interesting and nutritionally balanced.
- Consultation: Always consult with a healthcare professional before starting any new diet, especially if you have any health conditions or concerns.

  This meal plan creatively incorporates eggs, meat, and nuts while emphasizing the health benefits of starting each day with lemon water, ensuring a nutritious and balanced approach to your diet throughout the week.