

ANTI-INFLAMMATORY & MUCOSLESS FOODS

BEST FOR SUMMER SEASON OR IF EXPERIENCING INFLAMMATION



ALKALINITY OF VEGETABLES

MOST ALKALINE 80-100% OF THE DIET	ALKALINE	LESS ALKALINE
Asparagus	Sweet Potato	Beets
Broccoli	Squash	Cabbage
Onion	Zucchini	Carrots
Garlic	Radishes	Cauliflower
Spinach	Sauerkraut	Mushrooms
Kale	Celery	Cucumber
Parsley		Parsnips
Swiss Chard		Green Beans

ALKALINITY OF FRUITS

MOST ALKALINE 80-100% OF THE DIET	ALKALINE	LESS ALKALINE
Lemon	Pineapple	Apples
Lime	Kiwi	Apricots
Grapefruit	Cantaloupe	Avocado
Watermelon	Oranges	Banana
Mango	Peaches	Cherries
Papaya	Pears	Dates
Plums	Berries	Grapes

ALKALINITY OF GRAINS

ALKALINE UP TO 80% OF THE DIET	LESS ALKALINE	ACIDIC (UP TO 20% OF THE DIET)
Millet	Flax Seeds	Wheat
Quinoa	Wild Rice	Whole Wheat
		Oats

ALKALINITY OF MEATS

ALKALINE UP TO 80% OF THE DIET	LESS ALKALINE	ACIDIC (UP TO 20% OF THE DIET)
	Oysters	Chicken
	Shrimp	Turkey
	Sardines	Cod
		Haddock

OTHER

ALKALINE UP TO 80% OF THE DIET	LESS ALKALINE	ACIDIC (UP TO 20% OF THE DIET)
Tofu	Pumpkin Seeds	Eggs
Green Tea	Peanut Butter	Butter
Maple Syrup/Honey	Yoghurt (Vegan)	Corn
Ginger Tea		

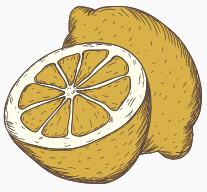
ACIDIC & MUCUS-FORMING FOODS (NOT RECOMMENDED DURING THIS PROGRAM)

Beef	White Flour	Ice Cream
Bacon	Alcohol	Sugar (White)
Hot Dogs	Dairy Milk	Flour (Pasta, Bread)
Artificial Sweeteners	Cheese	Soft Drinks
Potatoes	Dairy Products	Powdered supplements



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MEAL IDEAS

ANTI-INFLAMMATORY &
MUCOSLESS FOODS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

TO DO



FOOD GRATITUDE

S M T W T F S DATE / /

SEASONAL FAVORITES

- 1 EXAMPLE: FRESH LOCAL GREEN BEANS
- 2
- 3


GROCERY LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____

DAILY AFFIRMATION

I GIVE MYSELF
 PERMISSION TO
 ENJOY THE FOODS
 THAT I NOURISH MY
 BODY WITH

NOTES:



I'D LIKE TO TRY MAKING:

- EXAMPLE: HOMEMADE PASTA
- _____
- _____
- _____

