

Maintenance Program

Congratulations! Now you're ready to move on to the full program, assuming you've made good progress to this point. Now you can add one serving per meal, properly combined and not to exceed 20 percent of your diet, of the following foods: starchy vegetables (peas, potatoes, winter squash, sweet potato), legumes, and organic, unstored whole grains (millet, spelt, buckwheat, kamut, quinoa, brown rice, and wheat). And that's it. You're alkaline.

As you add foods after a Cleanse, carefully observe your body's reactions. If any symptoms return, a longer period of totally alkaline meals may be in order, until more healing takes place.

As one transitions to an alkaline diet, it may seem time-consuming or cumbersome. There are many simple ways which one can save time and money. On the run, take storage baggies with chopped veggies, sprouts, nuts and seeds, or baked tofu to snack on. Planning ahead this way will help when one is faced with the drive-thru or a luncheon. When ordering out, most restaurants will happily substitute extra veggies for meat. Try stir-fry dishes with steamed rice or spinach salads with veggies instead of ham and cheese. It is easy to carry a small bottle with olive oil to use for dressing. It's fun to open yourself up to new restaurants like Indian, Chinese, or Thai, which usually offer vegetarian dishes. At home, use spare moments to prepare ahead of time. One can make a big salad at the beginning of the week to save time. Store it in an air-tight container with paper towels lining the bottom. Keep chopped veggies and toppings in small containers, ready to add to the salad at the last minute. There are many food processors and small, hand-held choppers available to make the process of salad preparation more convenient. More meal ideas follow.

Some people who have been on the Alkalarian Diet for a few months complain that they are not losing weight at the same rate they did initially. It is possible that one's body is still adjusting to recent dietary changes. It may take a few more weeks or months to overcome this so-called "plateau", and begin losing weight and toxins again. When one experiences such challenges, evaluate diet habits honestly - 80% alkaline and 20% acid are the guidelines. Alkaline foods should be raw, uncooked green vegetables. Acid forming foods might be red, new potatoes, brown basmati rice, or lightly steamed/ warmed foods. This 20% allowance should not include candy, cake, beef, cheese, ice cream, yeast breads, etc. Following these recommendations is the best way that one will achieve positive health goals and reach one's optimal weight.

Menu Suggestions

Menu suggestions are interchangeable for any meal. Shelley Young's recipe book, [Back To The House Of Health](#), is a great source for new experiments in the kitchen. It is full of energizing, delicious recipes for Alkalarians to enjoy.

BREAKFAST:

Hot Millet Salad is a satisfying, tasteful combination of hot and cold. For each serving, bring one cup of water and ¼ cup of millet to a boil, then cover and simmer for 25 minutes. Remove from pot and place in a soup bowl. Cut ½ a tomato and ½ an avocado over the top of the millet. Add Bragg's Aminos, Flax Seed Oil, sliced almonds, and spices as desired.

Vegetable Soup can be made with green beans, celery, zucchini, yellow squash, carrot, bell peppers, leeks, onions, garlic, cabbage, etc. Simply heat vegetable broth or water, add chopped vegetables, flavor with spices (oregano, basil, parsley), and simmer until vegetables are slightly cooked/soft. Add Bragg's Aminos or Real Salt for flavor. Garnish with flax seeds, almonds or sunflower seeds.

Buckwheat Cereal with almond milk is quick and filling on a cold morning. Buckwheat groats, cracked buckwheat, and cream of buckwheat are available at most health food stores.

Steamed Broccoli is a very energizing choice for breakfast. Lightly steam broccoli for 5 minutes. Add chopped onion, slivered almonds, or sunflower seeds on top. Top with lemon juice and olive oil, or Bragg's Aminos if desired.

LUNCH:

Salads are a wonderful choice for any meal. Spinach or dark, leafy lettuce is best for salads. Be sure to add lots of delicious, alkaline vegetables like: avocado, tomato, sprouts, cabbage, jicama, green or purple onions, cucumber, celery, bell peppers, etc. For taste and variety, try salsa, hummus, or the following dressing.

Basic Salad Dressing can be made ahead of time in a cruet, and stored in the cupboard. Mix 1/3 cup fresh lemon juice, 1 cup virgin olive oil, ½ tsp. oregano, ½ tsp. cumin, ½ tsp. garlic powder, ½ tsp. cayenne or The Zip (by Spice Hunter), and 1 Tbs. Bragg's Aminos. This is great on wraps, salads, steamed vegetables, or as a dip for plain tortillas.

Veggie Wraps make a quick meal that is filling. Try a nice wrap made of sprouted wheat. Begin with pesto or hummus spread, add sliced avocado, tomato, cucumber, spinach, sprouts, black beans, or any vegetable of choice. Top with Bragg's Aminos, garlic powder, The Zip, salsa, or other spices as desired.

Madrid Gezpacho Soup can be made in the blender. Mix 3 large tomatoes, 2 cucumbers, 1 red pepper, and 1 small jalapeno pepper. Add 1 quart of water, 3 Tbs. Olive Oil, juice of 2 lemons, 1 tsp. ground Cumin, and 2 tsp. Real Salt. Add garlic to taste. Blend in portions until smooth. Chill in refrigerator until ready to serve. Garnish with celery, green onion, and avocado.

DINNER:

Stir-fry can be completed in 20 minutes, start to finish. Boil one package of Buckwheat Soba Noodles according to directions. While cooking, stir-fry 1 chopped red pepper, 1 chopped onion, 1 cup broccoli or asparagus, and other vegetables desired. Add a little Bragg's and vegetable broth for seasoning. Stir fry 5 minutes, then add drained noodles. Add some olive oil, sesame seeds, garlic powder, and Stir Fry Ginger by Spice Hunter. Stir together and eat!

Salmon, Trout, Sole, or Halibut may be eaten sparingly. Garnish grilled fish with sliced lemon and serve with a generous portion of fresh vegetables or salad. Basmati or wild rice might be served on the side, topped with sliced almonds.

Beans and Rice make a classic combo. Soak and cook dried pinto, kidney, garbanzo, lentils, or black beans, and drain. In a pan, season beans with ground cumin, chili powder, Real Salt, and garlic. Pour in vegetable broth until beans are covered. Season with fresh parsley, chopped onion, pepper, and grated carrot. Simmer until onions are cooked. Remove, then place each serving in a bowl with a scoop of basmati rice. Top with fresh, chopped tomatoes and serve with salad.

SNACKS:

Raw, soaked nuts can be prepared overnight. Simply place desired amount of nuts in a container, covered with distilled water. Keep in refrigerator overnight. Drain the next morning and enjoy throughout the day. Rinse twice a day with fresh water.

Sprouted Tortilla Chips are made from whole tortillas. Cut up one package of wheat tortillas into pie-shaped pieces. Place on two lightly-oiled baking sheets and toast at 350 degrees for 10-15 minutes. They can be dipped in salsa, hummus, or almond butter for a snack.

Broccoli/Tomato Salad is a lettuce-free salad quickly prepared. Just chop 1-2 cups of broccoli in a bowl. Add 1 tomato and 1 avocado, sliced. Top with slivered almonds, Bragg's Aminos, Real Salt, and The Zip for an energizing snack or meal.

Rice cakes with almond butter are a crunchy treat. Spread raw almond butter on an unsalted brown rice or multi-grain cake for a speedy snack.

Hopefully, the aforementioned menu ideas will be helpful when one lacks creativity or time! Do not be discouraged or intimidated by thinking an alkaline diet demands too much change. Take time to become familiar with new foods. Wander around the health food store and produce section in order to become more familiar with new things. Try using our [Shopping List](#) to help you in the supermarket.

**Remember, the closer one adheres to the recommended foods and [guidelines](#), the greater the results one will experience. Choose to be successful!!!