

Alkalizing Foods

Vegetables

Garlic	Coconut	Mustard greens	Sprouts
Asparagus	Celery	Nova Scotia dulse	Squashes
Fermented vegs.	Chard	Dandelion green	Alfalfa Greens
Watercress	Chlorella (algae)	Edible Flowers	Barley grass
Beets	Collard greens	Onions	Wheat grass
Broccoli	Cucumbers	Parsnip	Wild grass
Brussel Sprouts	Eggplant	Peas	Cauliflower
Cabbage	Kale	Peppers	Spinach
Carrot	Kohlrabi	Pumpkins	
Mushrooms	Lettuces (all)	Sea veggies	
Borage	Rutabaga	Spirulina	

Fruits

Apple	Dates	Orange	Tomato
Apricot	Figs	Lemon	Tropical fruits
Avocado	Grapes	Peach	Watermelon
Banana	Grapefruit	Pear	Blueberry
Blackberry	Lime	Pineapple	
Honeydew	Strawberry	Berries	
Cantaloupe	Nectarine	Tangerine	
Cherries			

Protein

Free-range eggs	Chicken breast	Tofu (fermented)	Buckwheat
Whey protein powder	Fish	Tempeh (ferment)	Soaked seeds/nut
Cottage cheese	Turkey Breast	Hemp	Chestnuts
	Organic yogurt	Millet	Soaked almonds

Other

Apple Cider	Bee pollen	Probiotics
Vinegar	Lecithin	

Beverages

Raw Milk	Green juice	Herbal Tea	Bancha Te
Veggie juices	Green Tea	Kombucha	
Quality water	Ginseng	Dandelion Tea	

Spices and Seasonings

Cinnamon	Curry	Tamari
Ginger	Chili Peppers	Miso
All herbs	Mustard	Celtic Sea Salt

Oriental Vegetables

Maitake	Shitake	Nori	All Sea Veggies
Daikon	Kombu	Umeboshi	
Dandelion root	Reishi	Wakame	