

Alkaline Foods

Vegetables

Broccoli
Chard
Cucumber
Endive
Kale
Spinach
Argula
Beets
Cabbage
Celery
Eggplant
Green Beans
Okra
Onion
Peppers
Radish
Onions
Tomato
Artichoke
Asparagus
Brussel Sprouts
Carrots
Cauliflower
Leeks
Peas
Squash
Sweet Potatoes
Zucchini
Mushrooms

Sea Salt
Sprouts
Basil
Chia
Chives
Cilantro
Ginger
Garlic
Parsley
Leeks
Wheatgrass
Olive Oil
Coconut Oil
Flax Oil
Avocado Oil
Apple Cider
Vinegar
Herbs
Spices
Almond Milk
Agave

Fruits

Avocado
Figs
Lemon
Lime
Tomato
Coconut
Grapefruit
Pomegranate
Pumpkin
Rhubarb
Banana
Kiwi
Cherries
Pears
Pineapple
Berries
Apples
Watermelon
Oranges
Grapes
Apricots
Raisins
Cantaloupe
Mango
Peaches
Plums

Navy Beans
Lima Beans
Quinoa
Wild Rice
Almonds
Hazelnuts
Cashew Nuts
(Raw)
Tofu
Garbanzo Beans
Lentils