

## Alkaline Diet

### Week One

- No meat
- No sugar
- No gluten
- No dairy
- No nuts (except for chestnuts)
- No salt or pepper
- At least 3 liters of fluids a day, including pure water, broth from dr. Rau's Alkaline soup, vegetable juices, herbal teas.

### Week One - Day One

#### Breakfast

- Cup or small bowl of broth only (no vegetables) from Dr. Rau's Alkaline Soup (recipe included)
- ½ grapefruit
- 1 tablespoon pure flaxseed oil
- ¼ cup steel-cut-oats cooked in 1 cup water with 1 date until very soft, about 15 minutes; no other sweetener
- 1 small apple (apple is good diced and eaten with oatmeal) or ½ avocado, dressed with 1 tablespoon freshly squeezed lemon juice and 1 teaspoon extra virgin olive oil
- 1 cup herb tea

#### Morning Snack

- ½ apple or 1 small carrot

#### Lunch



# PURAMED

BODY | MIND

- Salad Plate:  $\frac{1}{3}$  cup shredded beet and carrot salad (recipe included);  $\frac{1}{3}$  cup shredded zucchini tossed with  $1\frac{1}{2}$  teaspoons fresh lemon juice and 1 teaspoon extra virgin olive oil;  $\frac{1}{2}$  cup Asian sesame slaw (recipe included in week 2)

**OR**

- Steam Vegetable Plate: Broccoli florets, sliced carrots, and 1 small Yukon gold potato, sliced, all lightly steamed; do not overcook. May splash with 2 teaspoons each lemon juice or balsamic vinegar and extra virgin olive oil or sunflower oil. Sprinkle with 1 tablespoon sunflower seeds.

### Midafternoon Snack

- $\frac{1}{2}$  avocado, 6 cucumber sticks, or  $\frac{1}{2}$  apple

### Supper

- $\frac{1}{2}$  cup fresh carrot or other vegetable juice
- Bowl of Dr. Rau's Alkaline Soup, including  $\frac{1}{2}$  cup diced vegetable from the soup
- $\frac{1}{2}$  cup (after cooking) Olive Oil- Steamed Spinach (recipe included)
- $\frac{1}{2}$  cup steamed broccoli florets
- Cup of herb tea

## **Week One - Day Two**

### Breakfast

- Same as Day 1

### Midmorning Snack

- Same as Day 1

### Lunch

- Salad Plate: 1 cup shredded Romaine lettuce, 1 medium carrot, shredded, 2 tablespoons cooked chickpeas, and 2 tablespoons very thinly sliced red bell pepper, tossed with 1 tablespoon each fresh lemon juice and extra virgin olive oil

**OR**



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- Steamed Vegetable Plate: Cauliflower florets, green beans, and 1 small sweet potato, lightly steamed ; do not overcooked. May splash with 2 teaspoons each lemon juice or balsamic vinegar and extra virgin olive oil or sunflower oil. Sprinkle with 1 tablespoon pumpkin seeds

## Midafternoon snack

- Same as Day 1

## Supper

- ½ cup fresh beet or other vegetable juice
- Bowl of Dr. Rau's Alkaline Soup, including ½ cup diced vegetable from the soup
- 1 cup steamed broccoli florets plus ½ cup steamed sliced potatoes, dressed with fresh lemon juice and extra virgin olive oil
- Cup of herb tea

## **Week One - Day Three**

### Breakfast

- Same as Day 1

### Midmorning Snack

- Same as Day 1

### Lunch

- Salad Plate: ½ cup swiss potato salad (recipe included), made with no leek; ½ cup alfalfa sprouts; ½ cup shredded beet and carrot salad

### **OR**

- Steamed Vegetable Plate: Swiss chard, zucchini slices, and sliced peeled kohlrabi or celery root lightly steamed; do not overcook. May splash with 2 teaspoons each lemon juice or balsamic vinegar and extra virgin olive oil or sunflower oil. Serve with 2 tablespoons cooked or sprouted lentils.

### Midafternoon Snack

- Same as Day 1

### Supper

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- ½ cup fresh carrot or other vegetable juice
- Bowl of Dr. Rau's Alkaline Soup, including ½ cup diced vegetable from the soup
- ½ cup diced butternut squash and 1 cup loosely packed baby spinach leaves, steamed and tossed with balsamic vinegar and extra virgin olive oil
- Cup of herb tea

## **Week One - Day Four**

### Breakfast

- Same as Day 1

### Morning Snack

- Same as Day 1

### Lunch

- Salad Plate: 1 cup baby spinach leaves; 1 medium carrot, peeled and shredded; ½ cup bean sprouts; and ⅓ cup shredded cucumber tossed with 1 tablespoon each fresh lemon juice and extra virgin olive oil. Sprinkle with 2 teaspoons flax seeds.

### **OR**

- Steamed Vegetable Plate: Cut up asparagus or broccoli, carrot slices, and 1 small potato, sliced and lightly steamed; do not overcook. May splash with 2 teaspoons each lemon juice or balsamic vinegar and extra virgin olive oil or sunflower oil.

### Mid-afternoon Snack

- Same as Day 1

### Supper

- ½ cup fresh beet or other vegetable juice
- Bowl of Dr. Rau's Alkaline Soup, including ½ cup diced vegetable from the soup
- 1 globe artichoke, steamed and served with fresh lemon juice blended with extra virgin olive oil and a pinch of sea salt for dipping
- If you need it: 1 small sweet potato, baked and mashed with 1 teaspoon sunflower oil

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- Cup of herb tea

### **Week One- Day Five**

#### Breakfast

- Same as Day 1

#### Morning Snack

- Same as Day 1

#### Lunch

- Salad Plate: ½ cup raw or lightly steamed cauliflower florets, ¼ cup shredded carrot, and ¼ cup shredded zucchini or cucumber, and arugula leaves tossed with 2 teaspoons each lemon juice or balsamic vinegar and 2 teaspoons extra virgin olive oil or sunflower oil.

#### **OR**

- Steamed vegetables: Halved Brussels sprouts or shredded cabbage, ½ cup sliced garnet yam or sweet potato, Swiss chard lightly steamed; do not overcook. Also, ¼ cup spiced steamed chickpeas (recipe included), made with no salt.

#### Midafternoon Snack

- Same as Day 1

#### Supper

- ½ cup fresh carrot or other vegetable juice
- Bowl of Dr. Rau's Alkaline Soup, including ½ cup diced vegetable from the soup
- 1 cup steamed broccoli florets plus 1 small potato, dressed with fresh lemon juice and extra virgin olive oil
- Cup of herb tea

### **Week One - Day Six**

#### Breakfast



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BODY | MIND

- Same as Day 1

## Morning Snack

- Same as Day 1

## Lunch

- May repeat any day, except Day 5

## Midafternoon Snack

- Same as Day 1

## Supper

- Same as Day 1,3 or 4

## **Week One - Day Seven**

### Breakfast

- Same as Day 1

### Midmorning Snack

- Same as Day 1

### Lunch

- May repeat any day, except Day 6

### Midafternoon Snack

- Same as Day 1

### Supper

- Same as Day 1,3 or 4

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## Recipes

### Dr. Rau's Alkaline Soup

*Makes about 7 cups broth; 3 ½ cups vegetables.*

- 1 ½ cups finely diced zucchini
- 1 cup thinly cut green beans
- ¾ cup finely diced celery root or 2 celery ribs, finely diced
- ¾ cup finely diced peeled carrots

1. Put all the vegetables in a large saucepan with 2 quarts of water. Bring to a boil; skim off any scum that rises to the top.
2. Reduce the heat to a simmer, partially cover the pot, and cook the vegetables for 10 to 12 minutes, or until they are soft.
3. Removed from the heat and let it stand, covered for 10 minutes. Serve as directed.

Note: If you wish to double or even triple the recipe so you have a good stock of alkalizing broth on hand, you may do so, keeping only enough for two days in the refrigerator and freezing the rest in measured containers. However, the vegetable cannot be frozen and may only be eaten the first two days; any leftovers must be discarded.

### Cup shredded beet and carrot salad

*Makes about 4 to 6 servings.*

Note: Because the natural sugars in these vegetables are tightly bound in their tough fibers, the slow release into the bloodstream will keep your energy level on an even keel for hours. This pretty salad keeps well in the refrigerator for up to four days.

- 2 medium- small beets
- 2 large carrots
- 1 ½ tablespoons balsamic vinegar
- 1 ½ tablespoons sunflower oil



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1. Peel the raw beets and carrots. Using the shredding disk of a food processor or the large holes of a hand grater, shred the vegetables.

2. Toss the shredded beets and carrots with the balsamic vinegar and sunflower oil.

Serve at once or cover and refrigerate for up to 3 days.

## **Olive Oil- Steamed Spinach**

*Makes 2 to 3 servings.*

Note: After cooking, spinach is hard to season evenly. By tossing with the oil, salt and pepper before steaming, the leaves both taste better and maintain their integrity. Do not overcook.

- 1 pound washed baby spinach
- 2 tablespoons extra virgin olive oil
- Sea salt and freshly ground pepper

1. Set up a large pot of boiling water with a steamer insert. Place the spinach in a large bowl. Toss with the olive oil and salt and pepper to taste.

2. Transfer the seasoned spinach to the steamer and cook the spinach for about 3 minutes, until just wilted. Serve at once.

## **Swiss potato salad**

*4 Servings*

- 3 medium Yukon gold potatoes
- 2 tablespoons finely chopped pale green of leek
- 3 tablespoons extra virgin olive oil
- 1 ½ tablespoons fresh lemon juice
- Sea salt and freshly ground pepper

1. Put the potatoes in a saucepan, cover with lightly salted water, and bring to a boil. Cook until the potatoes are tender to the center when pierced with the tip of a small knife, 15 to 20 minutes. Drain and rinse under cold running water until cool enough to handle.

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2. Peel off the skins and cut the potatoes into slices or chunks. Add the leeks and toss while still warm with the olive oil and lemon juice. Season with salt and pepper to taste.

### **Spiced steamed chickpeas**

*Makes about 1 ½ cups*

- ½ cup dried chickpeas, rinsed and picked over
- 1 tablespoon extra virgin olive oil
- ¼ teaspoon ground cumin
- ¼ teaspoon Aleppo or Marash pepper or a dash of cayenne
- Coarse sea salt

1. Put the chickpeas in a medium bowl and add enough cold water to cover by at least 1 ½ inches. Let soak, changing the water several times, for at least 12 or up to 48 hours. If you soak the chickpeas longer than 12 hours, be sure to refrigerate them and don't forget to keep changing the water.

2. Steam the chickpeas over boiling water until tender, 25 to 35 minutes.

3. In a medium skillet, heat the olive oil with the cumin and pepper. When nice and hot, add the chickpeas and toss to coat them with the oil. Season with salt to taste and serve hot.