

Alkaline Diet

Week Three

By now you should be highly energized. Get and walk as much as you can. It will stimulate weight loss and is excellent for your health in general. Continue to drink all the fluids you are supposed to. Also, continue to take your [Alkala \(Basic Tab\)](#) each morning. Keep in mind that no matter what the menu, you can eat as much as you want of any steamed green vegetable.

Week Three - Day One

Breakfast

- Cup of broth only (no vegetables) from Dr. Rau's Alkaline Soup (recipe included - week one)
- ½ grapefruit
- 1 tablespoon pure flaxseed oil
- ⅓ cup steel-cut oats cooked in 1 cup water with 1 date until very soft, about 15 minutes: no other sweetener
- 1 small banana, sliced
- 1 slice of spelt bread, toasted, with ½ ounce goat or sheep cheese of your choice
- 1 cup of green tea

Midmorning Snack

- 1 rye crisp with 2 teaspoons cashew butter and 1 teaspoon honey

Lunch

- Salad Plate: ½ cup shredded beet and carrot salad (recipe included - week one); ⅓ cup shredded zucchini tossed with 1 ½ teaspoon fresh lemon juice, 1 teaspoon extra virgin olive oil, and 2 teaspoons sunflower seeds; ½ cup Asian Sesame Slaw (recipe included - week two recipes)

OR

- Braised kale with carrots and potatoes (recipe included), made with vegetable stock

AND

- Your choice of fresh fruit

Midafternoon Snack

- Cucumber and carrot stick with ¼ cup Lemony Hummus with Toasted Cumin Seeds (recipe included)

Supper

- ½ cup fresh carrot or other vegetable juice
- Bowl of Dr. Rau's Alkaline Soup, including diced vegetables from the soup
- Steamed Vegetable Plate of your choice as much greens as you like
- ½ cup cooked quinoa tossed with a drizzle of Asian sesame oil and a splash of wheat-free tamari
- Slice of spelt bread with 1 teaspoon butter or a drizzle of extra virgin olive oil
- Cup of herb tea

Week Three- Day 2

Breakfast

- Same as day 1; include 1 soft boiled egg; instead of the banana have 1 apple

Midmorning Snack

- ½ avocado, with a squeeze of lemon juice

Lunch

- Salad plate: Cucumbers stuffed with goat cheese, Swiss Potato Salad (recipe included - week one or two) and ½ cup mixed shredded carrot and zucchini tossed with freshly squeezed lemon juice and extra virgin olive oil

OR

- Steamed Vegetable Plate of your choice

AND

- Small spelt roll or slice of rye bread
- Frozen banana-maple Mousse (recipe included)

Midafternoon Snack

- 1 carrot or 1 rye crisp with 2 tablespoons Sweet potato- pine nut spread (recipe included)

Super

- ½ cup fresh beet or other vegetable juice
- Savory White Bean Soup (recipe included)
- As much Olive-Oil Steamed Spinach (recipe included- week one or two) as you like
- Cup of herb tea
- 2 Maple- Pecan Cookies (recipe included)

Week Three - Day 3

Breakfast

- Same as Day 1

Midmorning Snack

- 1 apple

Lunch

- Salad Plate: Mix baby greens with thinly sliced cucumber, Marinated Roasted Beets (recipe included), and shredded carrots with fresh dill

OR

- Asparagus Risotto (recipe included), served with 1 tablespoon grated Pecorino Romano Cheese

Midafternoon Snack

- Small container goat or sheep yogurt

Supper

- Small bowl of Lentil Soup (recipe included)
- Baked sweet potato mashed with 2 teaspoons pumpkin seed oil or sunflower oil and 1 teaspoon maple syrup

- Steamed escarole with extra virgin olive oil and freshly squeezed lemon juice
- Cup of herb tea

Week Three - Day Four

Breakfast

- Same as Day 1. Substitute a peach or pear for the banana

Midmorning Snack

- 1 carrot

Lunch

- Salad plate of your choice

OR

- Succotash with Corn, zucchini and green beans (recipe included)

AND

- ½ cup steamed basmati rice

Midafternoon Snack

- ½ avocado with a squeeze of fresh lemon

Supper

- Bowl of Dr. Rau's Alkaline Soup, including ½ cup diced vegetables from the soup
- As much steamed broccoli as you like, dressed with extra virgin olive oil and fresh lemon juice
- Pita Pizzettas with Basil Goat Cheese and Black Olive Tapenade (recipe included), made with spelt pita bread
- Cup of herb tea

Week Three - Day 5

Breakfast

- Same as day 2

Midmorning Snack

- 5 cooked chestnuts

Lunch

- Salad Plate: Your choice of shredded raw vegetables tossed with freshly squeezed lemon juice and extra virgin olive oil

OR

- Sesame Quinoa with Bok Choy (recipe included), made without the mushrooms

AND

- A piece of fresh fruit of your choice

Midafternoon Snack

- Cucumber slices with ¼ cup Lemony hummus

Supper

- ½ cup fresh beet or other vegetable juice
- Bowl of Dr. Rau's Alkaline Soup, including ½ cup diced vegetables from the soup
- Steamed vegetables plate of your choice
- Spelt roll with 1 teaspoon butter and ½ ounce goat or sheep
- Cup of herb tea

Week Three- Day Six

Breakfast

- Same as Day 1

Midmorning Snack

- 1 apple

Lunch

- Salad Plate: ½ cup Swiss Potato Salad (recipe included -week one or two), made with no leak; 1 cup arugula dressed with balsamic vinegar and olive oil and ½ cup shredded beet and carrot salad (recipe included - week one or two)

OR

- Creamy Polenta with Manchego Cheese (recipe included)

AND

- Steamed asparagus, drizzled with fresh lemon juice and extra virgin olive oil

Midafternoon Snack

- 5 cashews

Supper

- ½ cup fresh carrot or other vegetable juice
- Lentils with Goat Cheese and Sun-Dried Tomatoes (recipe included)
- Cup of herb tea

Week Three - Day Seven

Breakfast

- Same as Day 1; instead of the banana, have 1 peach or apple

Midmorning Snack

- 1 rye crisp with 2 tablespoons Sweet Potato -Pine Nut Spread (recipe included)

Lunch

- Tossed green salad with shredded carrot, shredded zucchini, and cucumber slices

OR

- Pecan- Crusted Catfish Filets with Pineapple Slaw (recipe included)

AND

- Boiled new potatoes
- Steamed spinach

Midafternoon Snack

- 1 plum or carrot

Supper

- ½ cup fresh beet or other vegetable juice
- Pasta Primavera (recipe included)
- Steam broccoli rabe, with a drizzle of extra virgin olive oil and fresh lemon juice
- Cup of herb tea

Recipes

Braised Kale with Carrots and Potatoes

3 to 4 Servings

- 1 large bunch of kale, preferably lacinato kale
 - 3 tablespoons extra virgin olive oil
 - 1 small leek (white and pale green), thinly sliced.
 - ¾ to 1 cup vegetable or chicken broth
 - 2 medium carrots, peeled and roll-cut into ½ inch triangles or thickly sliced.
 - 2 medium Yukon gold potatoes, peeled and cut into ½ to ¾ inch cubes.
 - Sea salt and freshly ground pepper
1. Strip the thick stems of the kale leaves. Cut the leaves crosswise into ¼ inch strips.
 2. In a large saucepan or flameproof casserole, heat the olive oil over medium heat. Add the leek, and cook until softened, about 3 minutes.



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3. Add the kale in 2 to 3 handfuls, stirring to wilt. Add the broth and bring to a boil. Reduce the heat to low, cover, and simmer for 10 minutes.

4. Add the carrots and potatoes, cover, and simmer until the potatoes are tender, about 10 minutes. Season with salt and pepper before serving.

Lemony Hummus with Toasted Cumin Seeds

Make about 3 cups

- 1 teaspoon cumin seeds
- 2 cups cooked chickpeas, rinsed and drained
- 1/3 cup tahini
- ½ teaspoon grated lemon zest
- 3 tablespoons extra virgin olive oil
- 1 teaspoon sea salt
- Paprika, sweet or hot to taste

1. In a small dry skillet, toast the cumin seeds over medium heat, shaking the pan once or twice, until they are lightly browned and fragrant, 2 to 3 minutes. Transfer to a mortar and crush lightly, or grind in a spice grinder or mini food processor.

2. Combine the chickpeas, tahini, lemon zest, 2 tablespoons of the lemon juice, olive oil, salt, and toasted cumin seeds in a food processor or blender. Add ½ cup warm water and puree until smooth.

3. Season with more lemon juice and additional salt to taste. Transfer to a bowl and serve at room temperature, with a dusting of paprika on top.

Frozen Banana Maple Mousse

4 Servings

- 2 ripe bananas, cut into chunks
- 2 to 3 tablespoons pure maple syrup
- 1 cup unflavoured goat and sheep yogurt

- 2 tablespoons toasted chopped macadamia nuts, for garnish.
1. Combine the bananas and maple syrup in a blender or food processor. Process, pulsing the machine on and off, until a coarse puree forms. Add the yogurt, pulsing just until blended.
 2. Scrape the mixture into 4 ramekins or parfait glasses. Cover with plastic wrap and freeze for at least 1 hour, or until firm.
 3. Just before serving, top each with 1 tablespoon of toasted macadamia nuts. This is best served the same day it is made.

Sweet potato-pine nut spread.

Makes About 1 cup

- 1 large sweet potato
 - 2 tablespoon pine nuts
 - 1 to 2 tablespoons maple syrup, to taste
 - 1 tablespoon sunflower oil
 - ¼ teaspoon cinnamon
 - Pinch of sea salt
1. Preheat the oven to 400F. Prick the sweet potato in several places with the tip of the knife and bake for about 45 minutes, until very tender throughout. Remove from the oven and let cool slightly. Scrape the sweet potato from the skin.
 2. In the small dry skillet, toast the pine nuts over medium heat, shaking the pan to stir the nuts, until they are fragrant and lightly toasted, about 3 minutes.
 3. In the food processor combine the baked sweet potato and toasted pine nuts. Puree until smooth. Add 1 tablespoon of the maple syrup, the oil, cinnamon and sea salt. Puree to blend. Taste and add up to 1 more tablespoon maple syrup if needed.

Savory White Bean Soup

6 Servings

- 3 tablespoons extra virgin olive oil, plus more for serving

- 2 medium carrots, peeled and finely diced
- 2 medium celery ribs, finely diced
- 1 garlic clove, minced
- 2 teaspoons finely chopped fresh winter savory or thyme leaves
- 6 cups vegetable broth
- 1 tablespoon wine vinegar or rice vinegar
- Sea salt and freshly ground pepper

1. Heat the olive oil in a large soup pot or flameproof casserole over medium heat. Add the carrots, celery, garlic and savory and cook, stirring occasionally, until the celery softens, 3 to 5 minutes.

2. Add the beans and stir to mix with the vegetables. Pour in the broth and bring to a boil. Reduce the heat to low, partially cover, and simmer for 20 minutes.

3. Scoop out 2 to 3 cups of soup with beans and puree in a blender or food processor. Return the puree to the pot. Simmer for 5 minutes longer.

4. Add the vinegar and season the soup with salt and pepper to taste. Serve hot. Pass a cruet of extra virgin olive oil at the table.

Maple-Pecan Cookies

Makes 2 Dozen

- 1 cup spelt flour
- 1 cup pecan halves
- ½ teaspoon baking soda
- 1/8 teaspoon fine sea salt
- 2 tablespoons unsalted butter, at room temperature
- ¼ cup maple syrup
- 1 teaspoon vanilla extract
- 2 tablespoons sunflower oil



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1. Preheat the oven to 350 F. In a food processor, combine the flour, pecans, baking soda, and sea salt. Pulse until the pecans are finely chopped.
2. In a large bowl, beat together the butter and maple syrup with a wooden spoon until light and well blended. Beat in the vanilla, then add oil in a slow stream, beating well. Add the dry ingredients and stir with the wooden spoon until blended. Drop the dough by rounded teaspoons onto a buttered cookie sheet.
3. Bake for 12 minutes, or until the cookies are just beginning to brown around the edges. Transfer to a wire rack and let cool before eating.

Marinated Roasted Beets

Makes about 1 ½ cups

- 1 pound fresh beets
- 2 tablespoons balsamic or sherry vinegar
- 2 teaspoons sunflower oil

1. Preheat the oven to 400 F. Rinse the beets well and wrap them in a double thickness of aluminum foil. Roast for 45 to 60 minutes, depending on the size, until the beets are just tender.
2. Let the beets cool, then trim the tops and bottoms and rub off the skin. Cut the beets into whatever size dice you like or into slices.
3. Toss the beets with the vinegar and sunflower oil. Let stand at room temperature for at least 1 hour before using, or cover and refrigerate for up to 5 days.

Asparagus Risotto

4 to 6 Servings

- 1 large bunch of asparagus, 1 to 1 ¼ pounds
- 2 tablespoons extra virgin olive oil
- ¼ cup thinly sliced leek
- 1 cup Arborio rice
- 1 teaspoon chopped fresh tarragon leaves or crumbled dried

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- ¼ cup dry white wine
- 4 to 5 cups hot vegetable or chicken broth
- 2 tablespoons unsalted butter
- 1/3 cup grated manchego cheese
- Sea salt and freshly ground pepper

1. Cut off the whitish bottom parts of the asparagus stalks. Cut the remaining green stalks into thin rounds, stopping about 1 inch from the tips. Cut the tips lengthwise in half and set aside.
2. In a large heavy saucepan, heat the olive oil over medium heat. Add the leek and cook, stirring often or twice, for 2 minutes. Add the rice and tarragon and cook, stirring often, for 2 minutes longer.
3. Pour in the wine and cook, stirring, until most of it evaporates. Add the sliced asparagus stalks and 2/3 cup of the warm broth and continue to cook, stirring occasionally, until most of the liquid is absorbed. Add ½ cup broth and cook, stirring often, until most of the liquid is absorbed. Continue to cook, gradually adding more broth about ½ cup at a time, for 10 minutes.
4. Add the asparagus tips and continue to cook in the same manner, adding more broth as needed, until the rice is al dente and the sauce around it is thick and creamy, 8 to 10 minutes longer.
5. Stir in the butter and cheese. Season lightly with salt and generously with pepper. Serve at once.

Lentil Soup

6 to 8 Servings

- 3 tablespoons extra virgin olive oil
- 2 celery ribs, finely diced
- 2 medium carrots, peeled and finely diced
- 2 medium white turnips, peel and finely diced
- 1 cup lentils
- 6 cups vegetable or chicken broth
- 1 dry chipotle chile
- 1 teaspoon thyme leaves, preferably fresh

- 1 whole clove, crashed
- 2 to 3 teaspoons cider vinegar
- Sea salt and freshly ground pepper

1. Heat the olive oil in a large saucepan or flameproof casserole over medium heat. Add the celery, carrots, and turnips and stir to coat with the oil. Cover and cook for 3 to 5 minutes to soften slightly.

2. Add the lentils and stir to mix them with the oil and vegetables. Add the broth, chile, thyme, clove, and 2 cups of water. Bring to a boil, reduce the heat, and simmer, partially covered for 10 minutes. Remove and discard the chile.

3. Continue to cook the soup until the lentils are tender, 25 to 35 minutes longer. Stir in the vinegar and season with salt and pepper to taste.

Succotash with Corn, Zucchini, and Green Beans

4 Servings

- ½ pound green beans, trimmed and cut into 1 inch lengths
- 3 tablespoons minced leek
- ¾ teaspoon ground cumin
- 2 ½ tablespoons extra virgin olive oil
- 2 cups corn kernels, preferably fresh
- 1 medium zucchini, halved lengthwise, then sliced
- 2 large plum tomatoes, coarsely chopped, or half a 14 ounce can diced tomatoes
- 2 tablespoons heavy cream or soy creamer
- 2 teaspoons fresh lime or lemon juice
- Sea salt and crushed hot red pepper

1. Steam the green beans for 3 minutes, or until bright green and tender but still firm.

2. In a large skillet or flameproof casserole, cook the leek with the cumin in the olive oil over medium heat for 2 minutes. Add the corn, raise the heat to medium-high, and sauté, tossing for 2 minutes longer.



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3. Add the zucchini and tomatoes and cook, stirring for 2 to 3 minutes, until the zucchini begins to soften. Add 1 cup of water and bring to a boil. Partially cover, reduce the heat to medium-low, and simmer, stirring once or twice, until the zucchini is barely tender, about 3 minutes.

4. Add the green beans, heavy cream, and lime juice. Season with salt and hot pepper to taste. Boil over medium-high heat until all the vegetables are tender, and the sauce has reduced and thickened slightly.

Pita Pizzettes with Basil Goat Cheese and Black Olive Tapenade

4 Servings

- 4 ounces soft white goat cheese, at room temperature
- 1 tablespoon coarsely chopped fresh basil
- Sea salt and freshly ground pepper
- 4 organic sprouted wheat or whole wheat pita pockets
- 4 teaspoons extra virgin olive oil
- 8 teaspoons black olive tapenade

1. Preheat the oven to 375F and set a rack in the top position. In a small bowl, blend the goat cheese with the basil. Season with salt and pepper to taste, keeping in mind that tapenade can be very salty.

2. Lay the pitas on a baking sheet and brush each one with about 1 teaspoon extra virgin olive oil. Bake for about 3 minutes to crisp slightly. Remove from the oven and let cool briefly.

3. Divide the goat cheese mixture among the 4 pitas and spread it to within ½ inch of the edges of the bread. Drop four ½ teaspoon dollops of tapenade on top of the goat cheese on each of the pitas. Swirl lightly with the back of a spoon.

4. Return to the oven and bake the pizzettes for 5 minutes, until warmed through.

Sesame Quinoa with Bok Choy

4 Servings

- 1 cup quinoa
- 2 tablespoons extra virgin olive oil

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- 1 teaspoons minced fresh ginger
- 6 ounces fresh shiitake mushrooms, stems removed, caps thinly sliced
- 1 pound bok choy, trimmed and sliced ½ inch thick (white stems and green leaves)
- 1 tablespoon Asian sesame oil
- Pinch of sea salt
- 1 Tablespoon toasted sesame seeds

1. Put the quinoa in a medium bowl and fill with warm water. Swish the quinoa around with your fingers, then drain into a sieve. Repeat the rinsing and draining 2 more times.
2. In the medium saucepan, bring 2 cups lightly salted water to a boil. Add the quinoa, give it a stir, reduce the heat to low, cover, and cook for 12 to 15 minutes, until the quinoa is tender and has opened up so you can see its little “halos”.
3. Heat the olive oil in a large skillet over medium-high heat. Add the ginger, mushrooms, and bok choy. Sauté, stirring often, for about 3 minutes, until the bok choy is just tender.
4. Remove from the heat, add the quinoa, and toss to combine the grain with the vegetables. Drizzle on the sesame oil and mix well. Season with salt to taste. Sprinkle the sesame seeds on top.

Creamy Polenta with Manchego Cheese

6 Servings

- 1 Cup polenta stone-ground yellow cornmeal
- 1 teaspoon sea salt
- Dash of cayenne
- ½ cup heavy cream
- 2 tablespoons unsalted butter
- ½ cup shredded manchego cheese

1. In a medium bowl, stir together the cornmeal with 2 cups of water. Bring another 2 cups of water with the salt and cayenne to a boil in a heavy saucepan over medium heat.



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2. Gradually stir the cornmeal slurry into the boiling water. Reduce the heat to medium-low and continue to cook, stirring often, for 20 minutes. Stir in $\frac{1}{4}$ cup of the cream and continue to cook, stirring until the polenta thickens and begins to pull away from the sides of the pan. If the liquid evaporates too quickly, add more water.

3. When the polenta is thick and the cornmeal is tender, remove from the heat. Stir in the rest of the cream, the butter, and the cheese. Serve at once.

Lentils with Goat Cheese and Sun-Dried Tomatoes

4 to 6 Servings

- 2 medium carrots, peeled and chopped
- 2 celery ribs, chopped
- 2 garlic cloves, chopped
- 3 tablespoons extra virgin olive oil
- 1 cup lentils
- 1 bay leaf
- 1 whole clove
- $\frac{1}{4}$ cup chopped fresh parsley
- $\frac{1}{4}$ cup diced oil-packed sun-dried tomatoes
- 1 tablespoon wine vinegar
- Sea salt and freshly ground pepper
- 2 ounces fresh white goat cheese

1. In a large saucepan cook the carrots, celery, and garlic in 2 tablespoons of the olive oil over medium heat, stirring occasionally, until the vegetables soften slightly, 2 to 3 minutes.

2. Add the lentils, bay leaf, clove and 2 tablespoons of the parsley. Pour in enough water to just cover. Bring to a boil, reduce the heat, and simmer partially covered, until the liquid is almost all evaporated and the lentils are tender but still hold their shape, 25 to 35 minutes. If the pan becomes dry, add a little water $\frac{1}{2}$ cup at a time.

3. Stir in the sun-dried tomatoes and vinegar. Season with sea salt and pepper to taste.

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4. Fish out and discard the bay leaf and clove. Transfer the lentils to a serving bowl and stir in the goat cheese, cut into bits, along with the remaining 1 tablespoon olive oil. Sprinkle the remaining parsley on top. Serve warm or at room temperature.

Pecan- Crusted Catfish Fillets with Pineapple Slaw

6 Servings

- ¾ cup pecan halves
- ¼ cup yellow cornmeal
- ½ teaspoon hot or sweet Hungarian paprika
- 1 ½ tablespoons extra virgin olive oil
- Sea salt and freshly ground pepper
- 3 skinless catfish fillets, about 6 ounces each
- Pineapple Slaw (recipe follows)

1. Preheat the oven to 325 F. Place the pecans on a baking sheet and bake, stirring once or twice, until very lightly browned and fragrant, 5 to 7 minutes. Cool slightly. Increase the oven temperature to 400 F.

2. In the food processor, combine the pecans, cornmeal, paprika, and a dash of salt. Pulse until the pecans are finely chopped. Transfer the mixture to a shallow bowl or plate.

3. Cut the fillets in half and place in a shallow dish. Drizzle with the olive oil and turn to coat. Season with salt and pepper. Dip the fillets in the pecan mixture, pressing gently to coat both sides. Use the oil that remains in the dish to grease a baking sheet; then arrange the fillets without crowding.

4. Bake the catfish for 6 minutes, turn and then bake for 2 minutes longer, until the fish is golden brown on the outside and opaque throughout. Serve with the slaw on the side.

Pineapple Slaw

4 to 6 Servings

- ½ small green cabbage
- 1 cup pineapple chunks, fresh or unsweetened canned

- 1/3 cup finely shredded red bell pepper
- 2 tablespoons rice vinegar
- 1 ½ tablespoons sunflower oil
- Sea salt and freshly ground pepper

1. Shred the cabbage with a large sharp knife. Coarsely chop the pineapple.
2. Toss the cabbage with the pineapple, bell pepper, vinegar, and oil. Season with salt and pepper to taste. Let stand at room temperature for at least 30 minutes or refrigerate for 2 hours before serving.

Pasta Primavera

4 Servings

- 2/3 cup cut-up asparagus
 - 2/3 cup broccoli or cauliflower florets
 - 2/3 cup sliced zucchini
 - 12 ounces pasta bow ties or small twists
 - Creamy Tomato Sauce
 - 1 cup frozen baby peas, thawed
 - Grated Pecorino Romano or Manchego cheese or a mixture of the two
1. Steam the asparagus, broccoli and zucchini over boiling water until just tender, 2 to 3 minutes.
 2. In large pot of boiling salted water, cook the pasta until almost tender, about 10 minutes. Drain into a colander.
 3. Return the pasta to the pot and add the Creamy Tomato Sauce. Toss to coat. Simmer for 2 minutes over very low heat. Add the steamed vegetables and the peas and toss for a minute over heat to warm through. Pass the cheese on the side.