

Alkaline Diet

Week Two

While maintaining an alkaline balance and continuing to restrict food allergens, the menus for week two gradually incorporate small amounts of whole grains and goat and sheep dairy to vary your diet and broaden your nutritional base. Whenever you have salad, know that you can always embellish it with a light sprinkling of sunflower seeds, pumpkin seeds, or flax seeds.

Do not forget to continue to drink copious amounts (at least 3 liters) of water, unsweetened herbal tea, and the alkalizing broth. Begin your day with a glass of warm water and ½ measuring spoon of [Alkala](#) or other alkalizing power ([Basic Tab](#)). And be sure to take 1 tablespoon of pure flaxseed oil every morning with breakfast.

Week Two - Day One

Breakfast

- Cup or small bowl of broth only (no vegetables) from Dr. Rau's Alkaline Soup.
- ½ of fresh grapefruit
- 1 tablespoon pure flaxseed oil
- ¼ cup steel - cut oats cooked with 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 teaspoon of butter and 2 teaspoons your choice of naturally sweetened fruit preserves
- 1 cup herb tea

Morning Snack

- ½ avocado with a squeeze of lemon juice



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Lunch

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

OR

- Steamed 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 or sunflower oil. Sprinkle with 1 tablespoon sunflower seeds.

AND

- 2 rye crisps

Midafternoon Snack

- Small container (8oz) goat or sheep yogurt

Supper

- ½ cup fresh carrot or other vegetable juice
- Cup of Dr. Rau's Alkaline Soup, including ½ cup diced vegetable from the soup.
- ½ Olive Oil-Steamed Spinach (see week one for recipe)
- Twice- Baked Potatoes with Blue Cheese and Broccoli (recipe included)
- Cup of herb tea

Week Two - Day Two

Breakfast

- Same as day 1, but instead of the butter and preserves with your toast, have ½ oz of your favorite sheep cheese, such as Manchego or goat cheese, such as Coach Farms brand; instead of banana, have a small pear or peach

Midmorning Snack

- 1 small apple or a medium carrot

Lunch

- Salad Plate: 1 cup shredded romaine lettuce, 1 medium carrot shredded, ¼ cup sliced cucumber, ¼ cup cooked chickpeas, tossed with 1 tablespoon each fresh lemon juice and extra virgin olive oil. Sprinkle 1 tablespoon feta cheese on top.

OR

- Steamed Vegetable Plate: Cauliflower florets, green beans, and 1 small - sweet potato, 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 pumpkin seeds.

AND

- ½ cup Creamy Fruit Salad (recipe included)

Midafternoon Snack

- With a cup of herb tea, enjoy 1 rye crisp with 1 ½ tablespoons Sweet Potato- Pine Nut Spread (recipe included)

Supper

- ½ cup fresh beet or other vegetable juice
- Cup of Dr. Rau's Alkaline Soup, including ½ cup diced vegetable from the soup.
- 1 cup steamed broccoli florets, dressed with fresh lemon juice and extra virgin olive oil
- ⅓ cup cooked basmati rice
- ⅓ cup Marinated Roasted Beets (recipe included)
- Cup of herb tea

Week Two - Day 3

Breakfast

- Same as Day 1, but add 1 soft-boiled egg and eat your toast dry (you can dip in the egg)

Morning Snack



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- 5 cashews

Lunch

- Salad Plate: ½ cup Swiss Potato Salad (see week one for recipe), made with no leek; ½ cup alfalfa sprouts; ⅓ cup Shredded Beet and Carrot Salad (see week one for recipe)

OR

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

AND

- 1 ripe pear, sliced, drizzled with 1 ½ teaspoons maple syrup and 1 ½ teaspoons chopped pecans.

Midafternoon Snack

- 1 small cucumber, sliced with 2 tablespoons Lemon-Rosemary White Bean Spread (recipe included)

Supper

- ½ cup fresh carrot or other vegetable juice
- Cup of Dr. Rau's Alkaline Soup, including ½ cup diced vegetable from the soup.
- 1 slice of spelt bread
- 1 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 Two - Day Four

Breakfast

- Same as Day 1, but instead of a banana, have ½ mango, diced

Morning Snack

- 1 rye crisp spread with 2 teaspoon cashew butter and 1 teaspoon honey or 1 tablespoon Lemon-Rosemary White Bean Spread (recipe included)



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Lunch

- Either shredded vegetables of your choice tossed with lemon juice and extra virgin olive oil or ¼ recipe of Chopped Greek Salad (recipe included)

OR

- Bowl of Sweet Corn and Potato Chowder (recipe included)

AND

- ¾ cup mixed fruit salad of your choice or 1 apple

Midafternoon Snack

- 1 avocado sprinkled with lemon juice

Supper

- ½ cup fresh beet or other vegetable juice
- Cup of Dr. Rau's Alkaline Soup, including ½ cup diced vegetable from the soup.
- Fennel Gratin (recipe included)
- ⅓ cup cooked chestnuts
- ⅔ cup steamed swiss chard leaves
- Cup of herb tea

Week Two - Day Five

Breakfast

- Same as Day 1

Midmorning Snack

- 1 carrot

Lunch

- Salad Plate: ½ cup raw 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



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teaspoons extra virgin olive oil or sunflower oil. Sprinkle 1 tablespoon crumbled Roquefort cheese on top.

OR

- Steamed Vegetable Plate: Halved Brussels sprouts or shredded cabbage, ½ cup sliced garnet yam or sweet potato and Swiss chard leaves, lightly steamed; do not overcook.

AND

- 2 rye crisps

Midafternoon Snack

- ¼ cup Guacamole (recipe included) with 6 tortilla chips

Supper

- ½ cup fresh carrot or other vegetable juice
- Cup of Dr. Rau's Alkaline Soup, including ½ cup diced vegetable from the soup.
- 1 Black Bean Burger with Cashews and Carrots (recipe included)
- Olive Oil Steamed Spinach (see week one for recipe) as much as you like
- Cup of herb tea

Week Two - Day 6

Breakfast

- Same as Day 1 but instead of the banana, have 1 apple.

Midmorning Snack

- 1 plum or small pear, depending on the season

Lunch

- Salad Plate: Shredded vegetables of your choice dressed with fresh lemon juice and extra virgin olive oil

OR

- Eggplant Steaks with Sun-Dried Tomatoes and Olives (recipe included)

AND

- ½ cup cooked spelt pasta, tossed with 1 teaspoon olive oil
- As much steamed broccoli as you like

Midafternoon Snack

- Small container (8oz) goat or sheep yogurt

Supper

- ½ cup fresh carrot or other vegetable juice
- Cup of Dr. Rau's Alkaline Soup, including ½ cup diced vegetable from the soup.
- Steamed vegetable plate of your choice
- Small spelt roll
- Cup of herb tea

Week Two - Day 7

Breakfast

- Same as Day 1. Instead of butter and preserves, have a small slice of sheep or goat cheese with your toast.

Midmorning Snack

- 1 Small Apple

Lunch

- Salad Plate: Avocado Salad with Strawberry Sauce (recipe included)

OR

- Asparagus Stir-Fry with Swiss Chard and Carrots (recipe included) or steamed vegetable plate of your choice

AND

- ½ cup steamed basmati rice

- 2 slices or ripe pineapple

Midafternoon Snack

- ½ avocado with a squeeze of lemon juice

Supper

- ½ cup fresh beet or other vegetable juice
- Cup of Dr. Rau's Alkaline Soup, including ½ cup diced vegetable from the soup.
- Pasta with Broccoli Rabe and Feta Cheese (recipe included), made with spelt pasta; omit the hot pepper.
- Cup of herb tea

Recipes

Asian Sesame Slaw

4 to 6 servings

- ¼ medium-large green cabbage
- 2 tablespoons rice vinegar
- 1 tablespoon fresh lemon juice
- 1 tablespoon Asian sesame oil
- ½ teaspoon coarse sea salt
- 1 tablespoon sesame seeds

1. Either thinly slice the cabbage with a large knife or shred in a food processor. There should be about 6 cups.

2. In a medium bowl, combine the shredded cabbage with the rice vinegar, lemon juice, sesame oil, salt, and half the sesame seeds. Toss to mix well.

3. Eat at once while crisp, or cover and refrigerate for up to 3 days. Garnish with the remaining sesame seeds just before eating.



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Twice- Baked Potatoes with Blue Cheese and Broccoli

2 servings

- 1 large baking potato, scrubbed
- 1 cup broccoli florets
- 1 ½ tablespoons unsalted butter
- ¾ ounce Roquefort cheese, crumbled (about 2 tablespoons)
- 2 to 3 tablespoons soy, rice, or goat milk
- Sea salt and freshly ground black pepper to taste
- ½ oz Manchego cheese, in one piece

1. Preheat the oven to 400 F. Prick the potato in 2 places with the tip of a small knife. Put the potato right on the rack and bake for 1 hour, or until the skin is crisp and the potato is very tender. Leave the oven on.

2. While the potato is baking, steam the broccoli for 1 ½ to 2 minutes, until it is just tender but still bright green. Coarsely chop half of the largest florets.

3. Cut the hot baked potato in half lengthwise, using a mitt if necessary, to protect your hands. Scoop the potato into a bowl; set the skins aside. Mash the hot baked potato with the butter and Roquefort cheese. Mix in enough of the milk to make the potato creamy. Fold in the chopped broccoli. Season with salt and pepper to taste.

4. Mound the potato-broccoli mixture in the potato skins. Press the remaining broccoli into the top. Shave the Manchego cheese over the broccoli to cover it with a very thin layer. Return to the oven for 5 to 10 minutes, until the filling is hot and the cheese on top is melted.

Creamy Fruit Salad

4 Servings

- 1 large green apple, cut into ½ inch chunks
- 1 banana, sliced
- 1 teaspoon fresh lemon juice
- 24 seedless red grapes, halved if large

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- 2 to 3 teaspoons honey
- ¼ teaspoon ground cinnamon
- 1 cup plain goat yogurt

1. Toss the apple and banana with the lemon juice to prevent discoloration. Add the grapes.
2. Stir 2 teaspoons of the honey and the cinnamon into the yogurt until well blended. Add the third teaspoon honey if you think it needs it, keeping in mind the fruit is sweet.
3. Add the sweetened yogurt to the fruit and fold gently to mix.

Sweet Potato- Pine Nut Spread

What we call a sweet potato is really a deep orange yam, and they are full of vitamins and minerals and low in fat. This is a healthful and satisfying spread, lovely on a simple rye cracker for a snack in between meals. It keeps well in the refrigerator for up to five days.

Makes about 1 cup

- 1 large sweet potato or yam
- 2 tablespoons pine nuts (pignoli)
- 1 to 2 tablespoons maple syrup to taste
- 1 tablespoon sunflower oil
- ¼ teaspoon cinnamon
- Pinch of sea salt

1. Preheat the oven to 400 F. Prick the sweet potato in several places with the tip of a 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 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- a mini works well here- combine the baked sweet potato and toasted pine nuts. Pure until smooth. Add 1 tablespoon of the maple syrup, the oil, cinnamon, and the sea salt. Puree to bland. Taste and add up to 1 more tablespoon maple syrup if needed.

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Marinated Roasted Beets

Beets are a wonderful cleansing vegetable. Keep a batch of these on hand to sprinkle over salad for both color and flavor.

Makes about 1 ½ cups

- 1 pound fresh beets
- 2 tablespoons balsamic or sherry vinegar
- 2 tablespoons 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 top 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.

Lemon-Rosemary White Bean Spread

Makes about 1 ¼ cups

- ¼ cup extra virgin olive oil
- 1 teaspoon minced rosemary, preferably fresh
- Grated zest and juice from 1 lemon
- ¼ teaspoon freshly ground pepper
- 1 ½ cups cooked cannellini or other white beans
- Sea salt

1. In a small heavy saucepan, combine the olive oil, rosemary, lemon zest, and pepper. Set over moderately low heat for about 1 minute, until the oil just begins to bubble. Remove from the heat and let steep for 10 to 15 minutes.



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2. Puree the beans in food processor. With the machine on, add the oil with the rosemary and lemon zest through the feed tube. Continue to process for at least 1 full minute, until the spread is smooth and light.

3. Bland in the lemon juice and season with salt to taste. Transfer to a covered container and refrigerate for several hours before serving.

Fennel Gratin

4 Servings

- 2 bulbs of fennel, trimmed and cut lengthwise into $\frac{3}{8}$ -inch slices
- 3 tablespoons extra virgin olive oil
- Sea salt and freshly ground pepper
- 1 cup vegetable or chicken broth
- 1 cup fresh spelt, whole grain, or whole wheat bread crumbs
- $\frac{1}{4}$ cup freshly grated Pecorino Romano cheese
- 1 tablespoon fennel seeds, crushed

1. Preheat the broiler. Using 2 tablespoons of the olive oil, brush both side of the fennel slices. Arrange in a single layer on a baking sheet and season lightly with salt and pepper.

2. Broil the fennel slices about 4 inches from the heat, turning once, until they are lightly colored, about 3 minutes per side. Transfer the fennel to a gratin or flameproof baking dish, overlapping the slices as necessary to fit. Reduce the oven temperature to 400 F.

3. Pour the broth over the fennel, cover with foil, and bake for 10 to 15 minutes, until the fennel is tender but still firm and most of the liquid is absorbed.

4. Combine the bread crumbs, cheese, and fennel seeds. Turn the fennel slices over and sprinkle the seasoned bread crumbs on top. Drizzle with the remaining 1 tablespoon olive oil. Return to the oven and bake uncovered for 5 to 7 minutes longer, or until the fennel is tender and the crumb topping is lightly browned.

Guacamole

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Avocados are one of the A-list vegetables. They are rich in potassium and healthy fats, which help maintain your blood sugar levels between meals. Guacamole is simply a Mexican word that means “avocado sauce”.

Makes about 1 ¼ cups

- 2 ripe avocados
- 1 plum tomato, finely diced
- ¼ to ½ teaspoon grated lime or lemon zest
- 1 ½ teaspoons freshly squeezed lime or lemon juice
- 1 small garlic clove, minced
- 1 serrano chile, seeds and minced (optional)
- Sea salt
- Tortilla Chips (organic)

1. Cut each avocado in half lengthwise. Twist the halves in opposite directions to separate. Remove and discard the pits. With an avocado peeler or large spoon, scoop the avocado into a bowl. Mash coarsely with a fork.

2. Add the tomato, lime zest, lime juice, garlic and chile. Mix well. Season very lightly with salt. Serve with Tortilla Chips.

Black Bean Burger with Cashews and Carrots

Makes 6 Burgers: 3 or 6 Servings.

- 1 large celery rib, coarsely cut up
- 1 medium-large carrot, peeled and shredded
- ¼ cup large roasted cashews
- 2 cups cooked or canned black beans, rinsed and drained well
- ⅓ cup steel-cut oats
- 1 ½ teaspoons vegetable bouillon powder

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- 1 teaspoon ground cumin
- 1 teaspoon rice vinegar
- 1 tablespoon extra virgin olive oil, plus more for the pan
- Yellow cornmeal

1. Put the celery, carrot, and cashes in the food processor. Pulse to chop coarsely. Add the beans, oats, bouillon powder, cumin, vinegar, and 1 tablespoon olive oil. Pulse until just mixed evenly. Cover and refrigerate for at least 1 hour, or overnight.

2. Form the bean mixture into 6 patties. Dust lightly with cornmeal to coat both sides. Heat the olive oil in a large skillet over medium heat. Add the patties and sauté until lightly browned, 2 to 3 minutes on each side. Or bake in a 375 F oven for about 15 minutes. Let stand for 2 to 3 minutes to firm up before serving.

Eggplant Steaks with Sun-Dried Tomatoes and Olives

4 Servings

- 2 medium-large eggplants
- Coarse sea salt
- 6 tablespoons extra virgin olive oil
- ½ cup crumbled goat cheese or sheep's milk feta
- 8 sun-dried tomato halves packed in olive oil, drained and coarsely chopped
- 12 pitted Kalamata olives, coarsely chopped
- ¼ cup grated pecorino Romano cheese
- 2 to 3 tablespoons slivered fresh basil leaves, for garnish

1. Trim the ends from the eggplants and peel off the skin. Cut each eggplant lengthwise into four or more ½ inch-thick slices. Sprinkle the slices with coarse salt and layer in a colander to drain for at least 30 minutes or for up to 2 hours. Rinse the eggplant slices under cold running water and dry well with paper towels, pressing to remove as much moisture as possible.

2. Preheat the broiler and position the oven rack about 4 inches from the heat. Line a large heavy baking sheet with aluminum foil. Arrange the eggplant slices on the sheet in a single layer and brush both sides



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with oil. Broil for 7 to 9 minutes, turning once, until the eggplant is tender and lightly browned on both sides. Leave the broiler on.

3. Meanwhile, combine the goat cheese, sun-dried tomatoes, and olives in a small bowl. Toss gently to mix. Divide the mixture evenly over the broiled eggplant slices. Sprinkle the Pecorino Romano cheese evenly over each slice and return to the oven. Broil for 1 minute, or until the goat cheese has softened and the grated cheese is just beginning to brown at the edges. Watch carefully to avoid burning. Scatter basil over the top of each slice and serve at once.

Avocado Salad with Strawberry Sauce

4 servings

- 1 small bunch of arugula
- 12 strawberries
- 2 tablespoon sunflower oil
- 1 tablespoon balsamic vinegar
- 2 teaspoons fresh lemon juice
- 2 avocados

1. Rinse and dry the arugula. Trim off any thought stems at the bottom. Make 4 small bouquets of the arugula and place to one side of each of 4 plates.

2. In a blender or mini food processor, combine 8 of the strawberries with the sunflower oil, balsamic vinegar, and lemon juice. Puree until the strawberry dressing is smooth.

3. Cut each avocado in half and remove the pits. With a large spoon or avocado peeler, scoop out each avocado half in one piece. Cut the avocado halves lengthwise into slices and fan out on the plates. Drizzle about 1 tablespoon of the dressing over each avocado half and garnish each plate with 1 of the remaining strawberries, halved or sliced. Pass the remaining dressing.

Asparagus Stir-Fry with Swiss Chard and Carrots

3 to 4 servings

- 1 small bunch of swiss chard

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- 2 tablespoons extra virgin olive oil
- $\frac{3}{4}$ pound asparagus, cut into 1 inch lengths
- 2 medium carrots, peeled and sliced on the diagonal
- 2 teaspoons minced fresh ginger
- $\frac{2}{3}$ cup vegetable or chicken broth
- 1 tablespoon organic wheat-free tamari
- 2 teaspoons cornstarch
- 1 tablespoon asian sesame oil
- $\frac{1}{4}$ cup roasted cashews

1. Rinse the chard well. Cut the green leaves off the white stems. Shred the leaves and set aside. Cut the stems in half lengthwise if they are thick, then cut crosswise into $\frac{3}{4}$ inch slices.

2. Heat the olive in a wok or large skillet. Add the asparagus, carrots, and ginger and sauté for 1 to 2 minutes. Add the chard stems and $\frac{1}{2}$ cup of the broth. Cover, reduce the heat to medium, and cook for 3 minutes.

3. Meanwhile, combine the remaining broth with the tamari. Stir in the cornstarch. Add the wok and bring to a boil, tossing until the vegetables are evenly coated and the sauce is thickened, about 1 minute.

4. Transfer to a platter. Drizzle the sesame oil over the stir-fry and sprinkle the cashews on top.

Pasta with Broccoli Rabe and Feta Cheese

4 Servings

- 1 large bunch of broccoli rabe
- $\frac{1}{2}$ pound gemelli pasta, bow ties, or penne
- 4 tablespoons extra virgin olive oil
- 2 garlic cloves, thinly sliced
- 2 or 3 shakes of crushed hot red pepper
- $\frac{1}{4}$ cup finely diced or coarsely crumbled feta cheese

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- Sea salt and freshly ground pepper
- Grated pecorino Romano cheese

1. Wash the broccoli rabe well; drain briefly. Trim off and discard the bottom ½ inch of the thick stems. Cut the remaining stems into ½ inch pieces and the leaves and flowers into 1 inch pieces.

2. In a large saucepan of boiling salted water, cook the pasta until just tender, 10 to 12 minutes. Scoop out and reserve 1 cup of the pasta cooking water. Drain the pasta into a colander.

3. Add 3 tablespoons of the olive oil to the saucepan. Add the garlic and hot pepper and cook over medium-low heat until the garlic just begins to color, about 2 minutes. Pour in ½ cup of the pasta cooking water and let it bubble up.

4. Add the broccoli rabe and raise the heat to medium. Cook, stirring, until the broccoli leaves wilt, about 2 minutes. Pour in the remaining ½ cup cooking water and cook, stirring often, until the broccoli rabe is tender but still bright green, 5 to 6 minutes.

5. Dump the pasta into the pot. Add the feta cheese and remaining 1 tablespoon olive oil. Stir to mix well. Remove from the heat. Season lightly with sea salt and generously with black pepper. Serve in pasta bowls. Pass a bowl of Pecorino Romano cheese on the side.