

Alkaline Foods (3rdEyeCreativeLiving.com)

Fruits

Apples
Burro Bananas
Berries (No Cranberries)
Cherries
Currants
Dates
Figs
Grapes (With Seeds)
Key Limes
Mangos
Melons
Cantaloupe
Papaya
Peaches
Pears
Plums
Raisins
Soursop
Tamarind
Soft Jelly Coconuts
Cactus Fruit
Pears
Figs

Vegetables

Amaranth Greens
Avocado
Dandelion Greens
Kale
Lettuce (No Iceberg)
Mushrooms (No Shitake)
Mexican Cactus
Nopales
Okra
Olives
Onions
Peppers
Squash (No Pumpkin)
Tomatillos
Cherry or Plum Tomatoes
Turnip Greens
Watercress Greens
Zucchini
Wild Arugula
Purslane
Bell Peppers
Chayote
Cucumber
Izote (Cactus flower/ Cactus Leaf)
Turnip Greens
Watercress
Green Bananas
Sea Vegetables (Bladderwrack, Kelp, Irish Moss, Dulse, Sea Palm, Arame, Agar, Nori, Hijiki, Wakame, Kombu)

Grains

Amaranth
Fonio
Kamut
Quinoa
Rye
Teff
Wild Rice

Nuts & Beans

Brazil Nuts
Hemp Seeds
Sesame Seed
Walnuts
Chickpeas

Seasonings

Basil
Cayenne Pepper
Onion Powder
Oregano
Sage
Sea Salt
Sweet Basil
Savory
Dill
Thyme
Tarragon
Habanero
Bay Leaf
Achiote
Agave (This is an ALL Natural Sugar Replacement)
Date Sugar

Butters

Tahini Butter
Walnut Butter

Oils

Avocado Oil
Sesame Oil
Grapeseed Oil
Olive Oil (Do Not Cook)
Coconut Oil (Do Not Cook)

