

Light Kindling Alkaline Shopping List



Name Date/...../..... Duration weeks/months.

Some basic rules:

Drink your solids

Eat your liquids

FAVOUR

The nature of your meal should be light, warm, fresh, gentle, moist, soft.

REDUCE/STOP

- Overeating: several meals or eating too much.
- Late / heavy meals: reduce eating after 6.30 PM.
- Too cold / hot.
- Oils & fats.
- Fried, dried foods.
- Anything directly from the fridge.
- Coloring, additives, flavorings.
- Concentrated/refined food (e.g. pizza, pasta)
- Yeast, meat & eggs.
- Coffee, tea & alcohol.
- Sugars & white flour.
- Carbonated drinks.

Key

- Favorable
- Moderately
- twice a week
- Avoid

REGULAR USE

VEGETABLES

Artichoke
Asparagus
Avocado
Beans
Been sprouts
Beet greens
Beetroot
Bitter melon
Broccoli
Cabbage
Carrot
Cauliflower
Celery
Celery leaves
Cucumber
Daikon
Green beans
Leafy greens
Leeks
Lettuce
Okra
Parsley
Parsnips
Pumpkin
Radish
Spinach
Sprouts
Squash
Sweet potatoes
Taro root
Turnips
Zucchini
Generally all light to digest items

FRUITS

Apples
Apricot
Banana
Berries
Cherries
Coconut
Cranberries
Dates
Figs
Fruits –soaked
Grapefruits
Grapes
Kiwi fruit
Lemon / Lime
Mango
Melons
Papaya
Peaches
Pears
Persimmon
Pomegranate
Strawberries
Generally all sweet and light fruits
GRAINS
Barley
Buckwheat
Bread -yeast free
Corn
Couscous
Millet
Oat bran
Pasta (rice/corn)
Rice-pasta/noodle items

BEANS

Adzuki beans
Black beans
Black eyed beans
Kidney beans
Lentils
Lima beans
Mung bean
Navy beans
Pinto beans
Generally all non gassy items
NUTS & SEEDS
Almonds –soaked
Coconut
Pine nuts
Pumpkin
Sunflower seeds
Sesame seeds
HERBS SPICES
Allspice
Anise
Asafoetida
Basil
Bay leaves
Cardamom
Celery seeds
Cinnamon
Cloves
Coriander
Cumin
Fennel
Fenugreek
Ginger
Herbs-fresh
Lemon thyme
Licorice

ROSEMARY

Rosemary
Sage
Tarragon
Thyme
Turmeric
Salt

OILS

Olive oil

SWEETENERS

Honey
Palm sugar
Molasses

TEAS

Alfalfa
Basil
Blackberry
Burdock
Chamomile
Chrysanthemum
Cinnamon
Clove
Comfrey
Dandelion
Fenugreek
Fennel
Ginger
Green tea
Jasmine
Lemon/ Lime
Lemon grass
Licorice
Nettle
Peppermint
Sage
Spearmint

DRINKS

Apricot juice
Cherry juice
Coconut milk
Cranberry juice
Lemon juice
Pineapple juice
Peach juice
Pear juice
Prune juice
Rice milk
Generally all sweet items

CONDIMENTS

Chocolate, bitter
Chutney, sweet
Coriander leaves
Curry leaves
Olive
Miso broth
Parsley
Tamari
Generally all low acid light items

STOP/REDUCE

VEGETABLES

Eggplant
Green chillies
Horse radish
Mushrooms
Peppers (Hot)
Popcorn
Potatoes
Tomato

FRUITS

Orange

GRAINS

Oats
Refined items

BEANS

Chick peas
Split peas
Soy beans
Toor dal

DAIRY

Butter
Butter milk
Cheese
Cream
Goats milk
Ice cream
Milk light
Ghee
Sour cream
Yoghurt low fat

NON VEG

Eggs
Ham
Red meat

NUTS & SEEDS

Brazil nuts
Cashews
Hazelnuts
Macadamia

SWEETENERS

Sugar
Sugar substitutes

DRINKS

Alcohol
Almond milk
Carbonated
Chocolate
Grape juice
Lemonade
Orange juice
Orange peel
Shakes

CONDIMENTS

Chocolate
Chutney, hot
Gherkins
Gomasio
Pickles
Vinegar

100% Nutrition

1. **Reason:** Eat when you are hungry. (If you are not hungry - improve your digestion). 2. **Eater & the food:** Food is appropriate to the eater. 3. **Food, chef & the eater:** Wholesome food, happy chef and mindful eating. 4. **Four textures:** Have at least 4 textures at least in 1 meal daily. 5. **Five senses:** Engage all senses. We get 20% of pleasure through each sense. 6. **Six flavors:** Include sweet, salt, sour, bitter, pungent and astringent in a meal. A healthy ginger-lemon-honey pickle has five flavours.

How to get sick

- Excessive **acidic food:** (vinegar, yeast...)
- Acidic eating:** Not chewing enough forces our stomach secrete more acid.
- Acidic lifestyle:** Rushing, unplanned life etc.
- Acidic mindset:** Unresolved issues and negative thoughts about them.

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