



2 Day Sample 2000 Calorie Alkaline Meal Plan For Sample Client

			Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)
Day 1:										
Breakfast:										
Alkaline Swiss Muesli	1 1/2	servings	350.78	4.68	73.17	10.51	1.55	5.75	8.17	86.69
Alkaline Water or filtered water	2	cup	0	0	0	0	0	0	0	0
Meal Total:			350.78	4.68	73.17	10.51	1.55	5.75	8.17	86.69
Snack:										
Alkaline Power Protein Fruit Smoothie	1	servings	87.65	1.76	12.3	9.08	0.02	0	3.7	71.09
Meal Total:			87.65	1.76	12.3	9.08	0.02	0	3.7	71.09
Lunch:										
Sprouted Pita	1	pita, large (6-1/2" dia)	170.24	1.66	35.2	6.27	0.26	0	4.74	340.48
Alkaline Three Bean Salad	2	servings	388.07	10.38	56.65	19.08	1.5	0	17.03	37.9
Alkaline Water or filtered water	2	cup	0	0	0	0	0	0	0	0
Meal Total:			558.31	12.04	91.85	25.35	1.76	0	21.76	378.38
Snack:										
Organic, Raw Granola Bar	1	bar	118.8	6.12	14.88	1.85	3	0	1.15	61.44
Alkaline Water or filtered water	2	cup	0	0	0	0	0	0	0	0
Meal Total:			118.8	6.12	14.88	1.85	3	0	1.15	61.44
Dinner:										
Assortment of dark leafy greens of your choice	1	1 cup	20	0	4	1	0	0	2	15
Alkaline salad dressing	1	30ml	123.5	14	1.25	0	0	0	0	0
Alkaline Water or filtered water	2	cup	0	0	0	0	0	0	0	0
Alkaline Easy to Make Roasted Vegetables	2	servings	537.51	28.33	67.38	10.31	4.02	0	13.87	106.46
Meal Total:			681.01	42.33	72.63	11.31	4.02	0	15.87	121.46
Snack:										
Bananas, raw	1	small (6" to 6-7/8" long)	89.89	0.33	23.07	1.1	0.11	0	2.63	1.01
Almonds	1/4	cup(s), ground	136.56	11.74	5.15	5.04	0.89	0	2.9	0.24
Alkaline Water or filtered water	2	cup	0	0	0	0	0	0	0	0
Meal Total:			226.45	12.07	28.22	6.14	1	0	5.52	1.25
Total Nutritional Values:			2023	79	293	64	11	6	56	720

Provided By: Nutrition Maker

N/A = Nutritional Information Not Available



2 Day Sample 2000 Calorie Alkaline Meal Plan For Sample Client

Day 2:

			Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)
Breakfast:										
Alkaline Coconut Quinoa with Cinnamon and Apple Slices	2	serving(s)	952.94	29.85	154.99	29.13	9.94	0	25.98	18.28
Alkaline Water or filtered water	2	cup	0	0	0	0	0	0	0	0
Meal Total:			952.94	29.85	154.99	29.13	9.94	0	25.98	18.28
Snack:										
AlkalineVery Green Smoothie	2	serving(s)	263.22	2.43	58.19	12.72	0.52	0	13.42	184.61
Meal Total:			263.22	2.43	58.19	12.72	0.52	0	13.42	184.61
Lunch:										
Alkaline Lettuce Wrap	2	serving(s)	239.75	8.21	35.38	7.84	1.01	0	7.22	225.45
Alkaline Water or filtered water	2	cup	0	0	0	0	0	0	0	0
Meal Total:			239.75	8.21	35.38	7.84	1.01	0	7.22	225.45
Snack:										
Alkaline Hummus	1	serving(s)	90.57	2.66	14.11	3.46	0.35	0	2.76	159.04
Carrots, baby, raw	10	medium	35	0.13	8.24	0.64	0.02	0	2.9	78
Alkaline Water or filtered water	2	cup	0	0	0	0	0	0	0	0
Meal Total:			125.57	2.79	22.35	4.1	0.37	0	5.66	237.04
Dinner:										
Alkaline Water or filtered water	2	cup	0	0	0	0	0	0	0	0
Alkaline Spaghetti with Zingy Tomato Sauce	2	serving(s)	348.22	4.84	65.33	15.09	0.49	0	8	427.86
Meal Total:			348.22	4.84	65.33	15.09	0.49	0	8	427.86
Snack:										
Bananas, raw	1	small (6" to 6-7/8" long)	89.89	0.33	23.07	1.1	0.11	0	2.63	1.01
Alkaline Water or filtered water	2	cup	0	0	0	0	0	0	0	0
Meal Total:			89.89	0.33	23.07	1.1	0.11	0	2.63	1.01
Total Nutritional Values:			2020	48	359	70	12	0	63	1094

Provided By: Nutrition Maker

N/A = Nutritional Information Not Available

Consult a qualified health professional before starting any exercise and/or nutrition program.
AlkalineLifestyle.com

Except as to user supplied materials, Copyright 1995-2011 BioEx Systems, Inc.