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Healing with Food: A Menu Guide

By Kathy Parnay

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Congratulations on your commitment to becoming healthy from the inside out!

This Menu Guide was created in response to the many requests for detailed information about how to follow a healing diet similar to [our experience curing Stefan's cancer](#).

Important information to consider before beginning:

1. **Find a holistic nutritionist** who has experience with your type of illness, can monitor your progress and help you determine the correct supplements and dosages you need. If you do not have access to a nutritionist, ask your physician for advice. It will be important that you have regular blood tests to monitor your nutrient levels as your body adjusts to your new diet.

It's best not to self prescribe supplements. Although they seem safe, understanding potential toxicity levels, in addition to the right dosage and combination is critical. Some nutrients are better absorbed if taken in combination or absence of specific other nutrients; some require to be taken with food; and others on an empty stomach. A professional will also better understand the relationship between specific vitamins and any medications you are currently taking. All this is important in order to ensure that everything you put into your body effectively supports your healing process.
2. **Consult with your physician.** Encourage him/her to help monitor your progress. Because each of our health conditions and physical needs are unique, we recommend working closely with your physician as you begin to make these major changes to your diet, especially if you are currently taking any medications. Ask your physician to order regular blood tests to monitor your nutrient levels as your body adjusts to your new diet.
3. Your current state of health was not created overnight. It took time for your body to get to the point it is right now. So please **be patient**. The healing power of food is amazing, but **it takes time as your body adjusts** to the concentration of healthy foods and lack of toxic processed ingredients.
4. Do not be surprised if, as your body begins to heal and detoxify, that you feel sicker for a brief period of time. As your body begins releasing the toxins you may experience cold-like symptoms, exhaustion, sweats, etc. This does not mean you are getting worse, but that **your body is beginning to release the disease**. If you stay the course, you will feel healthier than you have been in a long time.
5. Since this diet is very low in calories and fat, it is crucial that you **eat larger amounts and more often** and do not miss a meal, even your morning, afternoon or evening snacks. It is also critical that you **consume healthy fats** from the [Low Glycemic Alkaline Food List](#) several times a day. Your body needs the regular infusion of nutrients and calories or a significant nutrient deficiency and unhealthy weight loss can occur.
6. Don't be surprised if you are now eating triple the amount of fresh produce you are used to. **Stock up each week** to ensure you have plenty available. Fill your fridge and pantry with items from the [Low Glycemic Alkaline Food List](#).
7. It is important to **avoid sugar (even from fruit), meat, dairy, processed foods, and grains (including rice and wheat); all are very acidic**. Even eating a small amount of acidic foods will make it much harder for you to raise your pH.
8. **Remember, this very strict diet is only temporary.** Once you have regained your health, you may begin to slowly expand your diet to include other healthy vegan foods.
9. A word about **flatulence**. For the first few months, as your body acclimates to the increase in fiber and nutrients, you may experience excessive bloating and flatulence. Over time, this will lesson significantly. If you are feeling exceptionally uncomfortable, speak to your nutritionist about slowly adding probiotics to your supplement regiment.
10. As you begin this diet you will notice a change in frequency and texture of **your bowel movements**. As your body works towards getting rid of the toxic load from your unhealthy eating habits and acclimating to the increased fiber, you will most likely experience softer and more frequent movements. Don't worry, this is normal and will settle down overtime.

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Getting Started

- **Go grocery shopping** and stock up on foods from the [Low Glycemic Alkaline Food List](#), preferably organic. *Hint: buy lots and lots of lemons, avocados, fresh garlic and greens. You'll need extra as you will be using them in so many different ways!*
- **Purchase pH strips and begin monitoring your pH** using your first morning urine. This is when your body is the most acidic. [Learn more about balancing your pH](#). Don't be surprised if you are in the low 5s or 6s to start. Disease loves this acidic environment. The goal is to slowly (and it will take time) get your body to the high end of normal (7.25 - 7.5) on a consistent basis. As you begin eating from this diet, you'll want to take your pH more often (about 1 ½ - 2 hours after eating) to see how your body's pH is responding to this new diet.
- **Get creative.** Play with the foods and spices in the [Low Glycemic Alkaline Food List](#) to find what tastes and textures you enjoy. You will notice that some of our recipes indicate that it is alkaline and others have notes at the bottom on how to make the dish appropriate for a low glycemic alkaline diet.
- The **blender and food processor** are going to be your new best friends.
- If you don't have one, **purchase a juicer and dehydrator**.

BEVERAGES

It is important to drink throughout the day in order to help maintain your body's natural balance of fluids and flush your body of toxins.

Lemon Water is very alkaline and a great way to boost your alkalinity in the morning. It's also high in Vitamin A and C. Squeeze the juice of 1 small lemon or ½ of a large lemon into 12 oz of cold or hot water and drink with breakfast every morning. For a little spice, add a dash of cayenne pepper.

Decaffeinated Green Tea or Organic Rooibos Tea are both wonderful substitutions for coffee. They are both alkaline drinks and high in cancer fighting antioxidants. It's helpful to drink at least 12 oz. of one or both of these teas every day.

Water is essential for healing as every life-giving process that happens in our bodies happens through water. Water helps clean out toxins; supports normal cell structure and function; is critical for a healthy immune system; and is the main solvent for all foods, vitamins and minerals. Be sure to drink a full glass of water with every meal.

Fresh Veggie Drinks are the perfect way to consume concentrated nutrients. You'll need a good quality juicer. You want a juicer not a high powered blender because your diet will already consist of lots of fiber. The goal here is to drink concentrated nutrients, more per quantity of liquid than you could consume at a meal.

There are many on the market in varying price ranges. You'll want a juicer that is easy to clean and produces dry pulp (this means it squeezes most of the nutrients from the plant products, leaving only the fiber behind). You'll also want one that provides multiple speeds (slow for softer veggies, fast for firmer ones). Here is a very helpful [purchasing guide](#).

Drink a minimum of 16 oz. of fresh veggie juice every day. This can be broken up into two separate juicings. The goal is to work up to consuming all green drinks. However, it will take time for your taste buds to adjust to the flavor as we are conditioned to taste sweet fruity flavors and your body to the intense nutrient levels. If you need to, you may add ½ an apple or extra carrots to all recipes and slowly wean down until you can manage a completely green drink.

Here are some sample recipes to get you started. Play around with the ingredients and their quantities until you find what tastes good to you. Try to use only ingredients that are found on the [Low Glycemic Alkaline Food List](#).

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Juice #1:

- 1 inch of ginger, peeled
- 4 carrots, do not peel
- 1 cucumber
- 1 small lemon, with peel

Juice #3

- 5 large carrots, do not peel
- 3 celery stalks
- 1/2 of a large beet (root and top)
- 1 inch slice of ginger, peeled

Juice #2

- 5 Swiss chard leaves, rolled into a bunch
- 3 kale leaves, rolled into a bunch
- 3 large carrots, do not peel
- 2 celery stalks
- ½ lemon, with peel

Juice #4

- 4 large kale leaves, rolled into a bunch
- ½ of a large broccoli head, including stem
- ½ of a large beet (root and top)
- 1 inch slice of ginger, peeled

BREAKFAST

The first meal of the day is very important since this is when your body is most acidic. Starting your day with an alkaline breakfast is critical in helping your body create the perfect environment for healing.

Below are some suggested recipes to get you started. Feel free to adjust the recipes to your taste preferences. Please keep checking our website as we are continually adding new recipes and will be including notations on how to make the dish suitable for a low glycemic alkaline diet when appropriate.

12 oz. of lemon water – squeeze ½ large lemon or one small lemon into 12 oz of water. Lemon water is a powerful alkaline drink and the perfect way to start the day.

Oatmeal - in a medium sauce pad add 1 cup of uncooked rolled oats and 2 cups of unsweetened soy or almond milk or water. Oatmeal is one of the few starches this diet allows. Although adding sugar of any kind is discouraged, to add flavor, try:

- ¼ cup of chopped raw almonds, sunflower seeds and/or pumpkin seeds
- 1 Tbsp. raw Hemp seed
- ¼ cup of dried unsweetened coconut flakes
- Cinnamon to taste

If you are desperate for added sugar, you may add 3 dates chopped small or made into a paste using the blender by adding small amounts of water until paste-like consistency. Dates, although high in sugar, are easily absorbed and assimilated into energy in your body. Although it is preferred that you do not consume sugar because it supports inflammation and tumor growth in addition to an acid environment, until your taste buds acclimate, a little first thing in the morning would be okay. But try to wean yourself off of sugar as soon as you can.

Alkaline granola - slightly toasting raw oats gives them a nutty flavor and crunchy texture. Spread 1 cup of raw oatmeal on a baking sheet and bake at 350° until lightly brown. Add the ingredients from the Oatmeal list and serve in a bowl with unsweetened soy or almond milk.

Tofu Scramble – if you prefer something savory for breakfast, try the alkaline version of our [Tofu Scramble](#) by omitting the mushrooms and tomatoes.

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SNACKS

Snacks are an important meal in your day. Now that you are eating fewer starches and fats, you need to focus on consuming enough calories. You will need to eat three snacks a day (mid-morning, mid-afternoon, and evening).

Hint: Always keep a container of mixed nuts and seeds on hand and chop your vegetables and make the dip of choice the night before so they are ready to go when you need them the next day.

Chop a variety of veggies from the [Low Glycemic Alkaline Food List](#). You can eat them plain or dunk them in one of the following dips:

- *Fresh Guacamole* - mash together one avocado, ¼ tsp sea salt, ¼ tsp garlic granules, and juice from ½ of a lemon. To maintain its freshness, keep refrigerated in an airtight container and place the avocado pit into the center of the container.
- *Fresh hummus* – you will notice that chickpeas (garbanzo beans) do not appear on the [Low Glycemic Alkaline Food List](#). This is because they are only slightly alkaline. Chickpeas are not actually a bean, but a type of pea (beans are highly acidic). Garbanzo beans are allowed as a dip that you consume no more than a 1/4 cup 2 -3 times a week. This is the only food exception we included. Try [our recipe](#).
- *Fresh pesto* – in a food processor, combine 2 cups of tightly packed fresh basil leaves, ¼ - ½ cup unsalted roasted sunflower seeds, ½ cup olive oil, 1 Tbsp. lemon juice, 1 tsp apple cider vinegar, sea salt to taste, and water if needed to get to desired thickness.
- *Almond Butter* - make your own by soaking ½ cup almonds overnight in water. In the morning, put in the blender and turn on while slowly adding water until you reach desired thickness. Add sea salt to taste. If using store-bought butter, make sure the only ingredients listed are almonds and salt.

Mixed Nuts and seeds from the [Low Glycemic Alkaline Food List](#) provide a wonderful array of nutrients, such as protein, calcium, vitamin E, and potassium to name a few. Keep a container handy for a quick snack.

Dehydrated veggie crackers. With a dehydrator and some experimentation you can create your own healthy alkaline crackers. Dehydration is a long process, but if you create the dough in the afternoon and put them in the dehydrator overnight, you will have a healthy snack for the next day. Plan ahead and make enough for the entire week.

- Try Oh She Glows' [Multi-Seed Crackers](#)
- If you substitute blended red bell pepper and a little water for the tomatoes, you can try these recipes:
 - Healthy Family and Home's [Raw Vegan Carrot and Flax Crackers](#)
 - [Vegetable Crackers](#), by Arlin Cunic, Livestrong

Fresh Coconut is high in iron, manganese and important healthy fats. Buy a fresh coconut from the grocery store. Cracking them open is not as hard as it looks. [Learn how.](#) Don't pour the coconut water down the drain. It's a perfect alkaline drink filled with minerals, such as calcium, potassium and vitamin A. Fresh coconut lasts about 3 days in the fridge. Any left over can be [dehydrated for snacking](#) on later in the week.

Fresh Avocado, packed with healthy fats, potassium, and B-6 that your body needs makes a wonderful snack. Slice open, sprinkle with lemon juice and sea salt and enjoy.

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Lunch and Dinner don't have to be the same old boring thing every day. Try playing with the foods and spices indicated on the [Low Glycemic Alkaline Food List](#). Below are some suggested recipes to get you started, but feel free to make adjustments in order to create meals that accommodate your tastes. Please keep checking our website as we are continually adding new recipes and will be including notations on how to make the dish suitable for the low glycemic alkaline diet when appropriate.

LUNCH

Left over dinner makes a perfect lunch for the next day. But if you are in need of something different, our recipe for [Quinoa salad](#) is very versatile. You can make it the night before and change up the recipe by varying the type of veggies and spices from the [Low Glycemic Alkaline Food List](#).

DINNER

Important: Don't forget the salad! A salad full of mixed greens and fresh veggies is an important part of dinner, providing essential vitamins and minerals:

- **Vitamin A** - supports your immune system
- **Vitamin C** - helps to fight infection, boost iron absorption, maintain healthy bones, gums and skin
- **Vitamin K** - builds strong bones, heals wounds, and assists in blood clotting
- **Calcium** - builds strong teeth and bones, assists in blood clotting, helps nerves carry messages, and muscles contract
- **Alpha- and beta-carotene** - antioxidants that help protect against cancer and heart disease
- **Iron** - helps to maintain healthy blood

Every evening, we each enjoy a dinner plate-sized salad filled with a verity of greens, veggies and sprouts to compliment the main dish and sides.

French Lentils - lentils are packed with protein, iron, magnesium, and potassium. Try our alkaline version of [Vegan French Lentils](#). Suggested side dish: roasted vegetables, steamed broccoli, or another vegetable of your choice along with a large salad.

Lentil Chili – chop 1 onion, 1 red bell pepper, 3 cloves of garlic, 1 celery stalk and saute in 2 tsp. coconut oil and 1Tbsp. water until onion is translucent. Add 2 cups dried green lentils, 1 tsp. sea salt, 4 cups water and spices (2 Tbsp. chili powder, 1½ tsp. cumin, 1 tsp. garlic granules, 1Tbsp. oregano, 1 large handful of chopped fresh cilantro, and cayenne pepper to taste). Cook on medium heat until boiling, then simmer until lentils are soft (approximately 1 hour). Serve over quinoa, millet or buckwheat*. Suggested side dish: roasted vegetables, steamed broccoli, or another vegetable of your choice along with a large salad.

Lentil Soup - Try the alkaline variation of [our recipe](#). Suggested side dish: sauteed greens over quinoa and a large salad.

Millet Casserole – in a pot, measure 1 cup millet to 3 cups water, cover and cook on medium heat until boiling. (You may add spices of your choice or just cook plain with 1 tsp. of sea salt.) Then simmer on low until liquid is absorbed. Millet takes about 45 min to cook. Spread into an ungreased small casserole dish and top with pesto and finely chopped veggies and/or greens (Swiss chard, spinach, collards, kale, bokchoy) and bake at 350° until veggies are tender (approximately 30 - 45 minutes). Suggested side dish: steamed broccoli and a large salad.

Millet Patties – mix into 2 cups of cooked millet the following: 1 Tbsp. basil, ½ tsp. dried thyme, ½ tsp. lemon zest, 1 Tbsp. olive oil, ¼ cup finely chopped onion, 1 clove garlic (chopped), ¼ finely chopped red bell pepper, and cayenne pepper to taste. With your hands, form into patties and bake at 350° until crispy on top. Dip into one of the snack dips or the

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Tahini dressing from the [Falafel recipe](#). Suggested side dish: roasted vegetables, steamed broccoli, or sauteed greens along with a large salad.

Minestrone Soup – is a delicious comfort food. Try the alkaline variation of [our recipe](#). Suggested side dish: Millet or Vegetables Patties and a large salad.

Roasted Veggies – try our [Roasted Beets](#) or [Roasted Cauliflower with Garlic, Ginger and Turmeric](#) recipes or just chop a mix of veggies from the [Low Glycemic Food List](#) and coat with olive oil, sea salt and a little cayenne. Place on a baking sheet and roast at 400° for 45 -60 minutes. Serve over quinoa, millet or buckwheat*. Suggested side dish: combine with one of the soups or lentil recipes from above and a large salad.

Salad – this is a dinner staple. In a large bowl combine a variety of greens (arugula, chard, romaine lettuce, spinach) and add chopped chives and other veggies from the [Low Glycemic Alkaline Food List](#). Change up the dressing to make it interesting. Add a little water to the guacamole recipe (see snacks) to create a creamy dressing or try adding different spices on the [Low Glycemic Alkaline Food List](#) to 1 part apple cider vinegar/3 parts olive oil mixture. Make sure to always have an avocado with your salad, as it is a wonderful source of healthy fats.

Sprouts are powerhouse of nutrients and a great addition to your salads! Through the process of sprouting, the seeds increase their bioavailability of protein, vitamins and minerals, providing excellent quality, easily absorbed nutrients in an array of vitamins, minerals and anti-oxidants. You can purchase the seeds online or at your local health food store. [Learn more about sprouting](#).

Sautéed Greens – packed full with antioxidants, beta-carotene, glucosinolates, and lutein, greens are an essential anticancer food and a must at least 3 times a week. Try [our recipe](#). Serve as a side or a main course over quinoa, millet or buckwheat*.

Split Pea Soup – [this alkaline soup posted on Clean Green Simple's website](#) is one of our favorites and it's so easy to make! Split peas are high in protein, magnesium, iron, B-6, and potassium. Serve with millet patties; they taste great dipped into the soup. Also serve with a vegetable side dish of your choice and a large salad.

Stir Fry Veggies with or without Tofu – sauteing veggies and tofu is a quick easy meal that allows a lot of room for variety. Chop vegetables of your choice from the [Low Glycemic Alkaline Food List](#) and saute in the spices of your choice. (See suggested spice combinations at the end of this section). Serve over quinoa, millet or buckwheat* with a large salad.

Vegetable Patties - experiment making different kinds of vegetable patties. Try our [Falafel Patties](#), just omit the pita bread and serve over quinoa, millet, or buckwheat*. Or try these [Vegan Lentil Burgers](#) but substitute cooked millet or raw oats for the breadcrumbs and almonds or sunflower seeds for the walnuts. Serve with a side of sauteed greens and a large salad.

** Buckwheat Cooking Tips: Buckwheat is a fruit seed rich in flavonoids (phytonutrients that help protect your body from disease). High in protein, magnesium, vitamin B-6, iron and potassium, it is a powerhouse of nutrients. However, Buckwheat has a very distinct earthy flavor. If you prefer to lessen its intensity, squeeze ½ lemon into the water before cooking. It also takes almost double the amount of spices in order to impart flavors. Here is some information on [different cooking methods](#).*

ALKALINE SPICE COMBINATIONS

Below are some suggested spice combinations from the [Low Glycemic Alkaline Food List](#). Have fun finding the combinations you enjoy.

- **Indian:** curry, turmeric, mustard, ginger, garlic, coconut oil
- **Italian:** basil, oregano, rosemary, garlic, thyme, onion
- **Mexican:** ground chili, cumin, oregano, cayenne, garlic
- **Oriental:** ginger, tamari, coconut oil, garlic, mustard