

# THE ULTIMATE MEAL FORMULA



Instantly create nutrient dense, alkaline, anti-inflammatory, low glycemic, fat balanced, clean protein, energy giving lunch and dinners!



## VEGETABLES

**5 - 6 Portions / 400g (around 370 calories)**

**Steam and Drain**

Artichokes, Asparagus, aubergene/eggplant\*, avocado, beetroot, bok choy, broccoli\*\*, brussels sprouts, carrots, cauliflower\*\*, celery, cilantro, courgette / zucchini, cucumber, fennel, green beans, green onion, kale\*\*, leeks, parsley, lettuce, peas, peppers\*, radishes, shallots, spinach\*\*, spring greens/cooked collards cabbage, tomatoes\*



## HEALTHY HERBS & SPICES

Cayenne, Cinnamon, Cloves, Ginger, Rosemary, Sage, Unrefined Sea Salt, Turmeric.



**Other Ingredients:**

Coconut Milk, Nori Sheets (instead of tortilla wraps). You can use alkaline fruits: lemon, lime and/or grapefruit to make dressings or drizzle over meal.



**Pick foods from each category to make up a meal. This creates around a 1000 calorie meal, so you can adjust to meet your requirements.**



Alkaline



Neutral



Mildly Acidic



## NUTRIENT DENSE CARBS

**1 Portion / 80g (around 90 calories)**

Black rice, brown rice, butternut squash, cassava, plantain, pumpkin, sweet potato, taro, wild rice.



## HEALTHY FATS

**2 Tbsp / 35ml (around 250 calories)**

**Drizzle Oil Over - Do Not Heat**

Avocado oil, coconut oil, extra-virgin olive oil, fish oil, grass-fed butter & ghee, pastured egg yolks, sunflower lecithin.

**OPTIONAL:** Add 1 tsp Energy Fats (MCT OIL)



## CLEAN PROTEIN & OMEGA 3

**1 Portion / 80g (around 244 calories)**

**Steam, Bake, Grill - don't char/blacken or cook in oil!**

Low Mercury Wild Fish: Anchovies, haddock, mackerel, sardines, sockeye salmon, sole, summer flounder, trout.

Black beans, chickpeas, garbanzo beans, hummus, kidney beans, lentils, pinto beans, sprouted legumes.

Grass fed organic beef, lamb, free range eggs.

**OR 50g of**

Almonds, brazil nuts, cashews, chestnuts, chia seed, collagen protein, flaxseed, hazelnuts, hemp protein, macadamia, nut butters (except peanut), pecans, pine nuts, raw pistachios, sunflower seed butter, sunflower seeds, walnuts.



## FRUIT

**1 Portion / 80g (around 46 calories)**

apple, apricot, blackberries, blueberries, cherries, coconut, cranberries, dark chocolate, figs, grapefruit, kiwifruit, lemon, lime, lychee, nectarine, orange, peach, pears, pineapple, plums, pomegranate, raspberries, strawberries, tangerine,

\* These vegetables belong to the nightshade family. Around 20% of people are sensitive to these which causes inflammation. You can get yourself tested online to determine if you can eat them.

\*\* These foods have a high oxalate content - steam and drain to remove this!