

# Salad

It is no surprise that salads are some of the most important meals on the alkaline diet. You can have salads as a stand alone meal or as a side and they are a fantastic way of boosting your alkaline veggie consumption.

I certainly advocate you getting into the habit of having a salad (however small) with every meal, as you're getting a great hit of raw, alkaline goodness.

You can mix and match these salads and beef any of them with the addition of tofu, pulses and nuts.

# Fill-You-Up Alkaline Salad

Another highly alkaline salad that will keep you going for hours and hours!



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Serves: 3-4

Preparation Time: 10 Minutes

## Ingredients:

2 Handfuls of baby spinach

1 Handful of rocket leaves

1 Handful of cos lettuce

1 Handful of lamb's lettuce

100g Tofu

1 serve of quinoa

½ can of chickpeas

1 avocado

1 handful of seeds & nuts

6 cherry tomatoes

½ cucumber

½ green or red pepper

Olive oil (& coconut oil)

Lemon

Himalayan salt & black pepper

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## Instructions:

- 1 Lightly fry off the tofu in coconut oil (coconut is the only safe oil to cook with) and make the quinoa to the packet's instructions (usually 1 part quinoa, 2 parts water, boiled and then simmered until the water evaporates, about 10 minutes).
- 2 Now prepare the salad by washing everything thoroughly and chopping to how you like it. I prefer to rip my salad leaves – makes it more rustic (note: use whatever leaves you have)
- 3 Mix everything together including the nuts and seeds (I used sesame, pumpkin and sunflower seeds with a few almonds) with the juice of half a lemon and a drizzle of olive, hemp, avocado or Udo's Choice oil and serve.
- 4 Feel full and happy.

# Power Salad

This salad never fails to deliver. Filling, tasty, alkaline and always fits the bill.



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Serves: 2

Preparation Time: 10 Minutes

## Ingredients:

1 Can of chickpeas

1 Stick of celery

Baby spinach leaves

Romaine lettuce leaves

3 Roma tomatoes

1 Red pepper

1 Avocado

1 Bunch asparagus

1 Lemon (juice for dressing)

Olive/avocado/flax oil or Udo's Choice

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## Instructions:

- 1 Chop and mix all of the ingredients in a large bowl, allowing the avocado to mash up and coat the salad.