

Dr Sebi

Advanced Alkaline Diet Cookbook

**100 Electric Recipes and 30-Day Plant-Based Meal Plan
with Sea Moss Tonics, Ancient Grains, Gut Healing,
Inflammation Relief, Weight Balance & Energy Boost**



Adam Wilkerson

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INTRODUCTION	6	LUNCHES	34
BREAKFASTS	13	Roasted Sweet Potato with Stewed Amaranth, Pumpkin, and Basil.....	35
Teff Porridge with Soursop, Walnuts, and Date Purée.....	14	Stewed Roasted Pumpkin with Kudzu and Thyme.....	36
Amaranth Flatbread Wraps with Avocado- Cucumber Mash and Cooked Cherry Tomatoes.....	15	Stewed Nopal Cactus with Portobello Mushrooms and Cilantro	37
Fonio Breakfast Bowl with Figs, Hemp Seeds, and Warm Date Milk	16	Fonio Porridge with Pumpkin and Aromatic Herbs.....	38
Chia-Coconut Pudding with Fresh Berries and Brazil Nut Crumble	17	Roasted Courgette with Nut Crumble and Avocado-Lime Sauce	39
Zucchini Pancakes with Blistered Plum Sauce and Basil Oil	18	Kudzu Porridge with Wakame and Limi-Herb Oil.....	40
Alkaline Quinoa Porridge with Wild Blueberries and Burro Banana Mash	19	Stewed Dandelion Greens with Leek and Coconut Oil	41
Stuffed Plantain Boats with Avocado-Lime Cream and Baby Greens.....	20	Roasted Sweet Potato Ragout with Amaranth and Thyme.....	42
Warm Amaranth Flatbread with Cucumber- Hemp Seed Spread and Sliced Chayote	21	Stewed Roasted Nopal with Sesame Seeds and Basil.....	43
Papaya Breakfast Cups with Walnut-Date Filling and Key Lime Drizzle.....	22	Stewed Kalalu with Leek and Ginger	44
Sautéed Shiitake Mushrooms and Watercress over Soft Cooked Amaranth Grits	23	Steamed Sweet Potato Slices with Avocado Sauce and Fresh Cilantro.....	45
Sweet Sorghum Cakes with Soursop Glaze and Toasted Sesame.....	24	Amaranth Porridge with Pumpkin Seeds and Rosemary	46
Sea Moss & Mango Power Bowl with Quinoa, Burro Banana, and Toasted Seeds.....	25	Roasted Burro Banana with Stewed Dandelion Greens.....	47
Millet Porridge with Burro Banana and Wild Berry Compote	26	Stewed Roasted Pumpkin Ragout with Wild Onion and Thyme.....	48
Amaranth Crepes with Fig-Date Filling and Lemon Zest.....	27	Stewed Young Dandelion Greens with Aromatic Herbs and Olive Oil.....	49
Coconut Yogurt Parfait with Papaya, Pumpkin Seeds, and Cinnamon	28	SNACKS	50
Chickpea Flour Flatbreads with Roasted Yellow Zucchini and Basil	29	Baked Nopal Strips with Lime and Cayenne.....	51
Toasted Millet Granola with Papaya and Coconut Yogurt.....	30	Crispy Okra Coins with Sesame Crust and Onion Dust	52
Plantain and Amaranth Pancakes with Cilantro-Lime Drizzle	31	Sun-Dried Tomato Leather with Thyme and Olive Oil Glaze.....	53
Burro Banana & Fonio Breakfast Muffins with Date and Walnut	32	Walnut Herb Pâté with Burro Banana Slices	54
Sorghum Pancakes with Soursop Sauce and Toasted Sesame.....	33	Teff-Onion Flatbread Triangles with Sea Salt.....	55

Cooked Fonio Cubes with Date-Coconut Glaze	56
Chilled Papaya-Lime Skewers with Mint.....	57
Dehydrated Cactus Pear and Prickly Pear Rounds	58
Sweet Fonio-Date Bars with Brazil Nut Crust	59
Baked Plantain Wedges with Spiced Avocado-Lime Dip	60

DINNERS 61

Steamed Pumpkin Slices with Creamy Seed Milk Sauce and Cilantro, Topped with Toasted Pumpkin Seeds.....	62
Roasted Butternut Squash with Rosemary and Avocado Oil, served with Amaranth Garnish.....	63
Stewed Kalalu Leaves with Mint and Fresh Lime Juice, Paired with Mixed Mushrooms	64
Kudzu Porridge with Cinnamon and Herbs, Enriched with Pumpkin Seeds	65
Stewed Roasted Pumpkin Ragout with Thyme and Seed Milk, Boosted with Amaranth	66
Roasted Butternut Squash with Toasted Pine Nuts and Fresh Sage	67
Baked Plantain Wedges with Warm-Spiced Avocado-Lime Dip, Served with Stewed Okra	68
Grilled Portobello Mushrooms with Garlic-Free Chimichurri.....	69
Sautéed Chayote with Turmeric and Fresh Cilantro, Complemented by Amaranth.....	70
Roasted Fennel with Lime Zest and Toasted Walnuts.....	71
Steamed Okra with Warm-Spiced Herb Dressing and Fresh Parsley, Garnished with Sunflower Seeds.....	72
Wild Mushroom Ragout with Fresh Thyme and Roasted Garlic Scapes, Featuring Mixed Mushrooms	73
Braised Celery Root with Fresh Dill and Seed Cream, Enriched with Chopped Walnuts	74
Roasted Kohlrabi with Rosemary and Toasted Walnut Crumble	75
Baked Parsnip and Butternut Squash Mash with Sage and Olive Oil, Served with Fresh Greens	76

SALADS..... 77

Mango-Arugula Salad with Spiced Walnut Dust.....	78
Wild Lettuce and Fig Salad with Teff Crisps.....	79
Cucumber-Avocado Stack with Basil-Lime Glaze	80
Watercress and Cherry Tomato Bowl with Blistered Mushrooms.....	81
Callaloo Leaf Salad with Quinoa-Coriander Crumble	82
Sea Moss and Wakame Salad with Green Coconut Vinaigrette.....	83
Sautéed Chayote with Amaranth Sprouts and Yellow Pepper Purée	84
Soursop and Mango Carpaccio with Brazil Nuts and Cayenne	85
Raw Cactus and Nopal Salad with Lime and Cilantro.....	86
Fresh Nopal and Okra Salad with Lime-Cilantro-Chia Dressing.....	87

SOUPS..... 88

Creamy Watercress-Avocado Soup with Toasted Sesame Dust.....	89
Vegetable Soup with Okra, Portobello, and Callaloo Greens.....	90
Green Plantain Soup with Coconut-Lime Cream.....	91
Zucchini-Okra Chowder with Basil Oil	92
Cream of Burro Banana Soup with Sautéed Mushrooms	93
Mucuna Bean Soup with Callaloo and Sea Salt	94
Warm Tomato and Onion Elixir with Wild Thyme	95
Alkaline Amaranth Soup with Dandelion Leaves.....	96
Roasted Red Pepper Soup with Quinoa and Basil Foam	97

Wild Mushroom and Leek Broth with Seared Avocado Wedges	98
DESSERTS.....	99
Papaya-Fig Cream with Teff and Lemon Zest.....	100
Coconut-Lime Mousse with Soursop Pulp	101
Chia Pudding with Dates and Raspberry Sauce.....	102
Date-Walnut Truffles with Chia Coating	103
Papaya-Coconut Ice Cream (No Sweeteners).....	104
Teff Pancakes with Berry Purée.....	105
Coconut-Mango Balls with Dried Strawberry Dust.....	106
Fig-Walnut Pastry with Kiwano Sauce.....	107
Baked Pear Wedges with Basil and Soursop Sauce	108
Chia Pudding with Brazil Nut Milk and Berries.....	109

MINERAL-RICH TEAS & TONICS	110
Elderberry-Mulberry Mineral Elixir with Nopal and Hibiscus	111
Bladderwrack-Burdock Root Mineral Tea	112
Warm Tamarind-Lime Digestive Elixir	112
Hibiscus-Basil Floral Cooler.....	113
Soursop-Leaf Relaxation Tea with Chamomile and Basil.....	114
Ginger-Lime Zest Infusion with Nopal.....	114
Elderberry-Mulberry Immune Boost Tea.....	115
Roasted Dandelion Root & Date Husk Brew	116
Anise-Fennel Digestive Tonic with Basil.....	116
Warm Fig-Leaf Tea with Nutmeg and Basil.....	117
30-DAY MEAL PLAN	118
SHOPPING LIST	124
CONCLUSION	129



INTRODUCTION



What if your food could do more than nourish you — what if it could heal you at the cellular level?

This idea, once seen as radical, now lives at the core of a growing movement toward natural, electric, plant-based living. And at the heart of that movement stands the late herbalist and healer Dr. Sebi — a man who challenged mainstream nutrition and inspired thousands to reclaim their health through the power of alkalinity, mineral balance, and nature's original design.

This book was created for those who are already familiar with the fundamentals of the Dr. Sebi Nutritional Guide and are ready to go deeper. Whether you've completed your detox phase, transitioned to consistent alkaline eating, or simply want to expand your mastery of whole-food, healing cuisine — this cookbook is your next step.

As the author, I have walked this path myself. I've felt the confusion of dietary contradictions, the frustration of reading labels that hide more than they reveal, and the power that returns when you finally align your food choices with your body's natural intelligence. This book was born not from theory, but from practice — from years of researching, cooking, experimenting, and learning what it truly means to eat in harmony with Dr. Sebi's principles.

Who Was Dr. Sebi?

Biography and Philosophy

Dr. Sebi, born Alfredo Darrington Bowman in 1933 in Honduras, was a self-taught herbalist and natural healer who became one of the most recognized figures in the world of alternative medicine. Despite having no formal medical training, he claimed to have healed himself of asthma, diabetes, obesity, and impotence through a radical shift in diet and the exclusive use of plant-based, natural remedies.

At the core of his philosophy was a return to Afrocentric, whole-food, plant-based nutrition—free from processed foods, animal products, hybrid plants, and artificial chemicals. His teachings were deeply rooted in the belief that true health comes from aligning the body with nature and its original cellular design.

In the 1980s, Dr. Sebi founded the USHA Research Institute in Honduras, as well as USHA Village, a wellness retreat for detoxification and healing. He became widely known for his

bold claims of curing chronic illnesses such as diabetes, HIV, and even cancer—statements that earned both strong support and sharp criticism from the medical establishment.

Dr. Sebi passed away in 2016, but his nutritional philosophy continues to influence thousands of people around the world seeking cellular healing through alkaline foods and holistic practices.

Core Principles of Healing Through Nutrition

Dr. Sebi believed that all disease is rooted in mucus buildup and an overly acidic internal environment. Healing, he taught, begins when we eliminate the causes of cellular damage—primarily through diet.

Here are the central pillars of his approach:

- Alkaline Balance

Foods should be alkaline or alkalizing in the body. This excludes most grains, dairy, meat, refined sugars, coffee, and processed items.

- Only Natural Origins

Dr. Sebi warned against hybrid and genetically modified foods. He encouraged consuming wild, indigenous, and naturally occurring plants.

- Avoid Mucus-Forming Foods

Dairy, wheat, soy, and meat are considered major contributors to mucus buildup—the enemy of health in his view.

- Energetic and Vibrational Quality of Food

Food was not just fuel, but a carrier of natural energy. The vibrational frequency of what we eat can either nourish or damage our cells.

- Fasting and Detoxification

Periodic fasting, herbal infusions, and drinking lime-infused spring water were seen as essential for cleansing the blood and lymphatic system.

- Herbal Therapy

Specific herbal compounds such as "Iron Plus," "Bromide Plus," and "Green Food" were recommended to nourish organs and restore system balance.

Foundations of the Alkaline Diet

What Is Alkaline vs. Acidic Balance?

Every system in the human body operates within a specific pH range—a scale that measures how acidic or alkaline (basic) a substance is, from 0 (most acidic) to 14 (most alkaline).

- A pH below 7 is acidic,
- A pH of 7 is neutral,
- A pH above 7 is alkaline.

Human blood is tightly regulated at a slightly alkaline pH of 7.35–7.45. Even slight deviations from this range can disrupt physiological functions and lead to disease. Although the body has powerful buffering systems, a consistently acidic diet—high in animal products, dairy, refined sugar, processed grains, caffeine, and alcohol—places excess stress on the kidneys, liver, and other detoxifying organs.

Proponents of the alkaline diet, including Dr. Sebi, believe that consuming primarily alkaline-forming foods—such as vegetables, fruits, natural herbs, seeds, and ancient grains—helps reduce inflammation, enhance energy, support immune function, and create a biochemical environment where pathogens like viruses, bacteria, and fungi cannot thrive.

Why Is This Important for Health?

Dr. Sebi taught that disease arises from an overly acidic body and the accumulation of mucus in the tissues. According to his philosophy, true healing begins with returning to a natural, alkaline diet that supports the body's electrical and cellular structure.

Here's why maintaining an alkaline internal state is considered crucial:

1 Supports Optimal Cellular Function

Alkalinity promotes proper oxygen exchange, cellular respiration, and metabolic efficiency—key to cellular vitality and regeneration.

2 Reduces Chronic Inflammation

Alkaline foods help counteract systemic inflammation, a known root cause of many chronic diseases such as diabetes, arthritis, cancer, and cardiovascular disorders.

3 Strengthens the Immune System

A balanced pH supports immune resilience by creating conditions that are inhospitable to harmful microorganisms.

4 Enhances Detoxification

An alkaline-forming diet assists the liver and kidneys in flushing out acidic waste, reducing toxic buildup in the body.

5 Restores Gut Health

Naturally alkaline foods help balance the intestinal flora, improving digestion and nutrient absorption.

The alkaline diet is not just a trend—it's a cellular health protocol. In Dr. Sebi's framework, returning to natural, biocompatible foods allows the body to eliminate internal waste, restore its natural pH, and awaken its inherent capacity for healing. For the advanced practitioner, understanding how and why these foods work is the foundation for lasting wellness.

Dr. Sebi-Approved Food List

Dr. Sebi's nutritional guide emphasizes natural, non-hybrid, alkaline-forming, plant-based foods that maintain the body's optimal pH and support cellular health. Below is a detailed breakdown of approved ingredients, categorized for easy reference, followed by a list of foods to avoid.

Approved Foods by Category

Vegetables Only natural, non-hybrid vegetables are allowed	Fruits Must be seeded, ripe, and natural	Grains Only ancient, non-hybrid grains are permitted	Oils Cold-pressed and unrefined only	Nuts & Seeds In moderation and raw or dry-roasted (unsalted)	Sweeteners Only natural options	Spices & Herbs	Herbal Teas Must be caffeine-free and non-processed
Amaranth greens	Bananas (burro and baby only)	Amaranth	Avocado oil	Brazil nuts	100% pure agave syrup	Basil	Burdock root
Avocado	Berries (except cranberries)	Fonio	Coconut oil	Hemp seeds	Date sugar	Bay leaf	Chamomile
Bell peppers (all colors)	Cantaloupe	Kamut	Grape seed oil	Sesame seeds	Coconut sugar	Cayenne pepper	Elderberry
Cactus	Cherries	Quinoa	Hempseed oil	Walnuts		Cloves	Ginger
Chayote	Currants	Rye	Olive oil (extra virgin only)			Dill	Linden flower
Cucumber	Dates	Spelt	Sesame oil			Habero pepper	Nettle leaf
Dandelion greens	Figs	Teff				Oregano	Red raspberry leaf
Garbanzo beans	Grapes (seeded only)	Wild rice				Sage	Sarsaparilla
Kale	Limes					Sea salt	Valerian
Lettuce (all except iceberg)	Mango					Tarragon	Yellow dock
Mushrooms (only oyster and wild)	Melons					Thyme	
Okra	Oranges (Seville or sour only)						
Olives	Papaya						
Onions	Peaches						
Purslane	Pears						
Sea vegetables	Plums						
Squash	Prickly pear						
Tomato	Soursop						
Turnip greens	Tamarind						
Watercress							
Zucchini							

Foods to Avoid (Strictly Not Approved)

Dr. Sebi advised against any food that is hybrid, genetically modified, processed, or acid-forming. These foods are seen as disruptive to the body's natural electrical balance:

Meat & Animal Products	Dairy	Hybrid or Acidic Fruits/Vegetables	Processed Grains & Flours White flour, wheat flour	Refined Sugar and Artificial Sweeteners White/brown sugar	Beverages	Other Items to Avoid
Beef	Milk	Carrots	Cornmeal	Aspartame	Coffee	Vinegar (except natural coconut or date vinegar)
Chicken	Cheese	Corn	Pasta (unless made from approved grains)	Sucralose	Tea (with caffeine)	Table salt (iodized)
Pork	Butter	Potatoes	Beans and Legumes	Saccharin	Alcohol	Yeast
Fish	Yogurt	Beets	Lentils	High-fructose corn syrup	Soda (regular or diet)	Baking powder/soda (unless aluminum-free and used rarely)
Eggs		Apples	Pinto beans			All synthetic supplements and multivitamins
		Lemons	Black beans			
		Garlic	Soybeans			
		Broccoli	Kidney beans			
		Cauliflower				
		Spinach				

Dr. Sebi's list evolves over time as more is understood about hybridization and food sourcing. For best results, choose organic, wildcrafted, and local wherever possible, and aim for simplicity—your body thrives on what's natural, not what's complex.

How to Transition to the Dr. Sebi Nutritional System

Adopting the Dr. Sebi Nutritional Guide is not just a dietary change — it's a full lifestyle recalibration. This system challenges many long-standing food habits, beliefs about health, and emotional attachments to comfort foods. For advanced users, the transition may not be about starting, but about refining — going deeper into consistency, detoxification, and self-discipline.

Here's how to transition with intention, clarity, and long-term success.

1. Understand the "Why" Behind Every Choice

Long-term transformation is only sustainable when it's grounded in understanding. Before making substitutions or cutting foods, revisit the core principle of this system:

- Food is either electric (life-giving) or acidic (life-de-

pleting).

- Ask yourself before every meal:
- "Does this food contribute to cellular regeneration or degeneration?"

This clarity eliminates confusion and emotional bargaining.

2. Start with Elimination, Then Focus on Rebuilding

Don't try to do everything at once. Start with these two phases:

- Phase 1: Eliminate Acidic Triggers

Gradually remove processed sugar, dairy, meat, wheat, coffee, and hybrid fruits/vegetables. Expect withdrawal symptoms — headaches, mood swings, fatigue. These are signs of detox, not failure.

- Phase 2: Rebuild with Approved Foods

Begin incorporating more approved vegetables, herbs, fruits, and ancient grains. Try one new alkaline recipe daily to build confidence and expand your culinary range.

3. Plan Ahead: Structure Prevents Slip-ups

The biggest threat to success is inconvenience. To prevent poor choices:

- Keep approved snacks (like fresh fruit, dates, or raw seeds) with you at all times.
- Batch-cook quinoa, wild rice, and vegetables to store in glass containers.
- Always carry spring water with a slice of key lime.
- Bookmark go-to recipes and have your shopping list aligned with the nutritional guide.

4. Create a Healing Environment

- This lifestyle isn't just about what's on your plate — it's also about energy and mindset.
- Detox your kitchen and pantry from non-approved items.
- Use natural cleaning products and minimize exposure to synthetic chemicals.
- Surround yourself with supportive people and healing resources (herbalists, like-minded communities, spiritual practices).

5. Honor Detox Symptoms Without Panic

As your body begins to eliminate years of stored mucus, toxins, and inflammation, you may experience:

- Skin breakouts
- Digestive discomfort
- Emotional release
- Temporary fatigue

This is your body healing. Don't suppress it. Instead, support it with rest, hydration, herbal teas, and light movement.

6. Listen to Your Body, Not Just the Rules

While the nutritional guide is your foundation, your intuition becomes your teacher. Pay attention to how your body responds to different combinations and cooking methods. What works for one body may not fully serve another. Stay aligned with the principles, but give yourself space to evolve within them.

7. Stay Consistent, Not Perfect

Dr. Sebi's system is a journey, not a checklist. You don't need to be perfect — you need to be committed. One imperfect meal doesn't undo weeks of healing. What matters is what you do most of the time.

Progress in this lifestyle is measured by cellular health, not rigid perfection.

The Dr. Sebi diet is not about restriction — it's about liberation. Liberation from pain, fatigue, inflammation, confusion, and dependency on chemical foods. As your body aligns with nature, you'll not only see the changes — you'll feel them. Clarity. Energy. Balance. Healing begins when you say yes to the food your body was designed to receive.

Safety & Compatibility with Health Conditions

The Dr. Sebi Nutritional System is rooted in the idea of restoring balance, detoxifying the body, and supporting natural cel-

lular regeneration. While many people report improved energy, digestion, and relief from chronic symptoms, it is essential to understand how this dietary model interacts with specific health conditions and medical treatments.

This section is intended to help advanced users assess safety, manage risks, and responsibly integrate the nutritional program into their healing journey.

→ General Safety Considerations

The Dr. Sebi diet is entirely plant-based, free of processed foods, gluten, dairy, and refined sugars. For most individuals, this results in:

- Improved gut health
- Better blood sugar regulation
- Reduced inflammation
- Lower toxin exposure

However, because the diet is also restrictive (excluding many common food groups), it's important to ensure:

Adequate calorie intake, especially during detox

Sufficient iron, B12, and omega-3 fatty acids, which may require plant-based supplementation

Gradual transitions, especially for those previously on heavy animal-based diets

Always consult with a healthcare provider if you are under treatment or taking medications, especially for chronic illness.

→ Compatibility with Chronic Conditions

May Support or Complement:

Type 2 Diabetes: Many users report stabilized blood sugar due to low-glycemic, high-fiber meals. Monitor glucose carefully, especially if on insulin or medications.

Hypertension: The elimination of sodium-heavy processed foods and inclusion of potassium-rich fruits and greens may support blood pressure balance.

Inflammatory Conditions (Arthritis, IBS, Skin Disorders): An alkaline diet often reduces inflammatory triggers.

Obesity and Metabolic Syndrome: Natural weight loss often occurs through reduced calorie density and improved metabolic regulation.

! Use Caution or Medical Guidance If You Have:

Kidney Disease: While plant-based, the diet is rich in potassium (avocados, leafy greens, bananas), which may be restricted in renal conditions. Individual modification is necessary.

Iron-Deficiency Anemia: Though rich in natural iron sources (like dandelion greens, amaranth), some individuals may still require monitored supplementation.

Autoimmune Diseases: While many report symptom relief, immune responses vary. Work with a specialist to moni-

tor flare-ups or medication interactions.

Pregnancy and Lactation: Nutritional demands increase significantly. This diet may be safe with careful planning but requires additional iron, folate, iodine, and B12 intake.

→ **Medications and Detox Interactions**

During the transition to the Dr. Sebi diet, many experience **natural detox reactions** – such as fatigue, skin eruptions, headaches, or changes in digestion.

These are typically temporary, but if you are taking:

- Blood thinners
- Diuretics
- Thyroid medication
- Steroids or immunosuppressants

...you should inform your doctor and never adjust or stop medication without supervision. Detox can affect how your body absorbs or processes certain drugs.

→ **When to Pause or Modify the Diet**

Pause or seek professional guidance if you experience:

- Unexplained weight loss or malnutrition
- Persistent dizziness or weakness
- Worsening of pre-existing medical conditions
- Mental health symptoms tied to food restriction (e.g., anxiety, obsession)

This system is designed for **empowerment**, not punishment. Adaptation should be intentional, mindful, and respectful of your body’s real-time needs.

The Dr. Sebi diet is a deeply cleansing and revitalizing nutritional path – but it is also powerful. Like any potent healing tool, it must be used with wisdom. Listen to your body, seek guidance when needed, and remember: true healing is not only about what you remove, but also about how you support yourself along the way.

Sample Daily Meal Structure Following the Dr. Sebi Nutritional Guide

Following the Dr. Sebi Nutritional Guide within a plant-based vegetarian lifestyle involves not only selecting the right ingredients, but also creating a **balanced daily rhythm** of nourishment that supports energy, digestion, and cellular repair.

Below is a sample framework for how a typical day can be structured using approved foods:

1. Early Morning Cleansing (Before Breakfast, Strongly Recommended)

Goal: Rehydrate, awaken digestion, and support natural detoxification

This phase is designed to be light, mineral-rich, and cleansing. It’s not a caloric meal but a preparatory step for deeper nourishment.

2. Breakfast (Mid-Morning Meal)

Goal: Deliver energy, plant minerals, and fiber to fuel the day

3. Morning Snack (Optional)

Goal: Sustain gentle energy, stabilize blood sugar, and maintain alkaline balance between breakfast and lunch.

4. Lunch (Main Alkaline Meal)

Goal: Deliver full-spectrum nutrients – protein, fiber, complex carbs, and fat

5. Afternoon Snack (Optional)

Goal: Maintain energy and mental clarity between meals

6. Dinner (Light, Soothing Evening Meal)

Goal: Ease digestion and support overnight cellular renewal

Nutritional Targets Per Meal

While the Dr. Sebi Nutritional Guide does not rely on strict calorie counting, understanding basic nutrient targets can help ensure balanced energy, cellular support, and optimal detoxification throughout the day.

The table below outlines suggested nutrient ranges for each meal—including snacks—based on a whole-food, alkaline, plant-based approach.

Nutrient	Breakfast	Lunch	Snack	Dinner
Calories	300–400 kcal	500–600 kcal	100–200 kcal	400–500 kcal
Protein	8–12 g	15–20 g	3–5 g	10–15 g
Fats	10–15 g	15–25 g	5–10 g	10–20 g
Carbohydrates	40–50 g	60–70 g	15–25 g	45–55 g
Fiber	6–8 g	10–12 g	2–4 g	8–10 g
Calcium	100–150 mg	200–300 mg	50–100 mg	150–200 mg
Iron	3–4 mg	6–8 mg	1–2 mg	4–6 mg
Magnesium	60–80 mg	120–160 mg	30–50 mg	100–120 mg
Potassium	400–600 mg	700–1,000 mg	200–400 mg	600–900 mg
Sodium	≤ 100 mg	≤ 150 mg	≤ 50 mg	≤ 100 mg

These values serve as functional benchmarks for building meals that are both healing and sustaining. By understanding the nutritional targets behind each meal, you're not just fueling your body — you're learning how to build it, protect it, and elevate it. Every choice you make in the kitchen becomes part of a larger system of balance, renewal, and alignment with nature.

The Benefits of the Dr. Sebi Diet

The Dr. Sebi Nutritional Guide is more than a dietary protocol — it is a path toward regeneration. Rooted in the principle that the human body thrives in an alkaline environment and suffers in an acidic one, this approach aims to restore the natural balance of the body through whole, plant-based, electric foods.

By eliminating mucus-forming, hybridized, and processed ingredients, and instead embracing mineral-rich, non-GMO plants, the Dr. Sebi diet promotes deep internal cleansing and cellular healing. The benefits are not simply cosmetic or temporary — they are foundational.

1. Cellular Detoxification

At the core of this lifestyle is the belief that disease begins with toxicity and mucus buildup. Dr. Sebi's alkaline foods help clear waste from the blood, lymph, and organs — supporting the body's innate ability to self-heal. Many followers experience clearer skin, improved digestion, and reduced inflammation within weeks of consistent eating.

2. Natural Energy & Mental Clarity

Electric foods — unprocessed, non-hybrid, and mineral-dense — supply the body with bioavailable nutrients that promote clean, sustainable energy. Instead of caffeine highs or sugar crashes, many report sharper focus, lighter moods, and more balanced circadian rhythms.

3. Support for Chronic Conditions

This diet may assist in reducing symptoms of conditions such as:

- High blood pressure
- Type 2 diabetes
- Obesity
- Arthritis
- Autoimmune imbalances

By removing inflammatory and acid-forming foods, the internal terrain becomes less hospitable to disease and more supportive of repair.

4. Cellular Regeneration & Alkaline Balance

When the body's pH is balanced and the cells are nourished, deeper healing becomes possible. The Dr. Sebi diet emphasizes foods that rebuild tissue, remineralize the body, and replenish what years of poor eating may have depleted.

5. Immune System Resilience

Sea moss, bladderwrack, dandelion greens, and other approved foods are rich in zinc, iron, magnesium, and iodine — all vital to immune regulation. A nourished immune system means fewer infections, quicker recovery, and long-term protection from chronic degeneration.

6. Simplicity & Freedom from Addictions

Processed foods are engineered to trigger cravings. The Dr. Sebi diet simplifies eating: no complicated combinations, no hidden chemicals, no addictive stimulants. As the body relearns true hunger and satiety, eating becomes intuitive, empowering, and deeply satisfying.

7. A Lifestyle of Alignment

Beyond physical wellness, many followers of the Dr. Sebi approach report emotional, mental, and even spiritual improvements. Eating foods that align with nature often brings a sense of clarity, calm, and connection to something greater.

In essence, the Dr. Sebi diet does not just improve how you look or feel — it reintroduces you to the body's original intelligence. With every bite, you're choosing renewal over depletion, nature over imitation, and long-term vitality over short-term comfort.

This is not just a cookbook. It's a resource for transformation.

It will challenge your habits, refine your intuition, and strengthen your relationship with food as medicine.

Wherever you are on your journey — trust that you're ready for this level. The deeper you go into this lifestyle, the more your body will teach you. Let this book be your guide, your reminder, and your companion as you reclaim not just your health, but your power.

You're not just preparing meals — you're preparing yourself for a higher level of vitality, clarity, and peace.

Let's begin!



BREAKFASTS



Teff Porridge with Soursop, Walnuts, and Date Purée

A creamy, mineral-rich porridge made from ancient whole teff grain, gently simmered to a tender consistency and served with naturally sweet date purée, fresh soursop, and toasted walnuts. This mid-morning breakfast offers grounding warmth, sustained energy, and deep nourishment without acidity or processed ingredients.

Prep Time: 15 min (plus soaking)

Cook Time: 10 min

Servings: 2

Ingredients:

For the porridge:

- 1/2 cup / 85 g whole teff grain
- 1 1/2 cups / 360 ml spring water
- 1/2 tsp / 2 g ground bourbon vanilla
- Pinch of sea salt (optional)

For topping and flavor:

- 1/2 cup / 100 g fresh soursop pulp (seeds and fibers removed)
- 2 tbsp / 30 g soft dates, pitted and mashed
- 1/4 cup / 25 g raw walnuts
- 1 tsp / 5 ml walnut oil (optional, cold-pressed)

Instructions:

1. Begin by rinsing the teff grains thoroughly under cool water to remove any dust or natural bitterness. Pour the spring water into a saucepan with the washed teff. On a moderate flame, come to a mild boil, and quickly lower the temperature to a simmer. Simmer the grains for ten to twelve minutes, stirring regularly to keep them from sticking, while partially covering the pan with a lid. The porridge should become thick and soft, absorbing nearly all the liquid.
2. While the teff is cooking, prepare the toppings. Place the dates in a small bowl and pour hot spring water over them. Let them soak for about 10 minutes to soften naturally. Once softened, drain the water and mash the dates with a fork until a smooth paste forms. This creates a naturally sweet topping with no added sugars.
3. Toast the walnuts in a dry skillet over medium-low heat for about 3–4 minutes, stirring regularly. Light toasting releases their oils and enhances their earthy flavor without damaging their alkaline quality.
4. Once the porridge has finished cooking, remove it from heat. Stir in the ground vanilla and a pinch of sea salt if desired. To add more flavor and creaminess, leave the mixture rest covered for a further two minutes.



5. Spoon the porridge into two dishes to serve. Top each portion with fresh soursop pulp, a spoonful of mashed date paste, and a handful of toasted walnuts. Drizzle with a few drops of cold-pressed walnut oil for additional richness and healthy fats, if desired.

Nutrition Value (Per Serving):

- Calories: 380 kcal
- Protein: 9 g
- Fats: 13 g
- Carbohydrates: 46 g
- Fiber: 7 g
- Calcium: 120 mg
- Iron: 3.5 mg
- Magnesium: 75 mg
- Potassium: 480 mg
- Sodium: 40 mg

Alkaline Nutrient Profile & Culinary Notes:

- Teff is a gluten-free ancient grain prized for its complete amino acid profile and naturally alkaline nature. It provides steady energy, supports digestion, and contributes key minerals like iron and magnesium. Soursop adds tropical creaminess and antioxidant compounds, while dates function as a whole-food sweetener, eliminating the need for processed sugars. Toasted walnuts lend satisfying crunch, healthy fats, and additional plant protein.
- This warming bowl is ideal for cooler mornings or post-fasting nourishment. It balances grounding heaviness with light sweetness, making it a staple for advanced practitioners of the alkaline lifestyle.

Amaranth Flatbread Wraps with Avocado-Cucumber Mash and Cooked Cherry Tomatoes

Warm, gluten-free flatbreads made from alkaline amaranth flour are gently pan-cooked and filled with a creamy avocado-cucumber mash and sweet blistered cherry tomatoes. This nutrient-dense breakfast is refreshingly light yet satisfying, combining vibrant textures and deep mineral content for a revitalizing mid-morning meal.

Prep Time: 15 min

Cook Time: 10 min

Servings: 2

Ingredients:

For the flatbreads:

- 1/2 cup / 60 g amaranth flour
- 1/4 cup / 60 ml spring water
- 1/2 tbsp / 7 ml cold-pressed olive oil
- Pinch of sea salt (optional)

For the filling:

- 6.3 oz / 180 g, peeled and mashed
- 1/3 cup / 50 g cucumber, peeled and finely grated
- 1 tsp / 5 ml natural lime juice
- 1 tbsp / 3 g fresh basil, finely chopped
- 4 oz / 115 g cherry tomatoes
- 1/2 tsp / 2 ml cold-pressed olive oil (for pan-cooking tomatoes)

Instructions:

1. Combine the amaranth flour, olive oil, spring water, and, if using, a sprinkle of sea salt in a medium-sized bowl. Mix the batter till it becomes smooth and a little thick. To assist the flour hydrate completely and enhance the texture and pliability of the baked flatbreads, let the mixture rest for five minutes.
2. A ceramic or non-stick skillet should be heated to a moderate temperature. Utilizing the back of a spoon, carefully distribute half of the batter into a circle shape that is approximately five to six inches wide after pouring it into the skillet. Cook each side for 3–4 minutes, until golden spots appear and the edges firm up. Repeat with the remaining batter to make two flatbreads.
3. In a small bowl, mash the avocado thoroughly. Fold in the grated cucumber, lime juice, and chopped basil. This creates a creamy and cooling filling with natural hydration and alkalinity.
4. To prepare the tomatoes, heat 1/2 tsp olive oil in the same skillet over medium-low heat. Add the whole cherry tomatoes and cook for 6–8 minutes, stirring occa-



sionally. The tomatoes should soften and begin to burst slightly, releasing their natural juices and developing sweetness.

5. To assemble, lay the flatbreads on individual plates. Spread the avocado-cucumber mash evenly across each one. Top with warm blistered cherry tomatoes. Serve open-faced or roll gently for a wrap-style breakfast.

Nutrition Value (Per Serving):

- Calories: 360 kcal
- Protein: 8.5 g
- Fats: 12 g
- Carbohydrates: 44 g
- Fiber: 6.5 g
- Calcium: 110 mg
- Iron: 3.2 mg
- Magnesium: 70 mg
- Potassium: 470 mg
- Sodium: 50 mg

Alkaline Nutrient Profile & Culinary Notes:

- Amaranth flour is naturally gluten-free and rich in calcium, magnesium, and lysine, making it ideal for high-mineral, alkaline-friendly flatbreads. Its nutty taste pairs beautifully with avocado and cucumber, which offer cooling, hydrating properties and beneficial plant fats.
- Cooking the cherry tomatoes without added acids allows their natural sweetness to shine through, while maintaining their mineral integrity. These wraps are versatile: enjoy them warm for breakfast or pack them for a midday alkaline snack. The recipe avoids all hybrid vegetables, nightshades in excess, and processed grains—fully in line with advanced Sebian practice.

Fonio Breakfast Bowl with Figs, Hemp Seeds, and Warm Date Milk

A comforting and earthy mid-morning bowl made from fluffy fonio, a naturally alkaline ancient grain. It's paired with naturally sweet figs, calcium-rich hemp seeds, and warm, spiced homemade date milk. This recipe offers grounding energy, gentle sweetness, and complete nourishment without any hybrid or processed elements.

Prep Time: 15 min

Cook Time: 10 min

Servings: 2

Ingredients:

For the fonio:

- 1/2 cup / 85 g fonio (whole grain, uncooked)
- 1 cup / 240 ml spring water
- Pinch of sea salt (optional)

For the date milk:

- 1/2 cup / 120 ml unsweetened homemade walnut milk
- 1.5 oz / 45 g soft dates, pitted
- 1/4 tsp / 0.5 g ground cinnamon
- 1/4 tsp / 0.5 g ground nutmeg

For topping and garnish:

- 4.5 oz / 130 g fresh figs, sliced
- 2 tbsp / 20 g raw hemp seeds
- 1 tbsp / 10 g chopped raw walnuts
- 1/2 tsp / 2 ml cold-pressed walnut oil (optional)

Instructions:

1. With running water, give the fonio a good rinse. Put the fonio, spring water, and, if you'd like, a pinch of sea salt in a small pot. After bringing to a boil, quickly lower the heat to a low setting, place a lid on it, and simmer for around five minutes. Turn off the heat and let it steam, covered, for another 3–5 minutes. The texture should be light and fluffy.
2. While the fonio steams, prepare the date milk. In a small saucepan, combine homemade walnut milk, pitted dates, cinnamon, and nutmeg. Gently warm the mixture over low heat for 5–6 minutes to allow the spices to infuse. Do not boil. Once warm, blend the mixture until completely smooth and creamy using a high-speed blender.
3. In a dry skillet, roast the diced walnuts lightly on a moderate flame for two to three minutes, tossing frequently, until fragrant.
4. Fluff the fonio with a fork and divide it between two



bowls. Pour the warm date milk over each portion. Top with fresh fig slices, hemp seeds, and toasted walnuts. Finish with a drizzle of cold-pressed walnut oil if desired for extra richness.

Nutrition Value (Per Serving):

- Calories: 390 kcal
- Protein: 10 g
- Fats: 14 g
- Carbohydrates: 48 g
- Fiber: 7 g
- Calcium: 140 mg
- Iron: 3.8 mg
- Magnesium: 78 mg
- Potassium: 510 mg
- Sodium: 35 mg

Alkaline Nutrient Profile & Culinary Notes:

- Fonio is one of the most ancient and naturally alkaline grains, high in sulfur-containing amino acids and easily digestible. It cooks quickly and has a light, cous-cous-like texture.
- Hemp seeds and walnut milk provide plant-based omega-3s, calcium, and magnesium without acidity. Fresh figs are used in place of hybrid fruits like apples or grapes, offering natural sweetness and a soft texture.
- This breakfast bowl is ideal for those transitioning into deeper phases of the alkaline lifestyle where complete food preparation and mineral tracking are key.

Chia-Coconut Pudding with Fresh Berries and Brazil Nut Crumble

A naturally sweet, mineral-rich breakfast pudding made from chia seeds soaked in creamy homemade coconut milk, layered with fresh seasonal berries, and topped with a crunchy Brazil nut crumble. This no-cook meal is energizing yet gentle on digestion, making it ideal for a mid-morning alkaline breakfast that supports clarity, balance, and cellular rejuvenation.

Prep Time: 15 min

Cook Time: 0 min

Servings: 2

Ingredients:

For the chia pudding:

- 1/4 cup / 40 g raw chia seeds
- 1 cup / 240 ml homemade coconut milk (unsweetened)
- 1/2 tsp / 2 ml key lime juice
- 1/4 tsp / 0.5 g ground cinnamon
- 1/4 tsp / 0.5 g pure vanilla powder

For the berry layer:

- 3.5 oz / 100 g fresh blueberries (approved, non-hybrid)
- 1 tsp / 5 ml date syrup (optional, homemade only)

For the Brazil nut crumble:

- 2 tbsp / 16 g raw Brazil nuts, finely chopped
- 1 tbsp / 10 g raw walnuts, chopped
- 1/2 tsp / 2 ml cold-pressed walnut oil
- Pinch of ground nutmeg

Instructions:

1. In a glass jar or mixing bowl, whisk together the chia seeds, homemade coconut milk, lime juice, cinnamon, and vanilla powder. Stir well to prevent clumping. Let the mixture rest for 5 minutes, then stir again thoroughly. Cover and refrigerate for at least 30 minutes or until thickened. This allows the chia seeds to expand and form a gel-like texture.
2. While the pudding sets, rinse the berries and pat them dry. If using larger fruits like strawberries, slice them into halves or quarters. For a touch of extra sweetness, toss the berries with a small amount of homemade date syrup.
3. In a dry skillet over low heat, toast the Brazil nuts and walnuts for 2–3 minutes, stirring often. Once fragrant, remove from heat and mix with walnut oil and a pinch of nutmeg. This forms a simple, crunchy crumble that supports thyroid health and adds depth of flavor.
4. Once the chia pudding has thickened, divide it between two bowls or jars. Spoon the berries over the top and



finish with a generous sprinkle of the Brazil nut crumble. Serve right away or refrigerate for a maximum of twenty-four hours.

Nutrition Value (Per Serving):

- Calories: 370 kcal
- Protein: 9.5 g
- Fats: 14 g
- Carbohydrates: 45 g
- Fiber: 7 g
- Calcium: 130 mg
- Iron: 3.4 mg
- Magnesium: 72 mg
- Potassium: 490 mg
- Sodium: 30 mg

Alkaline Nutrient Profile & Culinary Notes:

- Chia seeds are a complete plant protein and alkaline-forming superfood, rich in omega-3s, iron, and soluble fiber. Coconut milk provides creamy texture and healthy saturated fats without dairy or emulsifiers.
- Brazil nuts deliver selenium and healthy fats, while wild berries offer antioxidants and natural sweetness without acid-forming sugar or fruit hybrids.
- This breakfast is ideal for days when you want something raw, simple, and cooling. Make it ahead for travel or slow mornings, and enjoy it as a deeply nourishing, alkaline meal that requires no heat to prepare.

Zucchini Pancakes with Blistered Plum Sauce and Basil Oil

Light and savory alkaline pancakes made from freshly grated zucchini and amaranth flour are pan-seared to golden perfection. Served with a warm sauce of softly blistered plums and a touch of fresh basil oil, this elegant breakfast brings together mineral balance, sweet-acid harmony, and vibrant texture—fully aligned with Sebi’s advanced nutritional principles.

Prep Time: 15 min

Cook Time: 10 min

Servings: 2

Ingredients:

For the pancakes:

- 1/2 cup / 60 g amaranth flour
- 1 cup / 100 g zucchini, finely grated and lightly pressed
- 1/4 cup / 60 ml spring water
- 1 tbsp / 7 ml cold-pressed olive oil (plus more for pan)
- 1 tbsp / 4 g fresh chopped oregano
- Pinch of sea salt (optional)

For the blistered plum sauce:

- 6 oz / 170 g ripe plums, cut into wedges (non-hybrid, seeded, organic)
- 1 tsp / 5 ml cold-pressed olive oil
- 1/4 tsp / 0.5 g ground anise seed
- 1 tbsp / 15 ml spring water

For basil oil drizzle:

- 1 tbsp / 3 g fresh basil, finely chopped
- 1 tsp / 5 ml cold-pressed olive oil

Instructions:

1. In a mixing bowl, combine the grated zucchini, amaranth flour, spring water, olive oil, oregano, and sea salt. Stir to form a thick batter. Let the mixture rest for 3–5 minutes to allow the flour to absorb excess moisture from the zucchini.
2. Heat a non-stick skillet over medium heat. Lightly coat with olive oil. Pour spoonfuls of batter into the skillet and flatten gently to form small pancakes. Sauté till cooked thoroughly and golden brown, approximately three to four minutes each side. Keep heated after transferring to a platter.
3. In the same skillet, add a teaspoon of olive oil and arrange the plum wedges cut side down. Let them cook undisturbed for 2–3 minutes until they begin to blister and release juice. Add a splash of spring water and ground anise seed. Stir gently and simmer for 1–2 more minutes until the plums soften into a chunky sauce.



4. To make the basil oil, stir chopped basil into olive oil and let sit while other components cook to infuse flavor.
5. To serve, place the warm zucchini pancakes on plates. Spoon the blistered plum sauce over the top and drizzle with basil oil. Serve immediately.

Nutrition Value (Per Serving):

- Calories: 385 kcal
- Protein: 9 g
- Fats: 13.5 g
- Carbohydrates: 47 g
- Fiber: 6.8 g
- Calcium: 120 mg
- Iron: 3.3 mg
- Magnesium: 74 mg
- Potassium: 460 mg
- Sodium: 45 mg

Alkaline Nutrient Profile & Culinary Notes:

- Zucchini is one of the few alkaline-friendly squash varieties, light on digestion and rich in hydration.
- Amaranth flour is a gluten-free, alkaline pseudograin rich in protein and minerals, making it an ideal substitute for spelt to fully align with Sebi’s nutritional standards.
- Plums should be seeded and organic, ideally heirloom varieties, not modern hybrids. Blistering draws out their sweetness naturally without added sugar.
- Basil oil adds subtle aroma and supports circulation. This breakfast balances warming flavors with fresh herbal brightness.

Alkaline Quinoa Porridge with Wild Blueberries and Burro Banana Mash

This warming quinoa-based porridge is rich in minerals, fiber, and natural sweetness. Gently simmered in homemade hemp milk and topped with wild blueberries and mashed burro banana, it's a deeply satisfying alkaline breakfast for cellular vitality, digestive ease, and sustained energy throughout the morning.

Prep Time: 15 min (plus soaking)

Cook Time: 10 min

Servings: 2

Ingredients:

For the porridge:

- 1/2 cup / 90 g whole quinoa (soaked overnight, rinsed well)
- 1 1/2 cups / 360 ml homemade hemp milk (unsweetened)
- 1/4 tsp / 0.5 g ground cinnamon
- 1/4 tsp / 0.5 g ground vanilla bean
- Pinch of sea salt (optional)

For the toppings:

- 7 oz / 200 g burro banana, peeled and mashed
- 1/2 cup / 75 g wild blueberries (fresh or frozen, not hybrid)
- 1 tsp / 5 ml cold-pressed walnut oil
- 1 tbsp / 10 g chopped raw walnuts

Instructions:

1. In a saucepan, combine rinsed quinoa and hemp milk. Add cinnamon, vanilla, and a pinch of sea salt if desired. Raise to a moderate boil, then lower the heat and place a lid on it. Simmer for ten minutes or so, stirring every now and again. When the quinoa absorbs the milk, it should become softer and more like porridge.
2. While the porridge is cooking, mash the burro banana until smooth. If using frozen blueberries, let them thaw at room temperature or warm slightly in a dry skillet over low heat.
3. Once the quinoa reaches a creamy consistency, remove it from the heat and let it sit for 1–2 minutes.
4. Divide the porridge into two bowls. Top each portion with mashed burro banana, wild blueberries, and a sprinkle of raw walnuts. Drizzle with walnut oil just before serving.

Nutrition Value (Per Serving):

- Calories: 395 kcal
- Protein: 10.5 g



- Fats: 14 g
- Carbohydrates: 47 g
- Fiber: 7.2 g
- Calcium: 125 mg
- Iron: 3.9 mg
- Magnesium: 76 mg
- Potassium: 500 mg
- Sodium: 40 mg

Alkaline Nutrient Profile & Culinary Notes:

- Quinoa is one of the only alkaline-approved seeds that functions like a grain. Soaking it overnight helps reduce natural saponins and improves digestibility. Hemp milk enhances the mineral content and provides a clean, non-dairy creaminess.
- Burro bananas are approved in the Dr. Sebi nutritional guide and are softer, denser, and more mineral-rich than hybrid Cavendish bananas. Combined with wild blueberries, they create a sweet-tart balance without any refined sugar.
- This porridge is warming, grounding, and naturally balanced—excellent for post-fasting nourishment or as a full morning meal for advanced users of the alkaline lifestyle.

Stuffed Plantain Boats with Avocado-Lime Cream and Baby Greens

Golden ripe plantains are gently roasted until caramelized and soft, then filled with a smooth avocado-lime cream and a fresh mix of tender alkaline greens. This warm, grounding breakfast is rich in complex carbohydrates, nourishing fats, and minerals—perfect for starting your day with strength, calm, and clarity.

Prep Time: 15 min

Cook Time: 15 min

Servings: 2

Ingredients:

For the plantains:

- 12 oz / 340 g ripe yellow plantains (not overripe, black-spotted is fine)
- 1 tsp / 5 ml cold-pressed avocado oil
- Pinch of sea salt (optional)

For the avocado-lime cream:

- 7 oz / 200 g avocado, peeled and pitted
- 1 tbsp / 15 ml key lime juice
- 1 tsp / 2 g finely chopped cilantro
- 1 tbsp / 15 ml spring water (to adjust texture)

For garnish and greens:

- 1 cup / 30 g watercress
- 1 tsp / 5 ml cold-pressed olive oil
- 1/2 tsp / 2 ml lime juice
- 1 tbsp / 10 g crushed raw walnuts

Instructions:

1. For preheating, set your oven at 375°F (190°C). Slice each plantain lengthwise down the center, keeping the skin on but making sure not to cut all the way through. Gently pull the halves apart to form a “boat.” Brush the cut side with avocado oil and place the plantains cut-side up on a parchment-lined baking sheet.
2. Roast the plantains for about 15 minutes until golden, soft, and lightly caramelized. Prior to handling, take them out of the oven and let them cool a little.
3. While the plantains roast, prepare the avocado-lime cream by blending the avocado, lime juice, cilantro, and spring water in a food processor or with an immersion blender. The mixture should be smooth and silky.
4. To enhance the flavor of the baby greens, combine them with a little lime juice and olive oil in a dish. Sprinkle with a few crushed walnuts for texture.
5. Once the plantains are cool enough to handle, remove the skins and place each on a plate. Use a spoon to press the inner part of each plantain slightly to create



space for the filling. Spoon in the avocado cream and top with dressed greens and walnuts. Serve warm.

Nutrition Value (Per Serving):

- Calories: 395 kcal
- Protein: 9 g
- Fats: 14.5 g
- Carbohydrates: 46 g
- Fiber: 7 g
- Calcium: 115 mg
- Iron: 3.6 mg
- Magnesium: 70 mg
- Potassium: 510 mg
- Sodium: 55 mg

Alkaline Nutrient Profile & Culinary Notes:

- Ripe plantains are an approved alkaline starch—naturally sweet and grounding, they provide complex carbohydrates without spiking blood sugar. Roasting concentrates their flavor while keeping preparation simple and oil-light.
- Avocado and lime blend into a creamy, alkalizing sauce that supports digestion and mineral absorption. Baby greens such as watercress or dandelion offer bitter contrast and help cleanse the liver.
- This recipe is ideal for those needing a satisfying, complete breakfast that supports tissue rebuilding, hormonal balance, and post-fasting nourishment. It's also fully portable if assembled just before eating.

Warm Amaranth Flatbread with Cucumber-Hemp Seed Spread and Sliced Chayote

A soft and nourishing flatbread made from whole amaranth flour is gently cooked to a golden finish and served alongside a creamy, alkaline cucumber-hemp seed spread and thinly sliced fresh chayote. This breakfast balances wholesome grains with fresh vegetables and healthy fats, promoting digestive comfort and sustained energy.

Prep Time: 15 min

Cook Time: 10 min

Servings: 2

Ingredients:

For the flatbread:

- 1/2 cup / 60 g whole amaranth flour
- 1/4 cup / 60 ml spring water
- 1/2 tbsp / 7 ml cold-pressed olive oil
- Pinch of sea salt (optional)

For the cucumber-hemp seed spread:

- 1/2 cup / 75 g peeled and grated cucumber
- 2 tbsp / 30 g raw hemp seeds, ground into a paste
- 1 tsp / 5 ml fresh key lime juice
- 1/4 tsp / 0.5 g ground cumin
- Pinch of sea salt

For garnish:

- 6 oz / 170 g chayote, thinly sliced
- 1 tbsp / 10 g chopped fresh parsley
- 1 tsp / 5 ml cold-pressed olive oil

Instructions:

1. In a bowl, combine amaranth flour, spring water, olive oil, and sea salt if using. Stir until a smooth batter forms. Let it rest for 5 minutes to hydrate the flour and improve texture.
2. Heat a non-stick skillet over medium heat. Pour half the batter into the skillet and spread evenly to form a flatbread about 5–6 inches in diameter. Cook for 3–4 minutes per side until golden and cooked through. Repeat with remaining batter.
3. While the flatbreads cook, prepare the cucumber-hemp seed spread. Combine grated cucumber, ground hemp seed paste, lime juice, cumin, and salt in a bowl. Mix thoroughly until creamy and well blended.
4. Place the thin slices of chayote on a platter, then top with fresh parsley and olive oil.
5. Serve the flatbreads topped or accompanied by the cucumber-hemp seed spread and fresh chayote slices. Best enjoyed freshly cooked and gently warm for optimal flavor.



Nutrition Value (Per Serving):

- Calories: 370 kcal
- Protein: 9 g
- Fats: 13 g
- Carbohydrates: 43 g
- Fiber: 6.8 g
- Calcium: 115 mg
- Iron: 3.1 mg
- Magnesium: 68 mg
- Potassium: 480 mg
- Sodium: 45 mg

Alkaline Nutrient Profile & Culinary Notes:

- Amaranth flour is a gluten-free, alkaline pseudograin rich in protein and minerals, providing a mild, nutty flavor.
- Ground hemp seeds add creamy texture, healthy fats, calcium, and magnesium while aligning with alkaline dietary principles.
- Cucumber hydrates and cools, balancing the dish, while chayote contributes mild sweetness and is a gentle, alkalizing vegetable.
- This breakfast is perfect for those seeking a balanced meal combining grain-based energy with fresh, live foods to support digestion and hydration.

Papaya Breakfast Cups with Walnut-Date Filling and Key Lime Drizzle

A fresh and vibrant breakfast featuring hollowed papaya halves filled with a rich walnut and date mixture, finished with a bright key lime drizzle. This dish combines hydrating fruit, wholesome fats, and natural sweetness to energize the body while supporting alkalinity and digestive health.

Prep Time: 15 min

Cook Time: 0 min

Servings: 2

Ingredients:

For the filling:

- 1/3 cup / 35 g raw walnuts
- 1.5 oz / 45 g soft dates, pitted
- 1 tbsp / 15 ml spring water
- 1/2 tsp / 2 g ground cinnamon

For the papaya cups:

- 12 oz / 340 g ripe papaya, halved and seeded
- 1 tbsp / 15 ml fresh key lime juice

Instructions:

1. In a food processor, combine walnuts, dates, spring water, and cinnamon. Pulse until the mixture forms a coarse, sticky filling. Adjust water as needed for spreadable consistency.
2. Carefully scoop out a bit more of the papaya flesh from the hollowed halves to enlarge the cavity if needed.
3. Spoon the walnut-date filling evenly into each papaya half, pressing gently to fill.
4. In a small bowl, whisk together key lime juice. (Omit agave nectar to keep the recipe strictly alkaline.)
5. Drizzle the lime juice over the filled papayas just before serving.

Nutrition Value (Per Serving):

- Calories: 365 kcal
- Protein: 8 g
- Fats: 15 g
- Carbohydrates: 42 g
- Fiber: 7 g
- Calcium: 110 mg
- Iron: 3.3 mg



- Magnesium: 74 mg
- Potassium: 500 mg
- Sodium: 25 mg

Alkaline Nutrient Profile & Culinary Notes:

- Papaya is a highly alkaline, digestive-supporting fruit rich in enzymes and antioxidants. The walnut-date filling adds healthy fats, natural sweetness, and mineral density.
- Key lime juice brightens the dish with vitamin C and alkalizing properties. This breakfast is ideal for warmer days when a cool, fresh start is desired without compromising nourishment.
- The recipe omits agave nectar to avoid processed sugars and keep the meal fully alkaline and natural.



Sautéed Shiitake Mushrooms and Watercress over Soft Cooked Amaranth Grits

A savory, mineral-rich breakfast featuring tender sautéed shiitake mushrooms and fresh, peppery watercress served atop creamy amaranth grits. This dish provides grounding protein and fiber with a fresh herbal note, ideal for advanced alkaline eaters seeking balanced, satisfying mornings.

Prep Time: 15 min

Cook Time: 15 min

Servings: 2

Ingredients:

For the amaranth grits:

- 1/2 cup / 85 g whole amaranth grain
- 1 1/2 cups / 360 ml spring water
- Pinch of sea salt (optional)

For the sautéed mushrooms:

- 6 oz / 170 g fresh shiitake mushrooms, sliced
- 1 tbsp / 15 ml cold-pressed olive oil
- 1/4 tsp / 0.5 g dried thyme
- Pinch of sea salt and black pepper (optional)

For the greens:

- 1 cup / 30 g fresh watercress, washed and trimmed
- 1 tsp / 5 ml cold-pressed olive oil
- 1 tsp / 5 ml fresh lemon juice or key lime juice

Instructions:

1. Rinse the amaranth thoroughly under running water. In a saucepan, combine amaranth and spring water with a pinch of salt if desired. Bring to a boil, then reduce heat to low, cover, and simmer for about 15 minutes, stirring occasionally, until the grains are soft and have absorbed the water, forming a creamy consistency.
2. While the amaranth cooks, heat olive oil in a skillet over medium heat. Add sliced shiitake mushrooms and dried thyme. Sauté for 6–8 minutes until mushrooms are tender and slightly browned. If utilizing, add a little salt and pepper for seasoning.
3. In a small bowl, toss watercress with olive oil and fresh lemon or key lime juice to brighten its natural peppery flavor.
4. Divide the cooked amaranth grits between two plates. Top evenly with sautéed shiitake mushrooms and dressed watercress.
5. Serve immediately, savoring the dish while still gently warm to enjoy the full depth of flavors.



Nutrition Value (Per Serving):

- Calories: 385 kcal
- Protein: 11 g
- Fats: 14 g
- Carbohydrates: 42 g
- Fiber: 7 g
- Calcium: 125 mg
- Iron: 3.7 mg
- Magnesium: 80 mg
- Potassium: 470 mg
- Sodium: 50 mg

Alkaline Nutrient Profile & Culinary Notes:

- Amaranth is a complete protein and naturally alkaline pseudo-grain rich in minerals and fiber, offering sustained energy and digestive support.
- Shiitake mushrooms provide rich umami flavor, antioxidants, and immune-supportive compounds. Watercress adds fresh, cleansing notes and vitamin C, enhancing nutrient absorption.
- This dish is perfect for those seeking a warm, hearty yet balanced breakfast that aligns with advanced alkaline dietary principles.

Sweet Sorghum Cakes with Soursop Glaze and Toasted Sesame

Lightly sweetened breakfast cake made from whole-grain sorghum flour, pan-cooked to golden perfection, and topped with a vibrant soursop glaze and crunchy toasted sesame seeds. This dish combines wholesome grains and tropical fruit flavors, offering a nourishing and alkaline-friendly start to your day.

Prep Time: 15 min

Cook Time: 15 min

Servings: 2

Ingredients:

For the cakes:

- 1/2 cup / 65 g whole sorghum flour
- 1/2 tsp / 2 g baking powder (aluminum-free)
- 1/4 tsp / 0.5 g ground cinnamon
- Pinch of sea salt
- 1/2 cup / 120 ml spring water
- 1 tbsp / 15 ml cold-pressed coconut oil

For the soursop glaze:

- 1/2 cup / 100 g fresh soursop pulp, seeds removed
- 1 tsp / 5 ml fresh lime juice

For garnish:

- 1 tbsp / 10 g toasted sesame seeds

Instructions:

1. In a bowl, whisk together sorghum flour, baking powder, cinnamon, and salt. Gradually add spring water and coconut oil, stirring until a smooth batter forms. Let it rest for 5 minutes to hydrate.
2. Heat a non-stick skillet over medium heat. Spoon 3–4 small pancakes onto the skillet, about 3 inches in diameter each. Sauté until brown and well cooked, approximately three to four minutes each side. Take off and remain warm.
3. For the glaze, blend soursop pulp with lime juice until smooth.
4. Drizzle the soursop glaze generously over the warm cakes and sprinkle toasted sesame seeds on top.
5. Enjoy immediately, savoring the warm cakes balanced by the bright, fruity glaze.



Nutrition Value

(Per Serving):

- Calories: 375 kcal
- Protein: 9 g
- Fats: 13 g
- Carbohydrates: 45 g
- Fiber: 7 g
- Calcium: 115 mg
- Iron: 3.4 mg
- Magnesium: 72 mg
- Potassium: 480 mg
- Sodium: 40 mg

Alkaline Nutrient Profile

& Culinary Notes:

- Sorghum is a naturally gluten-free and alkaline grain rich in antioxidants and fiber. Its mild sweetness pairs well with the tropical notes of soursop.
- Soursop glaze adds moisture and a bright flavor without acidity. Toasted sesame seeds provide crunch and essential minerals such as calcium and magnesium.
- This breakfast is a wholesome combination of textures and tastes that supports energy and alkalinity for advanced users.



Sea Moss & Mango Power Bowl with Quinoa, Burro Banana, and Toasted Seeds

This nutrient-packed power bowl combines creamy sea moss gel and sweet mango with protein-rich quinoa, hearty burro banana slices, and crunchy toasted seeds. It offers sustained energy, balanced macronutrients, and a rich mineral profile to support the advanced alkaline lifestyle.

Prep Time: 15 min (plus soaking)

Cook Time: 15 min

Servings: 2

Ingredients:

For the quinoa base:

- 1/2 cup / 90 g whole quinoa, rinsed and soaked overnight
- 1 1/2 cups / 360 ml spring water

For the sea moss-mango blend:

- 1/4 cup / 60 g sea moss gel (homemade)
- 1/2 cup / 150 g ripe mango, peeled and chopped
- 1 tbsp / 15 ml fresh lime juice

For toppings:

- 5 oz / 140 g burro banana, peeled and sliced
- 2 tbsp / 20 g raw pumpkin seeds, toasted
- 1 tbsp / 10 g raw sunflower seeds, toasted
- 1 tsp / 5 ml cold-pressed coconut oil (for toasting)

Instructions:

1. Leave the soaked quinoa and spring water to come to a boil and then lower the heat to a simmer, place the lid on and cook for twelve to fifteen minutes, till the quinoa is cooked and the water has been absorbed. Using a fork, fluff and allow to cool a little.
2. In a blender, combine sea moss gel, mango, and lime juice. Blend until smooth and creamy.
3. Heat coconut oil in a dry skillet over medium-low heat. Add pumpkin and sunflower seeds and toast for 3–4 minutes until fragrant and lightly golden, stirring frequently. Remove from heat.
4. Divide the quinoa between two bowls. Pour the sea moss-mango blend evenly over the quinoa.
5. Top each bowl with sliced burro banana and sprinkle with toasted seeds.
6. Enjoy immediately, savoring the combination of creamy, sweet, and crunchy textures.

Nutrition Value (Per Serving):

- Calories: 400 kcal



- Protein: 11 g
- Fats: 15 g
- Carbohydrates: 48 g
- Fiber: 7 g
- Calcium: 130 mg
- Iron: 3.7 mg
- Magnesium: 78 mg
- Potassium: 520 mg
- Sodium: 40 mg

Alkaline Nutrient Profile & Culinary Notes:

- Quinoa provides complete plant protein and essential amino acids, supporting muscle maintenance and energy.
- Sea moss gel offers an excellent mineral spectrum, including iodine and calcium, enhancing alkalinity.
- Burro banana adds natural sweetness and dense carbohydrates for sustained energy.
- Toasted pumpkin and sunflower seeds contribute healthy fats, magnesium, and satisfying crunch.
- This bowl balances macronutrients and textures for a fulfilling alkaline breakfast suitable for advanced users.

Millet Porridge with Burro Banana and Wild Berry Compote

A warm and nourishing millet porridge gently cooked to a creamy texture, topped with naturally sweet burro banana mash and a vibrant wild berry compote. This breakfast is rich in minerals, fiber, and balanced carbohydrates, providing sustained energy while adhering to Dr. Sebi's alkaline dietary principles.

Prep Time: 15 min

Cook Time: 20 min

Servings: 2

Ingredients:

For the millet porridge:

- 1/2 cup / 90 g whole millet, rinsed
- 1 1/2 cups / 360 ml spring water
- 1/4 tsp / 0.5 g ground cinnamon
- Pinch of sea salt (optional)

For the burro banana mash:

- 100 g / 3.5 oz burro banana, peeled and mashed

For the wild berry compote:

- 1 cup / 150 g wild strawberries, fresh or frozen
- 1 tbsp / 15 ml homemade date syrup (optional)
- 1/2 tsp / 2 ml fresh lime juice

Instructions:

1. Rinse millet thoroughly under running water. In a medium saucepan, combine millet, spring water, ground cinnamon, and sea salt if using. Bring to a boil, then reduce heat to low, cover, and simmer gently for 18–20 minutes until the millet is soft and has absorbed most of the water. Stir occasionally to prevent sticking.
2. While the millet cooks, prepare the wild berry compote. In a small saucepan, combine wild berries, date syrup if using, and lime juice. Cook over low heat for 5–7 minutes until the berries soften and release their juices. Stir occasionally. Remove from heat and let cool slightly.
3. Peel and mash the burro banana until smooth. Set aside.
4. Once the millet is cooked, fluff it gently with a fork and divide between two bowls.
5. Top each bowl with a spoonful of burro banana mash and wild berry compote.
6. Enjoy immediately, savoring the warm, creamy porridge balanced by the sweet fruit toppings.



Nutrition Value (Per Serving):

- Calories: 380 kcal
- Protein: 9 g
- Fats: 12 g
- Carbohydrates: 46 g
- Fiber: 7 g
- Calcium: 120 mg
- Iron: 3.5 mg
- Magnesium: 75 mg
- Potassium: 480 mg
- Sodium: 35 mg

Alkaline Nutrient Profile & Culinary Notes:

- Millet is a naturally alkaline grain, rich in magnesium and fiber, supporting digestive health and sustained energy.
- Burro banana provides a denser, nutrient-rich fruit alternative to common bananas, high in potassium and gentle on blood sugar.
- Wild berries contribute antioxidants, vitamins, and natural sweetness without acidity or hybridization.
- This breakfast bowl offers a harmonious blend of creamy, sweet, and tart elements, perfectly aligned with advanced alkaline dietary guidelines.

Amaranth Crepes with Fig-Date Filling and Lemon Zest

A delicate and wholesome amaranth crepe filled with naturally sweet dried figs and homemade date syrup mixture, accented by fresh lemon zest. This breakfast offers balanced complex carbohydrates, gentle sweetness, and rich mineral content aligned with the alkaline principles of Dr. Sebi's diet.

Prep Time: 20 min

Cook Time: 15 min

Servings: 2

Ingredients:

For the crepes:

- 1/2 cup / 70 g whole amaranth flour
- 1/2 cup / 120 ml spring water
- 1 tbsp / 15 ml cold-pressed olive oil
- Pinch of sea salt

For the fig-date filling:

- 1/2 cup / 70 g dried figs, chopped
- 2 tbsp / 30 ml homemade date syrup
- Zest of 1/2 lemon (about 1 g)
- 1 tbsp / 15 ml spring water

Instructions:

1. In a bowl, whisk together amaranth flour, spring water, olive oil, and a pinch of sea salt until smooth. Let the batter rest for 10 minutes to hydrate.
2. A non-stick skillet should be heated to a moderate temperature. To create a thin crepe, pour approximately one-fourth cup of batter into the pan and tilt it to distribute it evenly. Cook for two to three minutes, till the bottom is golden and the sides are lifted, then turn and cook for another one to two minutes. To create four crepes, repeat with the leftover batter.
3. Meanwhile, prepare the filling by combining chopped dried figs, homemade date syrup, lemon zest, and spring water in a small saucepan. Warm gently over low heat for 5 minutes, stirring occasionally until figs soften and mixture thickens slightly.
4. Spread the fig-date filling evenly over half of each crepe and fold the other half over to enclose the filling.
5. Serve the crepes warm or at room temperature, enjoying the contrast of soft crepes and rich filling.

Nutrition Value (Per Serving):

- Calories: 380 kcal
- Protein: 9 g



- Fats: 12 g
- Carbohydrates: 45 g
- Fiber: 6.8 g
- Calcium: 115 mg
- Iron: 3.3 mg
- Magnesium: 70 mg
- Potassium: 470 mg
- Sodium: 40 mg

Alkaline Nutrient Profile & Culinary Notes:

- Amaranth is a highly alkaline, gluten-free pseudograin rich in protein, fiber, and minerals.
- Dried figs and homemade date syrup provide natural sweetness and essential micronutrients without acidity.
- Lemon zest adds brightness and enhances digestion.
- These crepes are a nourishing and delicious breakfast option perfectly aligned with advanced Sebi dietary principles.

Coconut Yogurt Parfait with Papaya, Pumpkin Seeds, and Cinnamon

A refreshing and creamy parfait layering homemade coconut yogurt with sweet papaya chunks, crunchy toasted pumpkin seeds, and warming cinnamon. This breakfast provides probiotics, healthy fats, and antioxidants, supporting digestion, alkalinity, and sustained energy.

Prep Time: 15 min

Cook Time: 0 min

Servings: 2

Ingredients:

For the coconut yogurt:

- 1 1/2 cups / 360 ml homemade coconut yogurt (unsweetened)

For the toppings:

- 1 cup / 140 g ripe papaya, diced
- 2 tbsp / 20 g raw pumpkin seeds, toasted
- 1/2 tsp / 1 g ground cinnamon

Instructions:

1. Prepare or obtain homemade unsweetened coconut yogurt, ensuring it is fresh and free of additives.
2. Toast the pumpkin seeds in a dry skillet over medium-low heat for 3–4 minutes until aromatic and slightly golden. Remove from heat and let cool.
3. In two serving glasses or bowls, layer coconut yogurt, diced papaya, and toasted pumpkin seeds. Sprinkle ground cinnamon on top.
4. Serve immediately or chill briefly to meld flavors. Enjoy fresh to benefit from the probiotic qualities.

Nutrition Value (Per Serving):

- Calories: 370 kcal
- Protein: 8 g
- Fats: 15 g
- Carbohydrates: 40 g
- Fiber: 6.5 g
- Calcium: 120 mg
- Iron: 3.2 mg



- Magnesium: 70 mg
- Potassium: 480 mg
- Sodium: 35 mg

Alkaline Nutrient Profile & Culinary Notes:

- Homemade coconut yogurt provides beneficial probiotics and healthy saturated fats, supporting gut health and energy.
- Papaya is alkaline-forming and rich in digestive enzymes and antioxidants.
- Pumpkin seeds add crunch, plant-based protein, magnesium, and zinc.
- Cinnamon enhances metabolism and adds warming flavor.
- This parfait is ideal for warm mornings or as a light, nourishing breakfast aligned with Dr. Sebi's diet.



Chickpea Flour Flatbreads with Roasted Yellow Zucchini and Basil

A savory, gluten-free flatbread made from chickpea flour is gently pan-cooked and topped with tender roasted yellow zucchini and fresh basil. This breakfast is rich in plant-based protein, fiber, and alkalizing minerals, providing sustained energy and vibrant flavor while adhering to Dr. Sebi's dietary principles.

Prep Time: 15 min

Cook Time: 15 min

Servings: 2

Ingredients:

For the flatbreads:

- 1 cup / 120 g chickpea flour
- $\frac{3}{4}$ cup / 180 ml spring water
- 1 tbsp / 15 ml cold-pressed olive oil
- Pinch of sea salt

For the topping:

- 1 cup / 150 g yellow zucchini, sliced
- $\frac{1}{4}$ cup / 10 g fresh basil leaves, chopped
- 1 tsp / 5 ml cold-pressed olive oil

Instructions:

1. Mix together in a bowl chickpea flour, spring water, olive oil, and sea salt until a smooth batter forms. Let it rest for 5–10 minutes to thicken.
2. Heat a non-stick skillet over medium heat. Pour about $\frac{1}{4}$ cup of batter into the pan and spread evenly to form a flatbread approximately 5–6 inches in diameter. Cook for 3–4 minutes on each side until golden and cooked through. Repeat with remaining batter to make 4 flatbreads.
3. While the flatbreads cook, heat olive oil in another skillet over medium heat. Add sliced yellow zucchini and sauté gently for 5–7 minutes until tender and slightly golden.
4. Arrange the flatbreads on plates. Top each with sautéed zucchini slices and sprinkle with chopped basil. Drizzle with olive oil.
5. Enjoy freshly prepared and gently warm for the fullest flavor.



Nutrition Value (Per Serving):

- Calories: 385 kcal
- Protein: 11 g
- Fats: 14 g
- Carbohydrates: 42 g
- Fiber: 8 g
- Calcium: 120 mg
- Iron: 3.7 mg
- Magnesium: 75 mg
- Potassium: 480 mg
- Sodium: 40 mg

Alkaline Nutrient Profile & Culinary Notes:

- Chickpea flour is a nutrient-dense, alkaline, gluten-free flour rich in protein and fiber.
- Yellow zucchini is a gentle, alkaline vegetable that adds mild sweetness and moisture.
- Basil provides fresh herbal notes and alkalinity.
- This flatbread balances hearty plant proteins and fresh vegetables, ideal for an advanced alkaline breakfast.



Toasted Millet Granola with Papaya and Coconut Yogurt

A crunchy, naturally sweetened granola made from toasted millet flakes combined with raw nuts and seeds, served atop creamy homemade coconut yogurt and fresh papaya. This breakfast delivers sustained energy, probiotics, and balanced alkalinity, ideal for advanced users of Dr. Sebi's diet.

Prep Time: 15 min

Cook Time: 20 min

Servings: 2

Ingredients:

For the granola:

- 1 cup / 120 g millet flakes (toasted)
- 1/4 cup / 30 g raw walnuts, chopped
- 2 tbsp / 20 g raw pumpkin seeds
- 2 tbsp / 20 g raw sunflower seeds
- 1 tbsp / 15 ml cold-pressed coconut oil
- 1 tbsp / 15 ml homemade date syrup (optional)
- 1/2 tsp / 0.5 g ground cinnamon

For the yogurt and fruit:

- 1 cup / 240 ml homemade coconut yogurt (unsweetened)
- 1 cup / 140 g ripe papaya, diced

Instructions:

1. Preheat oven to 325°F (160°C). In a mixing bowl, combine millet flakes, chopped walnuts, pumpkin seeds, sunflower seeds, coconut oil, date syrup (if using), and ground cinnamon. Toss well to coat evenly.
2. Cover a baking surface with parchment paper and spread the mixture thinly. To guarantee consistent browning, toast in the oven for between fifteen and twenty minutes, tossing every five minutes. When fragrant and golden, remove. Allow to cool fully.
3. Divide coconut yogurt evenly between two bowls. Top each with toasted millet granola and diced papaya.
4. Serve immediately to enjoy the crunchy texture and creamy balance.

Nutrition Value (Per Serving):

- Calories: 390 kcal
- Protein: 10 g



- Fats: 14 g
- Carbohydrates: 45 g
- Fiber: 7 g
- Calcium: 120 mg
- Iron: 3.5 mg
- Magnesium: 75 mg
- Potassium: 480 mg
- Sodium: 35 mg

Alkaline Nutrient Profile & Culinary Notes:

- Millet flakes provide a naturally alkaline, gluten-free base rich in minerals and fiber.
- Raw nuts and seeds add plant protein, healthy fats, and essential micronutrients like magnesium and zinc.
- Homemade coconut yogurt offers probiotics and healthy fats without dairy, supporting gut health and alkalinity.
- Papaya adds natural sweetness, digestive enzymes, and hydration.
- This granola is perfect for those seeking a crunchy, nourishing breakfast that energizes and supports the alkaline lifestyle.



Plantain and Amaranth Pancakes with Cilantro-Lime Drizzle

A light and nourishing pancake made from ripe plantains and protein-rich amaranth flour, gently pan-cooked to a golden finish. Served with a refreshing cilantro-lime drizzle, this breakfast balances natural sweetness with bright herbal notes, providing sustained energy while adhering to Dr. Sebi's alkaline diet.

Prep Time: 15 min
Cook Time: 15 min
Servings: 2

Ingredients:

For the pancakes:

- 1 cup / 200 g ripe plantains, peeled and mashed
- 1/2 cup / 70 g amaranth flour
- 1 tbsp / 15 ml cold-pressed olive oil (plus extra for cooking)
- 1/4 cup / 60 ml spring water
- Pinch of sea salt

For the cilantro-lime drizzle:

- 2 tbsp / 30 ml cold-pressed olive oil
- 2 tbsp / 15 ml fresh lime juice
- 2 tbsp / 10 g finely chopped fresh cilantro

Instructions:

1. In a bowl, combine mashed plantains, amaranth flour, olive oil, spring water, and sea salt. Mix well to form a smooth batter.
1. Slightly coat a non-stick skillet with olive oil and heat it on a moderate flame. Each pancake should have around a quarter of a cup of batter, which should be gently spread out to create circles in the skillet.
2. Every pancake should be cooked through and golden brown after three to four minutes on each side. Continue with the leftover batter.
3. While pancakes cook, whisk together olive oil, lime juice, and chopped cilantro to create the drizzle.
4. Serve pancakes stacked or flat, drizzled generously with cilantro-lime sauce. Enjoy while gently warm for best flavor.

Nutrition Value (Per Serving):

- Calories: 400 kcal
- Protein: 11 g
- Fats: 14 g



- Carbohydrates: 46 g
- Fiber: 7 g
- Calcium: 120 mg
- Iron: 3.6 mg
- Magnesium: 75 mg
- Potassium: 510 mg
- Sodium: 45 mg

Alkaline Nutrient Profile & Culinary Notes:

- Plantains are a rich source of complex carbohydrates and potassium, providing sustained energy without spiking blood sugar.
- Amaranth flour is an alkaline, protein-rich pseudograin that adds body and nutrition to the pancakes.
- Cilantro and lime provide a fresh, alkalizing brightness that enhances flavor and digestion.
- These pancakes are an ideal, balanced breakfast for those following an advanced alkaline lifestyle.



Burro Banana & Fonio Breakfast Muffins with Date and Walnut

Mini muffins made from alkaline fonio grain and nutrient-rich burro bananas, naturally sweetened with homemade date paste and complemented by crunchy walnuts. These muffins are convenient for on-the-go breakfasts and provide balanced nutrition and sustained energy.

Prep Time: 20 min

Cook Time: 25 min

Servings: 6 muffins

Ingredients:

- 1 cup / 150 g fonio, rinsed
- 1/2 cup / 100 g burro banana flesh, mashed
- 1/4 cup / 60 ml homemade date paste
- 1/3 cup / 30 g ground walnuts
- 1 tbsp / 15 ml fresh lemon juice (for natural leavening)
- Pinch of sea salt

Instructions:

1. For preheating, set your oven at 350°F (180°C). Prepare a muffin tin by lightly oiling it or lining it with silicone or parchment liners to prevent sticking.
2. Rinse the fonio thoroughly under cold running water to remove impurities. In a medium saucepan, combine the rinsed fonio with 1 1/2 cups (360 ml) of spring water. Bring to a gentle boil, then reduce heat to low, cover, and simmer for about 15 minutes until the grains are tender and most water is absorbed.
3. Remove from heat and let the cooked fonio cool to room temperature to prevent premature cooking of the batter.
4. In a large mixing bowl, blend the mashed burro banana with the homemade date paste and fresh lemon juice. Mix well to combine; the lemon juice acts as a natural leavening agent.
5. Gently fold the cooled fonio into the banana-date mixture, ensuring even incorporation without mashing the grains.
6. Stir in the ground walnuts and a pinch of sea salt until the batter is thick and uniform. Avoid overmixing to maintain tender muffins.
7. To give it time for rising, pour the batter into your muffin tray, filling each cup approximately two-thirds of the way to the top.
8. Cook for twenty to twenty-five minutes in a preheated oven. A toothpick inserted in the center should come out clean or with a few wet crumbs, indicating that the food is done.
9. After taking the muffins out of the oven, let them cool in the muffin tray for five minutes prior to moving them to a wire rack to finish cooling.
10. Serve warm or at room temperature. Keep leftovers in the fridge for up to three days in a sealed container.



Nutrition Value (Per Serving, 1 muffin):

- Calories: 180 kcal
- Protein: 4 g
- Fats: 7 g
- Carbohydrates: 25 g
- Fiber: 3.5 g
- Calcium: 60 mg
- Iron: 1.8 mg
- Magnesium: 35 mg
- Potassium: 250 mg
- Sodium: 20 mg

Alkaline Nutrient Profile & Culinary Notes:

- Fonio is a fast-cooking, alkaline grain rich in minerals and easily digestible, providing sustained energy without acidity.
- Burro bananas offer creamy texture and mild sweetness, blending perfectly into the batter with potassium and fiber.
- Ground walnuts add healthy fats, plant protein, and pleasant crunch.
- Fresh lemon juice replaces baking soda to create natural leavening, maintaining alkalinity and purity of ingredients.
- Homemade date paste is a natural sweetener, avoiding refined sugars and preserving alkalinity.
- These muffins are ideal for advanced alkaline lifestyle practitioners seeking portable, wholesome breakfasts that balance macronutrients and flavor.

Sorghum Pancakes with Soursop Sauce and Toasted Sesame

Light, fluffy pancakes made from whole grain sorghum flour, served with a fresh soursop sauce and topped with crunchy toasted sesame seeds. This breakfast is rich in fiber, minerals, and healthy fats, providing energy and maintaining alkaline balance.

Prep Time: 15 min

Cook Time: 15 min

Servings: 2

Ingredients:

For the pancakes:

- 1/2 cup / 65 g whole grain sorghum flour
- 1/2 tsp / 2 g aluminum-free baking powder
- 1/4 tsp / 0.5 g ground cinnamon
- Pinch of sea salt
- 1/2 cup / 120 ml spring water
- 1 tbsp / 15 ml cold-pressed coconut oil

For the soursop sauce:

- 1/2 cup / 100 g fresh soursop pulp, seeds removed
- 1 tsp / 5 ml fresh lime juice

For garnish:

- 1 tbsp / 10 g toasted sesame seeds

Instructions:

1. Sorghum flour, baking powder, cinnamon, and sea salt should all be thoroughly mixed together in a mixing basin. Add coconut oil and spring water gradually while churning to create a smooth batter. Give the batter five minutes to rest in order to hydrate and slightly thicken it.
1. On a moderate flame, preheat a nonstick skillet or griddle. Apply some coconut oil to gently coat. For each pancake, add about 1/4 cup of batter to the skillet and carefully spread it out to create circles that are approximately three to four inches in diameter.
2. Cook the pancakes for 3–4 minutes on one side until bubbles form on the surface and the edges begin to set. Flip carefully and cook for another 3 minutes or until golden brown and cooked through. Repeat with the remaining batter.
3. While the pancakes cook, prepare the soursop sauce by blending the fresh soursop pulp with lime juice until smooth and creamy.
4. Serve the pancakes warm, drizzled generously with soursop sauce and sprinkled with toasted sesame seeds.

Nutrition Value (Per Serving):

- Calories: 390 kcal
- Protein: 9 g
- Fats: 14 g
- Carbohydrates: 45 g
- Fiber: 7 g



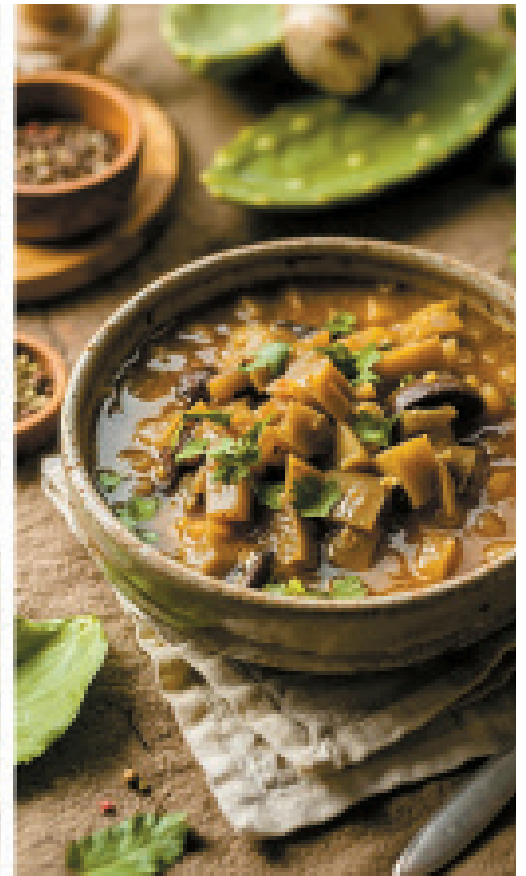
- Calcium: 120 mg
- Iron: 3.4 mg
- Magnesium: 75 mg
- Potassium: 480 mg
- Sodium: 35 mg

Alkaline Nutrient Profile & Culinary Notes:

- Sorghum is a gluten-free, alkaline grain rich in fiber and antioxidants, supporting digestive health and sustained energy.
- Soursop provides a tropical, antioxidant-rich sauce that is low in acidity and naturally sweet.
- Sesame seeds that have been toasted offer a delightful crunch as well as an increase in calcium, magnesium, and good fats.
- This breakfast balances texture and flavor while adhering strictly to the principles of Dr. Sebi's alkaline diet.



LUNCHES



Roasted Sweet Potato with Stewed Amaranth, Pumpkin, and Basil

A hearty, mineral-rich lunch combining naturally sweet roasted sweet potatoes with a tender, herb-infused stew of whole amaranth grains and fresh pumpkin. Prepared entirely from fresh, alkaline ingredients, this dish is simmered and roasted to maximize nutrient density and maintain a balanced, gentle flavor without any processed or acidic components.

Prep Time: 20 min

Cook Time: 60 min

Servings: 2

Ingredients:

For the stew:

- 1/2 cup / 90 g dry amaranth grain, rinsed thoroughly
- 6 oz / 170 g fresh pumpkin, peeled and diced
- 2 tbsp / 10 g green onion tops, finely chopped
- 1 tbsp / 15 ml cold-pressed olive oil
- 1 tsp / 2 g fresh thyme leaves, chopped
- 2 cups / 480 ml spring water
- 1/4 tsp / 1 g sea salt (optional)
- Freshly ground black pepper, to taste
- 1/4 cup / 15 g fresh basil leaves, chopped

For the roasted sweet potatoes:

- 10 oz / 280 g sweet potatoes, peeled and cut into 1-inch cubes
- 1/2 tbsp / 7 ml cold-pressed olive oil

Instructions:

1. For preheating, set your oven at 400°F (200°C). Peel the sweet potatoes and cut them into slices of one inch so that they cook consistently. Lightly toss with olive oil and arrange in just one layer on a parchment-lined baking sheet. Roast for thirty to thirty-five minutes, stirring about halfway through, until tender and naturally sweet.
2. While the sweet potatoes roast, heat olive oil in a medium saucepan over medium heat. Add the finely chopped green onion tops and sauté for about 3 minutes until soft and fragrant, creating a gentle aromatic base for the stew.
3. Add the diced pumpkin and thyme leaves to the pan, stirring to combine. Cook for 5 minutes until the pumpkin begins to soften and absorb the herbs' aroma.
4. Pour the rinsed amaranth and spring water into the saucepan. Bring to a gentle boil, then reduce heat to low. Cover partially and simmer for 25–30 minutes, stirring occasionally to prevent sticking, until the amaranth is tender and liquid is mostly absorbed.
5. Season the stew with sea salt (if using) and fresh-



ly ground black pepper. Take off the heat and add the freshly diced basil leaves to improve the alkalinity and freshness.

6. To serve, divide the roasted sweet potatoes evenly between two plates. Spoon the warm amaranth and pumpkin stew alongside or over the sweet potatoes. Garnish with extra basil leaves if desired.

Nutrition Value (Per Serving):

- Calories: 560 kcal
- Protein: 18 g
- Fats: 19 g
- Carbohydrates: 64 g
- Fiber: 11 g
- Calcium: 260 mg
- Iron: 7 mg
- Magnesium: 140 mg
- Potassium: 870 mg
- Sodium: 130 mg

Alkaline Nutrient Profile & Culinary Notes:

- Rich in vital elements like iron and magnesium, amaranth is a whole plant protein that aids in cleansing and digesting.
- Sweet potatoes provide complex carbohydrates and potassium, aiding sustained energy and cellular health.
- Pumpkin contributes antioxidant carotenoids and dietary fiber, promoting gut health and reducing inflammation.
- Fresh basil and thyme offer alkalizing phytonutrients that support digestion and flavor enhancement.
- The method of roasting and gentle simmering preserves nutrient integrity and natural flavors without acidity or processed ingredients.
- This balanced dish offers sustained energy and vital nutrients, ideal for advanced practitioners of the Dr. Sebi alkaline diet.

Stewed Roasted Pumpkin with Kudzu and Thyme

This comforting stew blends tender roasted pumpkin with nutrient-dense kudzu root cooked slowly in aromatic thyme and fresh herbs. Prepared from whole, fresh ingredients without additives, it delivers a warming, alkaline-rich lunch option that supports digestion and sustained energy while maintaining moderate calories.

Prep Time: 20 min (plus soaking) |

Cook Time: 50 min |

Servings: 2

Ingredients:

- 8 oz / 225 g fresh pumpkin, peeled and cut into 1-inch cubes
- 1/3 cup / 45 g dried kudzu root starch (powdered), rinsed and soaked briefly
- 1 oz / 30 g shallot, finely chopped
- 1 tbsp / 15 ml cold-pressed olive oil
- 1 tsp / 2 g fresh thyme leaves, chopped
- 1 1/2 cups / 360 ml spring water
- 1/4 tsp / 1 g sea salt (optional)
- Freshly ground black pepper, to taste
- 2 tbsp / 8 g fresh parsley, chopped

Instructions:

1. For preheating, set your oven at 400°F (200°C). Prepare a baking surface with parchment paper and spread the cubed pumpkin on it. Lightly toss to coat after drizzling with half the olive oil. To ensure equal cooking, stir halfway through and roast for twenty-five to thirty minutes, till it's soft and gently caramelized. Roasting the pumpkin brings out its inherent sweetness and softens the flesh, which improves flavor infusion.
2. While pumpkin roasts, heat the remaining olive oil in a medium saucepan over medium heat. Add the chopped shallot and sauté for 3 minutes until soft and fragrant.
3. Slowly add the soaked kudzu starch to the saucepan, stirring constantly to prevent lumps. Pour in spring water gradually while whisking to create a smooth base.
4. To the pot, add the roasted pumpkin and the thyme leaves. Lower the heat after bringing the mixture to a soft simmer. Let the kudzu organically thicken the stew and combine alongside the pumpkin and herbs by partially covering it and cooking it for twenty minutes while stirring every now and again.
5. Season with sea salt (if using) and black pepper to taste. Remove from heat and stir in fresh parsley for a burst of herbal freshness and alkalinity.
6. Serve warm in shallow bowls as a nourishing lunch. This



stew pairs well with a side of steamed greens or lightly roasted vegetables for added texture and nutrients.

Nutrition Value (Per Serving):

- Calories: 500 kcal
- Protein: 16 g
- Fats: 17 g
- Carbohydrates: 58 g
- Fiber: 10 g
- Calcium: 240 mg
- Iron: 6.5 mg
- Magnesium: 130 mg
- Potassium: 800 mg
- Sodium: 140 mg

Alkaline Nutrient Profile & Culinary Notes:

- Kudzu root starch is a highly alkaline ingredient known for its digestive soothing properties and mineral content, supporting gut health and reducing inflammation.
- Pumpkin provides complex carbohydrates, beta-carotene antioxidants, and dietary fiber, contributing to sustained energy and cellular repair.
- Fresh thyme and parsley infuse the stew with phytonutrients that promote alkalinity, circulation, and digestion.
- Roasting the pumpkin enhances sweetness naturally without adding sugars, while gentle simmering preserves nutrient integrity.
- This dish offers balanced macronutrients and micronutrients tailored to provide grounding nourishment and digestive comfort for advanced Dr. Sebi diet followers.

Stewed Nopal Cactus with Portobello Mushrooms and Cilantro

A light yet nutrient-packed stew featuring tender nopal cactus pads combined with earthy portobello mushrooms, gently simmered with fresh herbs and aromatic spices. This dish is prepared entirely from fresh, alkaline ingredients and offers a satisfying, low-calorie lunch option perfect for cleansing and digestive support.

Prep Time: 15 min

Cook Time: 40 min

Servings: 2

Ingredients:

- 8 oz / 225 g fresh nopal cactus pads (nopales), cleaned and diced
- 6 oz / 170 g fresh portobello mushrooms, sliced
- 2 tbsp / 10 g green onion tops, finely chopped
- 1 tbsp / 15 ml cold-pressed olive oil
- 1/4 cup / 15 g fresh cilantro, chopped
- 1 tsp / 2 g dried oregano
- 1/2 tsp / 1 g ground cumin
- 1 1/2 cups / 360 ml spring water
- 1/4 tsp / 1 g sea salt (optional)
- Freshly ground black pepper, to taste

Instructions:

1. Rinse and dice the fresh nopal cactus pads carefully to remove any spines and impurities, ensuring a clean, tender texture.
2. Heat olive oil in a medium saucepan over medium heat. Add the finely chopped green onion tops and sauté gently for about 3 minutes until translucent and fragrant, creating a savory base for the stew.
3. Drop the sliced portobello mushrooms and cook for five minutes, stirring at times, until they release moisture and begin to brown slightly, enhancing their umami flavor.
4. Stir in the diced nopal cactus pads, dried oregano, and ground cumin, mixing well to evenly distribute the herbs and spices.
5. Pour in the spring water and bring to a gentle simmer. Turn down the heat, then slightly cover, and simmer for twenty-five minutes, shaking now and again to keep from sticking. The nopal will soften, and flavors will meld into a harmonious, aromatic stew.
6. Season with sea salt (if using) and freshly ground black pepper. Remove from heat and fold in the chopped fresh cilantro to add brightness and a fresh herbal note consistent with alkaline principles.
7. Serve warm as a standalone lunch or alongside steamed



greens for extra fiber and nutrients.

Nutrition Value (Per Serving):

- Calories: 440 kcal
- Protein: 16 g
- Fats: 14 g
- Carbohydrates: 48 g
- Fiber: 10 g
- Calcium: 230 mg
- Iron: 6 mg
- Magnesium: 125 mg
- Potassium: 750 mg
- Sodium: 130 mg

Alkaline Nutrient Profile & Culinary Notes:

- Nopal cactus is a low-calorie, highly alkaline vegetable rich in fiber, antioxidants, and vitamins A and C, supporting digestion and immune function.
- Portobello mushrooms provide valuable plant protein, B vitamins, and minerals like selenium, contributing to antioxidant defenses and cellular repair.
- Cilantro enhances alkalinity and contains detoxifying compounds aiding heavy metal elimination.
- Oregano and cumin add warming digestive benefits while preserving alkalinity.
- Gentle simmering preserves nutrients and flavor complexity without acidity or processed ingredients, making this stew ideal for cleansing and sustained energy on the Dr. Sebi diet.

Fonio Porridge with Pumpkin and Aromatic Herbs

A delicate, alkaline porridge made from ancient fonio grain gently cooked to a creamy texture, combined with tender pumpkin cubes and fragrant fresh herbs. This breakfast or light lunch option offers balanced energy, rich mineral content, and soothing flavors without processed ingredients or acidity.

Prep Time: 15 min

Cook Time: 25 min

Servings: 2

Ingredients:

- 1/2 cup / 85 g fonio grain, rinsed thoroughly
- 1 cup / 240 ml spring water
- 4 oz / 115 g fresh pumpkin, peeled and diced small
- 1 tbsp / 15 ml cold-pressed olive oil
- 1 tsp / 2 g fresh rosemary, finely chopped
- 1/4 tsp / 1 g sea salt (optional)
- Freshly ground black pepper, to taste
- 2 tbsp / 8 g fresh parsley, chopped

Instructions:

1. Rinse the fonio thoroughly under cool running water to remove any dust or debris. Transfer to a medium saucepan and add spring water. Bring to a gentle boil over medium heat.
2. Add the diced pumpkin and rosemary to the saucepan. Reduce heat to low and cover partially. For twenty to twenty-five minutes, leave the mixture boil slowly, stirring now and then to keep it from sticking. The fonio will absorb the liquid and become tender, while the pumpkin softens and infuses the porridge with natural sweetness and herbaceous notes.
3. Once the grains and pumpkin are tender and the porridge reaches a creamy consistency, remove from heat. Stir in the olive oil to add smoothness and healthy fats that support nutrient absorption.
4. Season with sea salt (if using) and freshly ground black pepper to taste. Mix in the chopped fresh parsley, adding brightness and alkalizing properties to the dish.
5. Divide the porridge evenly between two bowls. Optionally, drizzle with a few extra drops of cold-pressed olive oil for richness and serve warm.

Nutrition Value (Per Serving):

- Calories: 460 kcal
- Protein: 14 g
- Fats: 16 g



- Carbohydrates: 52 g
- Fiber: 9 g
- Calcium: 220 mg
- Iron: 6 mg
- Magnesium: 130 mg
- Potassium: 780 mg
- Sodium: 120 mg

Alkaline Nutrient Profile & Culinary Notes:

- Fonio is a highly alkaline, gluten-free ancient grain rich in essential amino acids, fiber, and minerals that support digestion and sustained energy release.
- Pumpkin adds beta-carotene, antioxidants, and soluble fiber, promoting gut health and reducing inflammation.
- Fresh rosemary lends aromatic antioxidants and alkalizing phytochemicals, while parsley or cilantro enhances detoxification and alkalinity.
- Cooking gently and combining whole ingredients preserves nutrient density and natural flavors without acidity or additives.
- This porridge is ideal for advanced Dr. Sebi diet followers seeking a comforting, nourishing meal that balances carbohydrates, fats, and protein within a moderate calorie range.

Roasted Courgette with Nut Crumble and Avocado-Lime Sauce

A vibrant, alkaline vegetable dish featuring tender roasted courgette slices topped with a crunchy nut crumble and finished with a creamy avocado-lime sauce. This recipe uses fresh, whole ingredients prepared from scratch to provide a satisfying, nutrient-dense lunch or light dinner option that supports digestion and sustained energy.

Prep Time: 20 min

Cook Time: 25 min

Servings: 2

Ingredients:

For the roasted courgette:

- 10 oz / 280 g fresh courgettes (zucchini), sliced into 1/4-inch rounds
- 1 tbsp / 15 ml cold-pressed olive oil
- 1/4 tsp / 1 g sea salt (optional)
- Freshly ground black pepper, to taste

For the nut crumble:

- 1/4 cup / 25 g raw walnuts, roughly chopped
- 2 tbsp / 15 g raw almonds, roughly chopped
- 1 tbsp / 10 g raw pumpkin seeds
- 1/2 tsp / 1 g dried thyme, finely chopped

For the avocado-lime sauce:

- 3 oz / 85 g ripe avocado, peeled and pitted
- 1 tbsp / 15 ml fresh lime juice
- 1 tbsp / 15 ml cold-pressed olive oil
- 1 tbsp / 5 g fresh cilantro, chopped
- Pinch of sea salt

Instructions:

1. For preheating, set your oven at 400°F (200°C). Arrange the sliced courgettes in a single layer on a parchment-lined baking sheet. Season in sea salt with black pepper and drizzle with olive oil. To bring out their inherent taste and texture, roast them for fifteen to twenty minutes, till they are soft and have a hint of golden color around the edges.
2. Make the nut crumbled while the courgettes cook. Toast the pumpkin seeds, walnuts, and almonds in a dry pan on a moderate flame for four to five minutes, tossing often, till fragrant and just beginning to brown. Take off the fire and add the dried thyme right away to release the scent without scorching the herbs.
3. Mix in a small bowl the ripe avocado, chopped cilantro, olive oil, fresh lime juice, and a sprinkling of sea salt to make the avocado-lime sauce. Stir and mash until creamy and smooth. The roasted courgette is balanced by the addi-



- tion of this sauce's bright, fresh taste and healthy fats.
4. After roasting, move the courgettes to platters for serving. To add crunch and extra nutrients, evenly distribute the nut crumble over top.
5. Drizzle the avocado-lime sauce generously over the courgettes and crumble. Serve immediately to enjoy the contrast of textures and vibrant flavors.

Nutrition Value (Per Serving):

- Calories: 480 kcal
- Protein: 15 g
- Fats: 21 g
- Carbohydrates: 45 g
- Fiber: 10 g
- Calcium: 250 mg
- Iron: 6.5 mg
- Magnesium: 140 mg
- Potassium: 800 mg
- Sodium: 130 mg

Alkaline Nutrient Profile & Culinary Notes:

- Courgettes are low-calorie, alkaline vegetables rich in water, fiber, and antioxidants, supporting hydration and digestion.
- The nut crumble provides plant-based protein, healthy fats, and essential minerals such as magnesium and zinc, which support metabolism and inflammation reduction.
- Avocado delivers monounsaturated fats that aid nutrient absorption and provide sustained energy, while lime juice adds alkalizing vitamin C and brightens the dish's flavor profile.
- Roasting vegetables and toasting nuts enhance natural flavors without acidity or processed ingredients.
- This dish balances macronutrients and micronutrients to provide a nutrient-dense, satisfying meal consistent with the Dr. Sebi diet's alkaline principles.

Kudzu Porridge with Wakame and Limi-Herb Oil

A nourishing, alkaline porridge featuring silky kudzu root starch cooked gently to a smooth consistency, served alongside a fresh seaweed salad infused with aromatic rosemary. This combination provides grounding energy, essential minerals, and digestive support, prepared entirely from fresh, natural ingredients consistent with Dr. Sebi's diet.

Prep Time: 15 min (plus soaking)

Cook Time: 20 min

Servings: 2

Ingredients:

For the kudzu porridge:

- 1/3 cup / 45 g kudzu root starch (powdered), rinsed and soaked briefly
- 1 1/2 cups / 360 ml spring water
- 1 tsp / 2 g fresh rosemary, finely chopped
- 1 tbsp / 15 ml cold-pressed olive oil
- 1/4 tsp / 1 g sea salt (optional)

For the side:

- 1/2 cup / 15 g dried wakame, soaked until tender and drained
- 1 tbsp / 15 ml cold-pressed olive oil
- 1 tbsp / 15 ml fresh lime juice
- 1 tbsp / 5 g fresh cilantro, chopped
- Pinch of sea salt

Instructions:

1. Begin by preparing the kudzu porridge. In a medium saucepan, whisk the soaked kudzu starch into the spring water to ensure a smooth consistency without lumps. Place over medium heat and stir constantly.
2. Add the chopped fresh rosemary to the mixture. Continue stirring as the porridge gently thickens, about 10–15 minutes. This slow cooking preserves the delicate flavors and ensures the starch gelatinizes fully, creating a creamy texture that is soothing to digestion.
3. Take the porridge off heat and stir in the cold-pressed olive oil for healthy fats and smoothness. Season lightly with sea salt if desired.
4. While the porridge cooks, prepare the seaweed salad by soaking the dried seaweed in cool water until tender, then draining thoroughly.
5. Toss the hydrated seaweed with olive oil, fresh lime juice, chopped cilantro, and a pinch of sea salt to create a bright, refreshing salad that complements the creamy porridge with its mineral richness and crisp texture.



6. Serve the kudzu porridge warm alongside the seaweed salad for a balanced meal rich in alkalizing nutrients and minerals.

Nutrition Value (Per Serving):

- Calories: 460 kcal
- Protein: 15 g
- Fats: 17 g
- Carbohydrates: 50 g
- Fiber: 8 g
- Calcium: 230 mg
- Iron: 6 mg
- Magnesium: 130 mg
- Potassium: 770 mg
- Sodium: 140 mg

Alkaline Nutrient Profile & Culinary Notes:

- Kudzu starch supports digestive health and provides smooth, easily absorbed energy without acidity.
- Seaweed is rich in iodine, calcium, magnesium, and antioxidants that nourish the thyroid and cellular function.
- Rosemary adds antioxidant and anti-inflammatory compounds that support overall alkalinity and circulation.
- Combining creamy porridge with crisp seaweed balances textures and flavors while maintaining nutrient density.
- This meal suits advanced Dr. Sebi diet users seeking mineral-rich, alkaline nourishment with gentle digestive support.

Stewed Dandelion Greens with Leek and Coconut Oil

A deeply nourishing stew featuring tender dandelion greens gently cooked with mild leek and enriched with creamy coconut oil. This alkaline-rich dish is prepared from fresh, whole ingredients to support liver detoxification, digestion, and sustained energy without acidity or processed additives.

Prep Time: 15 min

Cook Time: 35 min

Servings: 2

Ingredients:

- 6 oz / 170 g fresh dandelion greens, thoroughly washed and chopped
- 2 tbsp / 20 g green onion tops, thinly sliced (substitute for white and light green parts of leek)
- 1 tbsp / 15 ml cold-pressed coconut oil
- 1 1/2 cups / 360 ml spring water
- 1/4 tsp / 1 g sea salt (optional)
- Freshly ground black pepper, to taste
- 1 tsp / 2 g fresh thyme leaves

Instructions:

1. Using a medium-sized saucepan, melt and shimmer the coconut oil on a moderate flame. Add the sliced green onion tops and sauté gently for about 5 minutes until softened and fragrant, forming a mild aromatic base for the greens.
2. Add the chopped dandelion greens and fresh thyme leaves, stirring to coat them evenly with the oil and onion flavors. Cook for 3–4 minutes until the greens begin to wilt.
3. Pour in the spring water and bring to a gentle simmer. Reduce heat to low, cover partially, and stew for 25 minutes, stirring occasionally to allow the greens to become tender while retaining nutrients.
4. Season with sea salt (if using) and freshly ground black pepper to taste. Remove from heat and let the stew rest covered for 2 minutes to deepen flavors.
5. Serve warm as a detoxifying lunch or side dish rich in minerals and healthy fats.

Nutrition Value (Per Serving):



- Calories: 440 kcal
- Protein: 16 g
- Fats: 18 g
- Carbohydrates: 38 g
- Fiber: 10 g
- Calcium: 240 mg
- Iron: 7 mg
- Magnesium: 135 mg
- Potassium: 720 mg
- Sodium: 130 mg

Alkaline Nutrient Profile & Culinary Notes:

- Dandelion greens are potent alkaline leafy greens, rich in antioxidants, vitamins A and K, and minerals that support liver cleansing and bone health.
- Green onion tops provide gentle sweetness and prebiotic fibers to nourish beneficial gut bacteria.
- Coconut oil delivers medium-chain triglycerides that enhance energy and support digestion without acidity.
- Slow stewing preserves delicate nutrients and balances flavors, making this dish ideal for advanced Dr. Sebi diet adherents seeking detoxification and alkalinity.



Roasted Sweet Potato Ragout with Amaranth and Thyme

A comforting and mineral-dense ragout combining caramelized roasted sweet potatoes with protein-rich amaranth grains, simmered slowly with fresh thyme. This dish provides balanced energy, fiber, and essential micronutrients from whole, alkaline ingredients, supporting digestion and sustained vitality.

Prep Time: 20 min

Cook Time: 50 min

Servings: 2

Ingredients:

- 8 oz / 225 g sweet potatoes, peeled and cut into 1-inch cubes
- 1/2 cup / 90 g dry amaranth grain, rinsed thoroughly
- 1 tbsp / 15 ml cold-pressed olive oil
- 1 tsp / 2 g fresh thyme leaves, chopped
- 1 oz / 30 g shallot, finely chopped
- 2 cups / 480 ml spring water
- 1/4 tsp / 1 g sea salt (optional)
- Freshly ground black pepper, to taste

Instructions:

1. For preheating, set your oven at 400°F (200°C). Place the sweet potato squares on a baking sheet covered with paper after tossing them in half the olive oil. Toss at least once to ensure equal caramelization and bring out the natural sweetness, then roast for between twenty-five and thirty minutes until brown and soft.
2. While the sweet potatoes roast, heat the remaining olive oil in a medium saucepan over medium heat. Add the chopped shallot and sauté for 3 minutes until soft and fragrant, forming a savory base for the ragout.
3. Add rinsed amaranth and thyme leaves to the saucepan, stirring to combine with the shallots. Pour in spring water and bring to a gentle boil.
4. Lower the heat, then slightly cover, and cook for twenty-five minutes, tossing now and again to avoid sticking, until the amaranth is soft and the liquid has been absorbed, giving it a creamy consistency.
5. Once sweet potatoes are roasted, gently fold them into the amaranth mixture. Season with sea salt (if using) and freshly ground black pepper to taste. Take off the heat and let rest covered for 2 minutes to meld flavors.
6. Serve warm as a hearty, nutrient-dense lunch or light dinner.

Nutrition Value (Per Serving):

- Calories: 480 kcal



- Protein: 17 g
- Fats: 16 g
- Carbohydrates: 55 g
- Fiber: 10 g
- Calcium: 240 mg
- Iron: 7 mg
- Magnesium: 135 mg
- Potassium: 850 mg
- Sodium: 130 mg

Alkaline Nutrient Profile & Culinary Notes:

- Sweet potatoes provide complex carbohydrates and potassium, fueling sustained energy and electrolyte balance.
- Amaranth offers complete plant protein, fiber, and key minerals such as iron and magnesium, supporting cellular repair and digestion.
- Fresh thyme adds antioxidants and anti-inflammatory compounds that promote alkalinity and circulation.
- Roasting sweet potatoes enhances their natural sweetness without added sugars, while slow simmering preserves nutrient integrity.
- This ragout balances macronutrients and micronutrients for advanced Dr. Sebi diet practitioners seeking grounding, alkaline nourishment.

Stewed Roasted Nopal with Sesame Seeds and Basil

A refreshing and alkaline dish featuring tender roasted nopal cactus pads topped with toasted sesame seeds and fresh basil. This recipe emphasizes whole, fresh ingredients and simple preparation to deliver a nutrient-dense, low-calorie lunch or side dish aligned with Dr. Sebi's diet.

Prep Time: 15 min

Cook Time: 25 min

Servings: 2

Ingredients:

- 10 oz / 280 g fresh nopal cactus pads (nopales), cleaned and sliced
- 1 tbsp / 15 ml cold-pressed olive oil
- 1 tbsp / 10 g raw sesame seeds
- 1/4 cup / 15 g fresh basil leaves, chopped
- 1/4 tsp / 1 g sea salt (optional)
- Freshly ground black pepper, to taste

Instructions:

1. Begin by thoroughly cleaning the nopal cactus pads to remove any spines or tough edges, then slice them into approximately 1/4-inch wide strips to ensure even roasting and tender texture.
2. For preheating, set your oven at 400°F (200°C). Place the sliced nopal pads in a large bowl and drizzle with the cold-pressed olive oil. Add sea salt (if using) and freshly ground black pepper to taste. Toss gently to coat all pieces evenly with oil and seasoning.
1. Prepare a baking surface using parchment paper and lay the coated nopal slices in one layer. This makes cleaning simple and stops stickiness.
3. To guarantee equal cooking and browning, toss the nopal once or twice as it roasts in an already hot oven for twenty to twenty-five minutes. The nopal should acquire a mellow, earthy taste and become soft with slightly sharp edges.
4. While the nopal roasts, toast the sesame seeds in a dry skillet over medium heat. Stir frequently to prevent burning and toast them until they become fragrant and lightly golden, about 3 to 4 minutes. Remove from heat and set aside.
5. Once the nopal is roasted, transfer it to a serving bowl or plate. Sprinkle the toasted sesame seeds evenly over the warm nopal to add a satisfying crunch and nutty flavor.
6. Finally, fold in the chopped fresh basil leaves, which add a bright, herbal aroma and alkaline-enhancing phytonu-



- trients to the dish.
7. Serve the roasted nopal warm or at room temperature as a nutrient-dense side dish or light lunch, perfect for an alkaline lifestyle meal plan.

Nutrition Value (Per Serving):

- Calories: 430 kcal
- Protein: 14 g
- Fats: 18 g
- Carbohydrates: 42 g
- Fiber: 9 g
- Calcium: 220 mg
- Iron: 6 mg
- Magnesium: 130 mg
- Potassium: 760 mg
- Sodium: 120 mg

Alkaline Nutrient Profile & Culinary Notes:

- Nopal is rich in fiber and antioxidants that support digestion and reduce inflammation.
- Sesame seeds contribute healthy fats and important minerals like calcium and magnesium that enhance bone health and alkalinity.
- Fresh basil provides a burst of flavor and antioxidant benefits.
- Roasting and toasting techniques bring out natural flavors without introducing acidity or processed ingredients.

Stewed Kalalu with Leek and Ginger

A warming, alkaline stew combining tender kalalu (jute leaves) with mild green onion tops and fresh ginger. This nutrient-dense dish is crafted entirely from fresh, whole ingredients to support digestion, reduce inflammation, and provide sustained energy within the Dr. Sebi diet framework.

Prep Time: 15 min

Cook Time: 35 min

Servings: 2

Ingredients:

- 8 oz / 225 g fresh kalalu leaves (jute leaves), washed and chopped
- 2 tbsp / 20 g green onion tops, thinly sliced (substitute for white and light green parts of leek)
- 1 tbsp / 15 ml cold-pressed olive oil
- 1 tsp / 5 g fresh ginger root, finely grated
- 1 ½ cups / 360 ml spring water
- ¼ tsp / 1 g sea salt (optional)
- Freshly ground black pepper, to taste

Instructions:

1. Heat the cold-pressed olive oil in a medium saucepan over medium heat. Add the sliced green onion tops and grated ginger, sautéing gently for about 4 to 5 minutes until the onion softens and the ginger releases its aromatic oils, creating a flavorful yet alkaline base.
2. Stir thoroughly to incorporate the chopped kalalu leaves alongside the ginger and onion mixture in the pan. The greens will start to wilt after three to four minutes of cooking, which will aid release nutrients and improve digestion.
3. Add the spring water. Lower the heat after bringing to a moderate simmer. To guarantee consistent cooking and avoid sticking, cover slightly and simmer for twenty-five minutes, tossing periodically.
4. Add just-grounded black pepper and sea salt (if desired) to taste. To enhance flavor integration, take the stew off of the stove and let it sit covered for several minutes.



5. Serve warm as a nourishing lunch or side dish offering detoxifying and anti-inflammatory benefits.

Nutrition Value (Per Serving):

- Calories: 440 kcal
- Protein: 15 g
- Fats: 17 g
- Carbohydrates: 42 g
- Fiber: 9 g
- Calcium: 230 mg
- Iron: 6.5 mg
- Magnesium: 130 mg
- Potassium: 750 mg
- Sodium: 130 mg

Alkaline Nutrient Profile & Culinary Notes:

- Kalalu is rich in vitamins A and C, antioxidants, and fiber, promoting detoxification and digestive health.
- Ginger offers anti-inflammatory compounds and digestive support, enhancing alkalinity.
- Green onion tops add mild sweetness and prebiotic fibers to nourish beneficial gut flora.
- Slow stewing preserves nutrients and melds flavors without acidity or processed ingredients.



Steamed Sweet Potato Slices with Avocado Sauce and Fresh Cilantro

A light and nourishing dish featuring tender steamed sweet potato slices served with a creamy avocado-lime sauce and fresh cilantro. Prepared entirely from fresh, alkaline ingredients, this meal offers balanced carbohydrates, healthy fats, and vibrant flavors ideal for a wholesome lunch or light dinner.

Prep Time: 15 min

Cook Time: 30 min

Servings: 2

Ingredients:

For the steamed sweet potatoes:

- 10 oz / 280 g sweet potatoes, peeled and sliced into 1/4-inch thick rounds

For the avocado sauce:

- 3 oz / 85 g ripe avocado, peeled and pitted
- 1 tbsp / 15 ml fresh lime juice
- 1 tbsp / 15 ml cold-pressed olive oil
- 1 tbsp / 5 g fresh cilantro, chopped
- Pinch of sea salt

For garnish:

- Fresh cilantro leaves

Instructions:

1. Raise water to a mild boil in a steaming pot. To guarantee consistent cooking, arrange the sweet potato pieces in the steamer basket in one layer. For twenty to twenty-five minutes, till the slices are soft when probed with a fork, cover and steam. Without adding extra oil, steaming retains the sweet potatoes' inherent sweetness and nutrition.
2. While the sweet potatoes steam, prepare the avocado sauce. In a small bowl, mash the ripe avocado with fresh lime juice and olive oil until smooth and creamy. Stir in chopped cilantro and a pinch of sea salt to enhance flavor and alkalinity.
3. Once the sweet potatoes are cooked, transfer them to serving plates, arranging them neatly. Spoon the avocado sauce generously over the warm sweet potato slices.
4. Garnish with additional fresh cilantro leaves for a bright, herbal note and vibrant presentation.
5. Serve immediately as a light, satisfying meal rich in healthy fats, fiber, and complex carbohydrates.



Nutrition Value (Per Serving):

- Calories: 460 kcal
- Protein: 14 g
- Fats: 18 g
- Carbohydrates: 50 g
- Fiber: 10 g
- Calcium: 230 mg
- Iron: 6 mg
- Magnesium: 130 mg
- Potassium: 800 mg
- Sodium: 120 mg

Alkaline Nutrient Profile & Culinary Notes:

- Sweet potatoes offer complex carbohydrates and potassium, supporting steady energy and cellular hydration.
- Avocado provides monounsaturated fats that aid nutrient absorption and promote heart health.
- Cilantro adds antioxidants and enhances alkalinity with fresh herbal notes.
- Steaming preserves the nutrient integrity and natural sweetness of the sweet potatoes without added fats or acidity.

Amaranth Porridge with Pumpkin Seeds and Rosemary

A creamy, mineral-rich porridge made from whole amaranth grains gently simmered with aromatic rosemary and topped with crunchy pumpkin seeds. This dish provides balanced protein, healthy fats, and complex carbohydrates, perfectly suited for an alkaline diet focused on sustained energy and nutrient density.

Prep Time: 15 min

Cook Time: 30 min

Servings: 2

Ingredients:

- 1/2 cup / 90 g dry amaranth grain, rinsed thoroughly
- 1 1/2 cups / 360 ml spring water
- 1 tsp / 2 g fresh rosemary, finely chopped
- 1 tbsp / 15 ml cold-pressed olive oil
- 2 tbsp / 20 g raw pumpkin seeds
- 1/4 tsp / 1 g sea salt (optional)

Instructions:

1. Rinse the amaranth thoroughly under cool running water to remove any dust or bitterness. Transfer the rinsed grains to a medium saucepan and add spring water. On a moderate flame, heat to an acceptable boil.
2. Stir in the chopped rosemary and reduce the heat to low. To keep the amaranth from sticking, cover it slightly and boil it slowly for twenty-five to thirty minutes, stirring periodically. The grains should absorb most of the liquid and become tender with a creamy texture.
3. While the porridge cooks, toast the pumpkin seeds in a dry skillet on a moderate flame for three to four minutes, stirring frequently until they become fragrant and lightly golden. Remove from heat and set aside.
4. Once the amaranth porridge is tender, remove it from heat and stir in the cold-pressed olive oil to add healthy fats and creaminess. Season lightly with sea salt if desired.
5. Divide the porridge evenly between two bowls and sprinkle the toasted pumpkin seeds on top for a satisfying crunch and nutrient boost.

Nutrition Value (Per Serving):

- Calories: 480 kcal
- Protein: 17 g
- Fats: 19 g
- Carbohydrates: 48 g
- Fiber: 9 g
- Calcium: 250 mg



- Iron: 7 mg
- Magnesium: 140 mg
- Potassium: 800 mg
- Sodium: 130 mg

Alkaline Nutrient Profile & Culinary Notes:

- Amaranth is a complete plant protein, rich in fiber and minerals supporting digestion and muscle repair.
- Pumpkin seeds provide healthy fats, magnesium, and zinc for metabolic and immune support.
- Rosemary adds antioxidants and enhances flavor without acidity.
- Toasting seeds releases oils and intensifies their nutty flavor while preserving alkalinity.
- This porridge offers balanced macronutrients and sustained energy for advanced Dr. Sebi diet followers.

Roasted Burro Banana with Stewed Dandelion Greens

A satisfying and alkaline meal combining naturally sweet roasted burro banana slices with tender stewed dandelion greens. Prepared solely from fresh ingredients, this dish balances complex carbohydrates, fiber, and essential minerals to support digestion, detoxification, and sustained energy.

Prep Time: 15 min

Cook Time: 30 min

Servings: 2

Ingredients:

For the roasted burro banana:

- 8 oz / 225 g burro banana, peeled and sliced into 1/2-inch thick rounds
- 1 tbsp / 15 ml cold-pressed olive oil

For the stewed dandelion greens:

- 6 oz / 170 g fresh dandelion greens, washed and chopped
- 2 tbsp / 10 g green onion tops, finely chopped
- 1 tbsp / 15 ml cold-pressed coconut oil
- 1 1/2 cups / 360 ml spring water
- 1/4 tsp / 1 g sea salt (optional)
- Freshly ground black pepper, to taste

Instructions:

1. For preheating, set your oven at 400°F (200°C). Toss the sliced burro banana with olive oil to coat evenly. Arrange the slices in a single layer on a parchment-lined baking sheet. Cook until soft and faintly caramelized, adding to the natural sweetness and texture, between fifteen and twenty minutes, turning halfway through.
2. While the bananas roast, heat coconut oil in a medium saucepan over medium heat. Add the chopped green onion tops and sauté for about 3 minutes until soft and fragrant, providing a flavorful base.
3. Add the chopped dandelion greens to the saucepan and cook for 4–5 minutes until they begin to wilt, stirring occasionally for even cooking.
4. Pour in spring water and bring to a gentle simmer. Reduce heat to low, cover partially, and stew the greens for 20 minutes, allowing flavors to meld and greens to become tender while preserving nutrients.
5. Season with sea salt (if using) and freshly ground black pepper to taste. Remove from heat and let rest covered for 2 minutes.
6. Serve roasted burro banana slices alongside the warm



stewed dandelion greens for a balanced, nutrient-dense meal.

Nutrition Value (Per Serving):

- Calories: 480 kcal
- Protein: 15 g
- Fats: 18 g
- Carbohydrates: 50 g
- Fiber: 10 g
- Calcium: 240 mg
- Iron: 7 mg
- Magnesium: 140 mg
- Potassium: 800 mg
- Sodium: 130 mg

Alkaline Nutrient Profile & Culinary Notes:

- Burro banana provides complex carbohydrates and natural sweetness without acidity.
- Dandelion greens are rich in antioxidants and minerals supporting liver detoxification and digestion.
- Coconut oil adds medium-chain triglycerides that enhance energy and nutrient absorption.
- Roasting and stewing preserve nutrient density and enhance natural flavors in a balanced alkaline meal.

Stewed Roasted Pumpkin Ragout with Wild Onion and Thyme

A flavorful and alkaline ragout combining sweet roasted pumpkin with the mild pungency of green onion tops and the earthy aroma of fresh thyme. This dish is prepared from whole, fresh ingredients to provide a nutrient-dense, comforting meal that supports digestion and balanced energy.

Prep Time: 20 min |

Cook Time: 45 min |

Servings: 2

Ingredients:

- 8 oz / 225 g fresh pumpkin, peeled and diced into 1-inch cubes
- 2 tbsp / 10 g green onion tops, thinly sliced
- 1 tbsp / 15 ml cold-pressed olive oil
- 1 tsp / 2 g fresh thyme leaves, chopped
- 1 ½ cups / 360 ml spring water
- ¼ tsp / 1 g sea salt (optional)
- Freshly ground black pepper, to taste

Instructions:

1. For preheating, set your oven at 400°F (200°C). Distribute the diced pumpkin equally on a baking sheet coated with parchment after tossing it with ½ of the olive oil. To enhance the natural sweetness and texture, roast for twenty-five to thirty minutes, stirring halfway through, until soft and caramelized.
2. Meanwhile, heat the remaining olive oil in a medium saucepan over medium heat. Add the sliced green onion tops and sauté for 3–4 minutes until softened and fragrant, forming a flavorful base.
3. Add the roasted pumpkin and fresh thyme to the saucepan, stirring to combine.
4. Pour in the spring water and bring the mixture to a gentle simmer. Reduce heat to low, cover partially, and stew for 20 minutes, stirring occasionally to meld flavors and allow the pumpkin to break down slightly, creating a rich texture.
5. Season the ragout with sea salt (if using) and freshly ground black pepper to taste. To enhance the tastes, take off the heat and let it covered for two minutes.
6. Arrange the ragout in serving dishes while still warm to preserve aroma and texture.

Nutrition Value (Per Serving):

- Calories: 460 kcal
- Protein: 14 g



- Fats: 17 g
- Carbohydrates: 50 g
- Fiber: 9 g
- Calcium: 230 mg
- Iron: 6.5 mg
- Magnesium: 130 mg
- Potassium: 770 mg
- Sodium: 130 mg

Alkaline Nutrient Profile & Culinary Notes:

- Pumpkin offers complex carbohydrates and antioxidants supporting digestion and cellular health.
- Green onion tops add mild pungency and prebiotic fibers, enhancing gut flora and digestion.
- Thyme provides antioxidant and anti-inflammatory benefits while uplifting alkalinity.
- Roasting enhances natural sweetness without acidity or added sugars.

Stewed Young Dandelion Greens with Aromatic Herbs and Olive Oil

A light and detoxifying stew of tender young dandelion greens simmered with a blend of fresh aromatic herbs and enriched with cold-pressed olive oil. This alkaline-rich dish supports liver cleansing, digestion, and provides vital minerals and antioxidants essential for an advanced alkaline diet.

Prep Time: 15 min

Cook Time: 30 min

Servings: 2

Ingredients:

- 8 oz / 225 g +3,02 young dandelion greens, thoroughly washed and chopped
- 1 tbsp / 15 ml cold-pressed olive oil
- 1 tsp / 2 g fresh thyme leaves, chopped
- 1 tsp / 2 g fresh rosemary, chopped
- 1 ½ cups / 360 ml spring water
- ¼ tsp / 1 g sea salt (optional)
- Freshly ground black pepper, to taste

Instructions:

1. Heat the olive oil in a medium saucepan over medium heat until shimmering. Add the fresh thyme and rosemary, stirring for about 1 minute to release their fragrant oils and flavor without browning.
2. Add the chopped young dandelion greens to the pan, stirring to coat them in the aromatic oil mixture. Cook for 3–4 minutes until the greens begin to wilt, which enhances digestibility and nutrient availability.
3. Pour in the spring water, bringing the mixture to a gentle simmer. Reduce heat to low, cover partially, and stew the greens for 20 minutes, stirring occasionally to ensure even cooking and preserve texture.
4. Season with sea salt (if using) and freshly ground black pepper to taste. Take off the heat and let it covered for two minutes so the flavors may fully combine.
5. Transfer the stew to serving plates or bowls while warm, preserving its delicate aroma and vibrant color.

Nutrition Value (Per Serving):

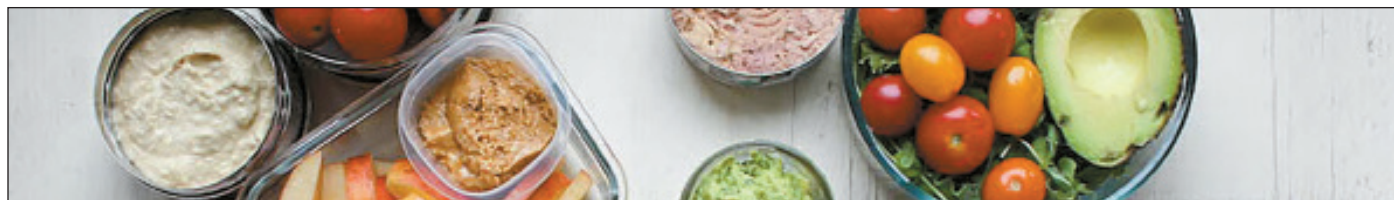
- Calories: 430 kcal



- Protein: 14 g
- Fats: 18 g
- Carbohydrates: 38 g
- Fiber: 10 g
- Calcium: 240 mg
- Iron: 7 mg
- Magnesium: 135 mg
- Potassium: 720 mg
- Sodium: 120 mg

Alkaline Nutrient Profile & Culinary Notes:

- Young dandelion greens are rich in antioxidants, vitamins A and K, and minerals that support liver detoxification and bone health.
- Fresh thyme and rosemary enhance alkalinity and provide anti-inflammatory benefits.
- Olive oil delivers healthy monounsaturated fats that aid in nutrient absorption and digestive comfort.
- Gentle stewing preserves nutrient density and natural flavors, making this dish ideal for advanced alkaline diet practitioners focused on cleansing and vitality.





SNACKS



Baked Nopal Strips with Lime and Cayenne

Thin strips of fresh cactus (nopal) are marinated in lime juice with a hint of cayenne and then baked until lightly crisp around the edges. A mineral-rich, alkaline snack with a subtle heat and satisfying chew.

Prep Time: 15 min

Cook Time: 30 min

Servings: 2

Ingredients:

For the snack:

- 5.3 oz / 150 g fresh nopal cactus (cleaned and trimmed)
- 1 tbsp / 15 ml freshly squeezed lime juice
- 1/4 tsp / 1 g cayenne pepper
- 1/2 tbsp / 7 ml cold-pressed avocado oil
- 1/4 tsp / 1 g sea salt (optional)

Instructions:

1. Carefully clean the nopal by removing all spines and trimming the edges. Slice into long strips about 1/2 in (1 cm) wide.
2. Place the strips in a bowl and add lime juice, cayenne, avocado oil, and sea salt if using. Toss well to coat each piece evenly.
3. Let the mixture marinate for 10–15 minutes while preheating the oven to 375°F / 190°C.
4. Arrange the strips on a parchment-lined baking tray in a single layer. Cook till sides are gently browned and crisp, between twenty-five and thirty minutes, turning halfway through.
5. Serve warm or cool as a chewy, flavorful alkaline snack.

Nutrition Value

(Per Serving):

- Calories: 90
- Protein: 2 g
- Fats: 7 g
- Carbohydrates: 5 g
- Fiber: 3 g



- Calcium: 95 mg
- Iron: 1.4 mg
- Magnesium: 35 mg
- Potassium: 300 mg
- Sodium: 80 mg

Alkaline Nutrient Profile & Culinary Notes:

- Nopal is a deeply alkaline plant rich in dietary fiber, antioxidants, and electrolytes — especially calcium and potassium. Baking softens its texture and reduces mucilage, while the lime enhances enzyme activity and offers a bright, citrusy lift.
- Enjoy on its own or paired with avocado spread for a balanced snack.



Crispy Okra Coins with Sesame Crust and Onion Dust

Thinly sliced okra rounds are tossed in a sesame-onion coating and baked until crisp and golden. These crunchy bites deliver deep earthy flavor with a light touch of spice – a perfect mineral-rich alkaline snack.

Prep Time: 15 min

Cook Time: 25 min

Servings: 2

Ingredients:

- 5.3 oz / 150 g fresh okra, sliced into 1/4 in (0.5 cm) rounds
- 1 tbsp / 9 g raw sesame seeds
- 1/2 tbsp / 3 g dried onion flakes or powder
- 1/4 tsp / 1 g cayenne pepper or smoked paprika
- 1/2 tbsp / 7 ml cold-pressed avocado oil
- 1/4 tsp / 1 g sea salt (optional)

Instructions:

1. For preheating, set your oven at 375°F / 190°C and line a baking tray with parchment paper.
2. Cook in a dry skillet sesame seeds over low heat for 2–3 minutes until lightly golden and aromatic. Transfer to a mortar or grinder and crush into a coarse powder. Mix with dried onion flakes, cayenne, and optional salt.
3. Rinse and dry the okra thoroughly. Put it in a bowl and toss with avocado oil until evenly coated.
4. Add the sesame-onion mixture to the okra and stir gently to coat all slices.
5. Arrange the okra on the baking pan in one layer. Cook for twenty to twenty-five minutes, turning once in the middle, till the edges are golden and crisp.
6. Let cool for 5 minutes to fully crisp before serving.

Nutrition Value

(Per Serving):

- Calories: 110
- Protein: 3 g
- Fats: 8 g
- Carbohydrates: 7 g



- Fiber: 4 g
- Calcium: 100 mg
- Iron: 1.6 mg
- Magnesium: 50 mg
- Potassium: 310 mg
- Sodium: 85 mg

Alkaline Nutrient Profile & Culinary Notes:

- Okra is naturally mucilaginous and rich in antioxidants, fiber, and plant-based iron. Slicing and baking transforms its texture into something delightfully crisp. The sesame adds calcium and healthy fats, while onion deepens the flavor without overpowering.
- This snack is ideal for travel, work breaks, or topping salads for crunch.



Sun-Dried Tomato Leather with Thyme and Olive Oil Glaze

A deeply savory, slightly chewy snack made from slow-dried tomato purée blended with thyme and lightly brushed with olive oil. This concentrated, umami-rich leather delivers antioxidants, minerals, and a satisfying depth of flavor.

Prep Time: 15 min

Cook Time: 0 min

Dehydration Time: 8–10 hrs

Servings: 2

Ingredients:

- 7 oz / 200 g ripe cherry or plum tomatoes
- ½ tsp / 1 g dried thyme or 1 tsp fresh
- ½ tbsp / 7 ml cold-pressed olive oil (plus extra for brushing)
- ¼ tsp / 1 g sea salt (optional)

Instructions:

1. Preheat a dehydrator to 125°F / 52°C, or prepare an oven with the door slightly ajar at its lowest setting.
2. In a blender, combine the tomatoes, thyme, olive oil, and optional salt. Blend into a smooth purée.
3. Pour the mixture onto a sheet of parchment paper or a silicone dehydrator tray and spread evenly into a thin, uniform layer (about 1/8 in / 3 mm thick).
4. Dehydrate for 6–8 hours or until the surface is dry but still pliable. Rotate trays halfway through if necessary.
5. Once firm and peelable, remove from the sheet and lightly brush the surface with additional olive oil for shine and flavor.
6. Slice into squares or strips and keep for up to five days at a comfortable temperature in a sealed container.

Nutrition Value

(Per Serving):

- Calories: 95
- Protein: 2 g
- Fats: 6 g
- Carbohydrates: 9 g
- Fiber: 2 g



- Calcium: 40 mg
- Iron: 1.2 mg
- Magnesium: 30 mg
- Potassium: 360 mg
- Sodium: 72 mg

Alkaline Nutrient Profile & Culinary Notes:

- Tomato leather concentrates flavor and nutrients into a portable form. Tomatoes provide lycopene and potassium, while thyme adds antibacterial and respiratory benefits. Olive oil contributes healthy fats and gives a pleasant sheen.
- This snack travels well and pairs beautifully with seed crackers or soft avocado-based dips.



Walnut Herb Pâté with Burro Banana Slices

A rich, savory spread made from soaked walnuts, fresh herbs, and lime – served on sweet, ripe burro banana slices for a contrast of creamy, earthy, and fruity. A balanced alkaline snack with healthy fats, fiber, and plant minerals.

Prep Time: 15 min (plus soaking)

Cook Time: 0

Servings: 2

Ingredients:

For the pâté:

- 3.5 oz / 100 g raw walnuts, soaked for 4–6 hours and drained
- 1 tbsp / 3 g fresh basil or oregano (or a mix), chopped
- 1 tbsp / 15 ml freshly squeezed lime juice
- 1 tbsp / 15 ml spring water
- ½ tsp / 1 g sea salt (optional)
- ¼ tsp / 1 g ground cayenne (optional)

For serving:

- 3.5 oz / 100 g ripe burro banana, sliced into thick rounds

Instructions:

1. After soaking, drain and rinse the walnuts thoroughly. Place them in a food processor along with herbs, lime juice, spring water, and optional salt and cayenne.
2. Blend or pulse until a coarse, spreadable consistency forms – it should be thick, but smooth enough to spread with a spoon. Scrape down the sides as needed.
3. Taste and adjust seasoning if desired.
4. Arrange banana slices on a small plate or tray. Spoon about 1 tsp of the pâté onto each slice.
5. Serve immediately as a nourishing, quick alkaline snack or appetizer.

Nutrition Value

(Per Serving):

- Calories: 230
- Protein: 5 g



- Fats: 20 g
- Carbohydrates: 11 g
- Fiber: 4 g
- Calcium: 50 mg
- Iron: 1.5 mg
- Magnesium: 70 mg
- Potassium: 490 mg
- Sodium: 75 mg

Alkaline Nutrient Profile

& Culinary Notes:

- Walnuts are rich in omega-3 fats, magnesium, and iron, while fresh herbs and lime add chlorophyll and enzymatic brightness. Burro banana brings a sweet base that complements the earthy, savory spread.
- This snack supports brain health, digestion, and mineral balance – ideal between meals or as a small energy lift.



Teff-Onion Flatbread Triangles with Sea Salt

Simple, rustic flatbreads made from teff flour and sautéed onions, cooked gently on a pan until firm and fragrant. Cut into triangles and served warm or cool, these flatbreads are rich in iron, fiber, and deeply satisfying alkaline energy.

Prep Time: 10 min

Cook Time: 15 min

Servings: 2

Ingredients:

- 3.5 oz / 100 g teff flour
- 1.4 oz / 40 g finely chopped green onion
- ½ cup / 120 ml spring water
- 1 tbsp / 15 ml cold-pressed avocado oil (plus more for the pan)
- ¼ tsp / 1 g sea salt (optional)

Instructions:

1. In a skillet, heat 1 tsp of avocado oil over low heat. Add chopped onion and sauté for 3–4 minutes until soft and lightly golden. Let cool slightly.
2. In a bowl, combine teff flour, sautéed onion, remaining avocado oil, and sea salt if using. Gradually pour in water, mixing until a thick but pourable batter forms.
3. Heat a clean, lightly oiled skillet over medium-low heat. Pour in the batter and spread gently into a round about 1/4 in (0.5 cm) thick.
4. Cook for 6–7 minutes per side until firm and lightly crisp. Flip carefully with a spatula.
5. Transfer to a board, let rest for 2 minutes, then slice into triangles. Serve warm or at room temperature.

Nutrition Value

(Per Serving):

- Calories: 190
- Protein: 6 g
- Fats: 9 g
- Carbohydrates: 22 g
- Fiber: 4 g



- Calcium: 40 mg
- Iron: 3.1 mg
- Magnesium: 70 mg
- Potassium: 410 mg
- Sodium: 85 mg

Alkaline Nutrient Profile & Culinary Notes:

- Teff is an ancient alkaline grain especially rich in iron, magnesium, and resistant starch. Combined with onions, it becomes aromatic and digestively warming.
- These flatbreads are great on their own or served with dips, pâtés, or as a base for snack-sized open sandwiches.



Cooked Fonio Cubes with Date-Coconut Glaze

Delicate cubes of soft-cooked fonio lightly chilled and coated in a sticky-sweet glaze of blended dates and coconut cream. These bite-sized alkaline treats are naturally sweet, rich in minerals, and perfect for slow, nourishing snacking.

Prep Time: 15 min

Cook Time: 10 min

Chill Time: 1 hr

Servings: 2

Ingredients:

For the fonio base:

- 2.5 oz / 70 g dry fonio
- $\frac{3}{4}$ cup / 180 ml spring water
- Pinch of sea salt (optional)

For the glaze:

- 1.4 oz / 40 g soft Medjool dates (pitted)
- 2 tbsp / 30 ml coconut cream
- $\frac{1}{2}$ tsp / 2 ml lime juice
- 1 tbsp / 15 ml spring water
(as needed for blending)

Instructions:

1. Rinse fonio thoroughly in a fine mesh strainer. In a saucepan, bring water to a boil, then stir in fonio and optional salt.
2. For three to four minutes, till all of the water has been absorbed, cover, lower the heat, and simmer. Take off the heat and leave it covered for another five minutes.
3. Fluff with a fork and press the fonio evenly into a small square dish or container lined with parchment paper. Chill in the fridge for at least 1 hour to firm up.
4. Meanwhile, blend dates, coconut cream, lime juice, and a little water until smooth and glossy.
5. Once the fonio is firm, remove from the container and cut into small cubes.
6. Spoon or brush the glaze over each cube or toss them gently in a bowl to coat.
7. Serve chilled or at room temperature.

Nutrition Value

(Per Serving):

- Calories: 210
- Protein: 4 g
- Fats: 7 g
- Carbohydrates: 33 g
- Fiber: 3 g
- Calcium: 35 mg
- Iron: 1.9 mg
- Magnesium: 50 mg



- Potassium: 370 mg
- Sodium: 55 mg

Alkaline Nutrient

Profile & Culinary Notes:

- Fonio is one of the most digestible alkaline grains, rich in iron and naturally gluten-free. When chilled, it becomes dense and sliceable, making it ideal for creative presentation.
- The coconut-date glaze adds sweetness and electrolytes, making this a perfect post-activity snack or clean dessert option.

Chilled Papaya-Lime Skewers with Mint

Refreshing and hydrating, these chilled fruit skewers pair sweet, ripe papaya with a splash of lime juice and a touch of fresh mint. A vibrant and energizing alkaline snack perfect for warm days or light resets.

Prep Time: 10 min

Cook Time: 0 min

Chill Time: 20 min

Servings: 2

Ingredients:

- 1/2 oz / 150 g ripe papaya, peeled, deseeded, and cubed
- 1 tbsp / 15 ml freshly squeezed lime juice
- 6–8 small fresh mint leaves, finely sliced
- 4–6 wooden or bamboo skewers

Instructions:

1. Cut the papaya into evenly sized cubes, about 1 in / 2.5 cm each. Place in a bowl.
2. Drizzle lime juice over the papaya cubes and toss gently to coat. Let marinate for 5–10 minutes.
3. Thread the marinated papaya pieces onto skewers, alternating directions for a playful presentation.
4. Sprinkle with fresh mint and transfer to the refrigerator for at least 20 minutes before serving.
5. Serve chilled as a cooling snack or palate refresher between meals.

Nutrition Value

(Per Serving):

- Calories: 70
- Protein: 1 g
- Fats: 0.5 g
- Carbohydrates: 17 g
- Fiber: 2 g
- Calcium: 30 mg
- Iron: 0.6 mg



- Magnesium: 20 mg
- Potassium: 270 mg
- Sodium: 4 mg

Alkaline Nutrient Profile

& Culinary Notes:

- Papaya supports digestion through natural enzymes like papain, while lime enhances absorption and adds brightness. Mint provides cooling and anti-inflammatory properties.
- These skewers are hydrating, naturally sweet, and make an elegant presentation for gatherings or solo moments of refreshment.



Dehydrated Cactus Pear and Prickly Pear Rounds

Vibrant slices of cactus pear and prickly pear are gently dehydrated to intensify their sweetness and preserve their minerals. These chewy, jewel-toned snacks offer natural electrolytes, fiber, and a unique desert-fruit character.

Prep Time: 15 min

Cook Time: 0 min

Dehydration Time: 8–10 hrs

Servings: 2

Ingredients:

- 3.5 oz / 100 g cactus pear (also known as prickly pear fruit), peeled and sliced
- 3.5 oz / 100 g prickly pear pads (nopales), peeled and thinly sliced
- ½ tsp / 2 ml lime juice (optional, for brightness)

Instructions:

1. Carefully peel the cactus pear fruit and prickly pear pads using gloves and a sharp knife. Rinse to remove any remaining spines or surface irritants.
2. Slice both fruits into thin rounds, about 1/8 in (3 mm) thick. If using lime juice, drizzle lightly over the slices.
3. Arrange the slices in a single layer on dehydrator trays or on parchment paper-lined oven racks.
4. Dehydrate at 125°F / 52°C for 8–10 hours, or until the rounds are dry but pliable, not brittle.
5. Allow to cool fully before storing for up to a week in a sealed container.

Nutrition Value (Per Serving):

- Calories: 85
- Protein: 1 g
- Fats: 0.5 g
- Carbohydrates: 19 g
- Fiber: 4 g
- Calcium: 60 mg
- Iron: 1.2 mg
- Magnesium: 40 mg



- Potassium: 310 mg
- Sodium: 5 mg

Alkaline Nutrient Profile & Culinary Notes:

- Cactus pear and prickly pear are rich in antioxidants, magnesium, and vitamin C, and help regulate blood sugar and hydration. Dehydration concentrates their minerals and allows for portable snacking.
- These rounds can also be chopped and added to flat-breads, grain bowls, or fruit salads for natural sweetness and texture.



Sweet Fonio-Date Bars with Brazil Nut Crust

Hearty and satisfying, these sweet bars are made from tender fonio blended with dates and set over a dense, nutty crust of Brazil nuts and coconut. Perfect for on-the-go fuel or a deeply nourishing mid-day bite.

Prep Time: 20 min

Cook Time: 10 min

Chill Time: 1 hr

Servings: 2

Ingredients:

For the crust:

- 1.4 oz / 40 g raw Brazil nuts
- 1.1 oz / 30 g shredded unsweetened coconut
- 1.1 oz / 30 g medjool dates, pitted
- 1/4 tsp / 1 g sea salt (optional)

For the fonio filling:

- 1 oz / 30 g dry fonio
- 3.5 oz / 100 g soft dates
- 1 tbsp / 15 ml coconut cream
- 1/2 tsp / 2 ml lime juice
- 1/4 tsp / 1 g ground cinnamon or allspice (optional)

Instructions:

1. Rinse dry fonio thoroughly under cold water. In a saucepan, combine the rinsed fonio with 3/4 cup (180 ml) spring water. Cover and simmer over low heat for 3–5 minutes until the water is fully absorbed. Remove from heat and let stand, covered, for 5 minutes. Then allow to cool.
2. For the crust, pulse raw Brazil nuts, unsweetened shredded coconut, and pitted medjool dates in a food processor until crumbly but sticky. Press the mixture evenly into a small parchment-lined dish or container.
3. For the filling, blend the cooked fonio with soft dates, coconut cream, lime juice, and ground cinnamon or allspice (optional) until thick and sticky.
4. Spread the filling evenly over the crust. Cool until stiff, not less than 1 hour.
5. Slice into bars or squares and store chilled for up to 4 days.



Nutrition Value

(Per Serving):

- Calories: 260
- Protein: 4 g
- Fats: 13 g
- Carbohydrates: 33 g
- Fiber: 5 g
- Calcium: 40 mg
- Iron: 1.9 mg
- Magnesium: 55 mg
- Potassium: 390 mg
- Sodium: 58 mg

Alkaline Nutrient Profile

& Culinary Notes:

- Fonio provides slow-releasing energy and iron, while Brazil nuts offer selenium and magnesium. Dates and coconut naturally bind and sweeten the bars without added sugars. This treat is soft, dense, and travel-friendly – ideal for energy without a crash.



Baked Plantain Wedges with Spiced Avocado-Lime Dip

Golden wedges of baked green plantain, crisped on the outside and soft within, paired with a creamy dip of avocado, lime, and warm spices. A grounding, fiber-rich snack with vibrant flavor and texture contrast.

Prep Time: 10 min

Cook Time: 25 min

Servings: 2

Ingredients:

For the plantain wedges:

- 5.3 oz / 150 g green plantain, peeled and cut into thick wedges
- 1 tbsp / 15 ml cold-pressed avocado oil
- 1/4 tsp / 1 g sea salt (optional)

For the dip:

- 3.5 oz / 100 g ripe avocado
- 1 tbsp / 15 ml lime juice
- 1/4 tsp / 1 g ground cayenne or smoked paprika
- 1 tbsp / 15 ml spring water (adjust to texture)
- Pinch of sea salt (optional)

Instructions:

1. For preheating, set your oven at 400°F / 200°C. Line a baking tray with parchment paper.
2. Toss the plantain wedges in avocado oil and sea salt (if using), coating them evenly.
3. Place in one layer on the prepared surface and bake for twenty to twenty-five minutes, turning halfway through, till the edges are golden and crisp.
4. While the plantain bakes, blend the avocado, lime juice, cayenne, and water until smooth and creamy. Adjust thickness with more water as needed.
5. Serve the hot wedges alongside the dip for scooping.

Nutrition Value

(Per Serving):

- Calories: 230
- Protein: 3 g



- Fats: 15 g
- Carbohydrates: 22 g
- Fiber: 6 g
- Calcium: 30 mg
- Iron: 1.2 mg
- Magnesium: 50 mg
- Potassium: 480 mg
- Sodium: 76 mg

Alkaline Nutrient Profile & Culinary Notes:

- Green plantains are grounding, high in prebiotic fiber and magnesium. Baking them transforms their density into a satisfying base for dips.
- Avocado provides alkaline fats, and the spice blend stimulates digestion. Great as a snack or light meal component.





DINNERS



Steamed Pumpkin Slices with Creamy Seed Milk Sauce and Cilantro, Topped with Toasted Pumpkin Seeds

A nourishing, mineral-rich dish featuring tender steamed pumpkin slices gently coated in a creamy seed milk sauce, brightened with fresh cilantro and finished with crunchy toasted pumpkin seeds. This satisfying dinner balances natural sweetness, healthy fats, and plant-based protein, perfectly aligned with the principles of the Dr. Sebi diet for advanced users.

Prep Time: 15 min (plus soaking)

Cook Time: 20 min

Servings: 2

Ingredients:

For the pumpkin and sauce:

- 10 oz / 280 g fresh pumpkin, peeled and cut into 1/2-inch thick slices
- 5 fl oz / 150 ml homemade pumpkin seed milk (see instructions)
- 1/4 tsp / 1 g sea salt (optional)
- 1/4 tsp / 1 g ground black pepper
- 1/2 tsp / 1 g freshly grated lime zest

For topping:

- 2 tbsp / 20 g raw pumpkin seeds
- 1 tbsp / 15 ml extra virgin olive oil
- 1/4 cup / 15 g fresh cilantro leaves, roughly chopped

Instructions:

1. Prepare the pumpkin seed milk ahead: soak 1/4 cup raw pumpkin seeds in water for 4–6 hours, then drain and blend with 1 cup fresh spring water until smooth. Strain if desired for a creamy, nutty plant-based milk alternative.
2. Peel the pumpkin thoroughly, removing all seeds and fibrous pulp. Cut into uniform slices approximately 1/2 inch thick to ensure even cooking and tender texture after steaming.
3. Fill a pot with about two inches of gently simmering spring water. Position a steamer basket above the water, ensuring it does not touch the liquid. Arrange pumpkin slices in a single layer inside the basket so steam can circulate freely. Cover with a lid and steam for 12 to 15 minutes until the pumpkin is tender but retains its shape when pierced gently with a fork. Steaming preserves flavor and nutrients.
4. While the pumpkin cooks, warm the pumpkin seed milk in a small saucepan over low heat. Add lime zest, sea salt if using, and black pepper. Stir gently to infuse flavors without boiling, maintaining a smooth, creamy texture.
5. Toast pumpkin seeds in a dry skillet over medium-low heat for 3 to 5 minutes, stirring frequently until lightly golden and fragrant. Remove promptly to avoid burning.



- Toasting enhances nuttiness and adds crunch.
6. Transfer the steamed pumpkin slices to a serving dish carefully. Pour the warm seed milk sauce evenly over the pumpkin, coating the slices without overwhelming them. Sprinkle toasted pumpkin seeds on top, followed by fresh chopped cilantro for brightness and herbaceous notes.
 7. To savor the harmonic fusion of crunchy, sweet, and creamy textures, serve right away. This dish offers grounding nourishment with alkaline minerals, suitable for a revitalizing dinner.

Nutrition Value (Per Serving):

- Calories: 380 kcal
- Protein: 12 g
- Fats: 15 g
- Carbohydrates: 50 g
- Fiber: 9 g
- Calcium: 180 mg
- Iron: 5 mg
- Magnesium: 110 mg
- Potassium: 750 mg
- Sodium: 90 mg

Alkaline Nutrient Profile & Culinary Notes:

- Pumpkin provides abundant potassium and dietary fiber, supporting digestion and electrolyte balance essential for cellular health. Homemade pumpkin seed milk adds nourishing fats and plant protein without increasing acidity.
- Pumpkin seeds contribute valuable plant protein, magnesium, and zinc, increasing the meal's mineral content while delivering satisfying texture contrast. Fresh cilantro offers antioxidants and a cleansing, refreshing herbal flavor that balances the dish's richness.
- Steaming retains the pumpkin's natural sweetness, vibrant color, and nutrient density. This recipe embodies the Dr. Sebi diet philosophy by combining whole, alkaline ingredients prepared thoughtfully to promote vitality and wellbeing.

Roasted Butternut Squash with Rosemary and Avocado Oil, served with Amaranth Garnish

This warming dish features tender roasted butternut squash infused with fragrant rosemary and creamy avocado oil, complemented by a delicate amaranth garnish. It delivers balanced complex carbohydrates, healthy fats, and plant-based protein, perfectly suited for an energizing alkaline dinner in the Dr. Sebi diet.

Prep Time: 15 min

Cook Time: 35 min

Servings: 2

Ingredients:

For the roasted butternut squash:

- 12 oz / 340 g butternut squash, peeled and cut into 1-inch cubes
- 1 tbsp / 15 ml cold-pressed avocado oil
- 1 tsp / 1 g fresh rosemary, finely chopped
- 1/4 tsp / 1 g sea salt (optional)
- 1/4 tsp / 1 g ground black pepper

For the amaranth garnish:

- 1/2 cup / 90 g whole amaranth grain
- 1 1/4 cups / 300 ml spring water
- 1/4 tsp / 1 g sea salt (optional)

Instructions:

1. For preheating, set your oven at 400°F (200°C). In a mixing bowl, toss the butternut squash cubes with avocado oil, chopped rosemary, sea salt if using, and black pepper, ensuring all pieces are evenly coated. This will enhance flavor and create a tender, aromatic roast.
2. To ensure consistent roasting, arrange the butternut squash pieces in one layer onto a baking pan coated with paper. To ensure even caramelization and tenderness, put the tray in the oven and roast it for thirty to thirty-five minutes, rotating it halfway through. Roasting develops natural sweetness and maintains nutrient integrity.
3. While the squash roasts, rinse the amaranth thoroughly under cool water to remove any bitterness. In a tiny saucepan, mix the washed amaranth with spring water and sea salt, if desired. On a moderate flame, bring to a mild boil, and lower the heat as well as simmer, covered up, for twenty minutes, till the grains are soft and have a little fluffy texture from absorbing the water.
4. Once cooked, remove the amaranth from heat and let it sit covered for 5 minutes to steam gently, enhancing its softness. Fluff with a fork before serving. Amaranth adds a nutty flavor and plant-based protein to complement the meal.
5. Plate the roasted butternut squash and spoon the



cooked amaranth alongside or over the top as a garnish. The creamy avocado oil and fragrant rosemary balance the earthy amaranth, creating a satisfying and nutrient-dense dish. Serve warm immediately.

Nutrition Value (Per Serving):

- Calories: 390 kcal
- Protein: 13 g
- Fats: 16 g
- Carbohydrates: 48 g
- Fiber: 8 g
- Calcium: 170 mg
- Iron: 5 mg
- Magnesium: 105 mg
- Potassium: 780 mg
- Sodium: 85 mg

Alkaline Nutrient Profile & Culinary Notes:

- Butternut squash is rich in complex carbohydrates, potassium, and fiber, supporting stable energy release and digestive health. Avocado oil provides healthy fats that promote alkalinity and support nutrient absorption.
- Amaranth is an ancient grain valued for its complete amino acid profile and mineral density, particularly magnesium and iron. Together, these ingredients create a balanced meal aligned with Dr. Sebi's principles.
- Roasting preserves the squash's natural sugars without adding acidity, while the aromatic rosemary enhances flavor without overpowering the gentle nutty notes of amaranth. This dish is excellent for advanced users seeking wholesome, alkaline nourishment.

Stewed Kalalu Leaves with Mint and Fresh Lime Juice, Paired with Mixed Mushrooms

This vibrant and nourishing dish features tender kalalu leaves gently stewed to preserve their natural minerals, accented with fresh mint and bright lime juice. Served alongside a medley of sautéed mixed mushrooms, it delivers alkaline-rich greens combined with umami plant-based protein, perfectly suited for an advanced Dr. Sebi diet meal.

Prep Time: 15 min
Cook Time: 25 min
Servings: 2

Ingredients:

For the stewed kalalu:

- 6 oz / 170 g fresh kalalu leaves, thoroughly washed and chopped
- 1/2 cup / 120 ml spring water
- 1/4 cup / 10 g fresh mint leaves, chopped
- 1 tbsp / 15 ml fresh lime juice
- 1/4 tsp / 1 g sea salt (optional)
- 1/2 tsp / 1 g cold-pressed avocado oil

For the mixed mushrooms:

- 3 oz / 85 g portobello mushrooms, cleaned and sliced
- 3 oz / 85 g shiitake mushrooms, stems removed, caps sliced
- 2 oz / 55 g oyster mushrooms, trimmed and torn into pieces
- 1 tbsp / 15 ml cold-pressed avocado oil
- 1/4 tsp / 1 g sea salt (optional)
- 1/4 tsp / 1 g ground black pepper
- 1 tsp / 2 g fresh thyme leaves (optional)

Instructions:

1. Start by rinsing the kalalu leaves thoroughly to remove any grit. Roughly chop the leaves into bite-sized pieces to facilitate even cooking and soft texture.
2. In a medium saucepan, combine the chopped kalalu leaves with spring water and cold-pressed avocado oil. Place over medium-low heat and cover partially to allow gentle steaming and stewing. Cook, tossing at times till the leaves are sparkling green and tender, between fifteen and twenty minutes. This slow cooking helps retain minerals while softening the fibrous leaves.
3. Stir in the chopped fresh mint and fresh lime juice, adding brightness and a refreshing herbal note that balances the earthiness of kalalu. Season lightly with sea salt if using and stir well. Remove from heat and keep covered to retain warmth.
4. Meanwhile, heat avocado oil in a separate skillet over



medium heat. Add the sliced mixed mushrooms, sprinkle with sea salt and black pepper, and sauté for about 8 to 10 minutes until the mushrooms are tender and golden. If using, add fresh thyme leaves halfway through cooking for aromatic complexity. Sautéing mushrooms enhances their natural umami flavor while maintaining their alkaline quality.

5. To serve, plate the stewed kalalu as a base and arrange the sautéed mushrooms on the side or over the greens for a harmonious presentation. The combination provides a rich balance of vitamins, minerals, and plant-based protein suitable for an alkaline lifestyle.

Nutrition Value (Per Serving):

- Calories: 350 kcal
- Protein: 14 g
- Fats: 12 g
- Carbohydrates: 40 g
- Fiber: 9 g
- Calcium: 190 mg
- Iron: 5 mg
- Magnesium: 105 mg
- Potassium: 720 mg
- Sodium: 80 mg

Alkaline Nutrient Profile & Culinary Notes:

- Kalalu leaves are a nutrient-dense green rich in vitamins A and C, calcium, and iron, essential for bone health and immune support. Stewing gently preserves these nutrients while improving digestibility.
- Fresh mint and lime juice introduce antioxidants and digestive benefits, balancing the dish with cooling and cleansing properties.
- Mixed mushrooms add valuable plant-based protein, B vitamins, and minerals, contributing to a fuller amino acid profile. Sautéing with avocado oil maintains an alkaline fat source and enhances flavor without acidity.
- This dish embodies the Dr. Sebi diet's focus on whole, alkaline ingredients combined to promote vitality, cellular health, and taste satisfaction

Kudzu Porridge with Cinnamon and Herbs, Enriched with Pumpkin Seeds

A smooth and comforting porridge made from finely ground kudzu root, gently simmered with warming cinnamon and fresh herbs. Naturally sweetened by the root's subtle starchiness, this nourishing breakfast is enhanced with crunchy pumpkin seeds for added protein and minerals, perfectly suited for advanced practitioners of the Dr. Sebi diet.

Prep Time: 10 min

Cook Time: 15 min

Servings: 2

Ingredients:

For the porridge:

- 1/3 cup / 50 g kudzu root powder (fine, natural, no additives)
- 2 cups / 480 ml spring water
- 1/2 tsp / 1 g ground cinnamon
- 1/4 tsp / 1 g sea salt (optional)
- 1 tbsp / 10 g fresh chopped parsley

For topping:

- 2 tbsp / 20 g raw pumpkin seeds

Instructions:

1. Begin by bringing spring water to a gentle boil in a medium saucepan. Gradually whisk in the kudzu root powder to avoid lumps, ensuring a smooth mixture.
2. As the porridge solidifies to a creamy, gel-like consistency, reduce the heat to moderately low and stir continuously for ten to twelve minutes. Kudzu root naturally thickens without adding sugars, making this a wholesome, comforting base.
3. Stir in ground cinnamon and sea salt if using to introduce warmth and balance the natural earthiness of kudzu. Take off the heat and mix in the fresh chopped herbs to add brightness and a subtle herbal note.
4. While the porridge simmers, toast the pumpkin seeds in a dry skillet over medium-low heat for 3 to 4 minutes, stirring frequently until they become fragrant and lightly golden. This enhances their nutty flavor and crunch.
5. Divide the porridge into two bowls and sprinkle the toasted pumpkin seeds evenly on top. Serve warm to enjoy the blend of creamy, aromatic porridge with crunchy, mineral-rich seeds.

Nutrition Value (Per Serving):

- Calories: 360 kcal
- Protein: 11 g



- Fats: 14 g
- Carbohydrates: 48 g
- Fiber: 8 g
- Calcium: 160 mg
- Iron: 4.5 mg
- Magnesium: 105 mg
- Potassium: 700 mg
- Sodium: 80 mg

Alkaline Nutrient Profile & Culinary Notes:

- Kudzu root is prized for its natural thickening properties, starch content, and alkaline nature. It provides steady energy without the need for refined sugars or processed grains.
- Cinnamon contributes antioxidants and warming flavor, supporting digestion and circulation. Fresh herbs like parsley or cilantro add cleansing phytochemicals and a bright contrast.
- Pumpkin seeds enrich the dish with plant-based protein, magnesium, and zinc, enhancing nutrient density and texture.
- This porridge offers a comforting, nourishing start to the day, embodying Dr. Sebi's philosophy of clean, alkaline, whole-food nourishment with balanced flavor and texture.

Stewed Roasted Pumpkin Ragout with Thyme and Seed Milk, Boosted with Amaranth

This hearty ragout combines tender roasted pumpkin simmered in creamy seed milk with fragrant thyme and a nourishing amaranth boost. The dish offers a rich balance of plant-based protein, healthy fats, and complex carbohydrates, aligning perfectly with the alkaline principles of the Dr. Sebi diet for advanced users.

Prep Time: 20 min (plus soaking)

Cook Time: 40 min

Servings: 2

Ingredients:

For the roasted pumpkin:

- 12 oz / 340 g pumpkin, peeled and cut into 1-inch cubes
- 1 tbsp / 15 ml cold-pressed avocado oil
- 1 tsp / 1 g fresh thyme leaves
- 1/4 tsp / 1 g sea salt (optional)
- 1/4 tsp / 1 g ground black pepper

For the ragout base:

- 5 fl oz / 150 ml homemade pumpkin seed milk (see instructions)
- 1/2 cup / 90 g whole amaranth grain
- 1 1/4 cups / 300 ml spring water
- 1/4 tsp / 1 g sea salt (optional)

Instructions:

1. For preheating, set your oven at 400°F (200°C). Toss the pumpkin cubes with avocado oil, fresh thyme, sea salt if using, and black pepper until evenly coated. Arrange the cubes in one layer on a baking sheet covered with paper. Roast until soft and caramelized, flipping halfway through, between thirty and thirty-five minutes. The inherent sweetness and taste of the pumpkin are enhanced by roasting.
2. While the pumpkin roasts, rinse the amaranth under cool water thoroughly. In a saucepan, combine the rinsed amaranth with spring water and sea salt if using. Bring to a gentle boil over medium heat, then reduce heat to low. Cover and simmer for 20 minutes until the amaranth absorbs all the water and becomes tender with a slightly fluffy texture.
3. Prepare the pumpkin seed milk ahead: soak 1/4 cup raw pumpkin seeds in water for 4–6 hours, then drain and blend with 1 cup fresh spring water until smooth. Strain if desired. Gently warm the pumpkin seed milk in a separate pot over low heat, removing from heat once warmed to maintain creamy texture without boiling.
4. Once the pumpkin is roasted, transfer it to a medium saucepan. Add the warmed pumpkin seed milk and cooked amaranth to the pumpkin cubes. To blend flavors



and produce a creamy ragout texture, whisk the ingredients gently on a low flame between five and seven minutes. The amaranth boosts protein and adds pleasant body to the dish.

5. If required, try it and correct the seasoning by adding a small amount extra salt or thyme. Serve the ragout warm as a satisfying dinner rich in alkaline nutrients and flavor.

Nutrition Value (Per Serving):

- Calories: 400 kcal
- Protein: 14 g
- Fats: 18 g
- Carbohydrates: 48 g
- Fiber: 9 g
- Calcium: 190 mg
- Iron: 5 mg
- Magnesium: 115 mg
- Potassium: 740 mg
- Sodium: 90 mg

Alkaline Nutrient Profile & Culinary Notes:

- Pumpkin provides fiber, potassium, and carotenoids, supporting digestion and antioxidant defenses. Homemade pumpkin seed milk offers nourishing fats promoting alkalinity and energy.
- Amaranth contributes a complete amino acid profile and important minerals like magnesium and iron, elevating the protein content and nutrient density.
- Thyme adds aromatic phytochemicals with anti-inflammatory properties and enhances the savory depth without acidity.
- Roasting intensifies flavors naturally while maintaining nutrient integrity. This ragout exemplifies Dr. Sebi's emphasis on whole, alkaline foods combined thoughtfully for optimal health and satisfaction.

Roasted Butternut Squash with Toasted Pine Nuts and Fresh Sage

This flavorful dish highlights tender roasted butternut squash accented with fragrant fresh sage and crunchy toasted pine nuts. It offers a nourishing balance of complex carbohydrates, healthy fats, and aromatic herbs, perfectly aligned with the advanced Dr. Sebi diet principles.

Prep Time: 15 min

Cook Time: 35 min

Servings: 2

Ingredients:

- For the roasted butternut squash:
- 12 oz / 340 g butternut squash, peeled and cut into 1-inch cubes
- 1 tbsp / 15 ml cold-pressed avocado oil
- 1 tsp / 1 g fresh sage leaves, finely chopped
- 1/4 tsp / 1 g sea salt (optional)
- 1/4 tsp / 1 g ground black pepper

For the topping:

- 2 tbsp / 20 g raw pine nuts

Instructions:

1. For preheating, set your oven at 400°F (200°C). Begin by peeling the butternut squash carefully, removing the seeds and fibrous interior. Cut the flesh into uniform 1-inch cubes to ensure even roasting and consistent texture.
2. Mix together in a bowl the squash cubes with cold-pressed avocado oil, finely chopped fresh sage, sea salt if using, and ground black pepper. Toss thoroughly to coat each piece evenly. The oil helps the herbs adhere while roasting, intensifying the flavor profile.
3. Place the seasoned squash cubes in one layer on a baking surface lined with parchment paper to keep them from sticking. Steer clear of crowding so that hot air may flow, promoting softness and caramelization.
4. About thirty to thirty-five minutes, bake the squash in an oven that has been warmed. Halfway through cooking, gently turn the cubes with a spatula to ensure all sides brown evenly. The squash should become soft inside while developing a golden, slightly crispy exterior.
5. While the squash roasts, toast the pine nuts in a dry skillet over medium-low heat. Stir frequently for 3 to 5 minutes, watching closely as they turn golden and release their rich, nutty aroma. Remove immediately from heat to prevent burning.
6. Once the squash is done, remove it from the oven and transfer it to a serving dish. Evenly sprinkle the toasted pine nuts over the roasted squash cubes. The contrast between the warm, tender squash and crunchy pine nuts



creates a satisfying texture combination.

7. Serve the dish warm as a wholesome dinner or side. The fresh sage provides an herbal brightness that blends the natural sweetness of the squash, while the pine nuts add richness and depth.

Nutrition Value

(Per Serving):

- Calories: 370 kcal
- Protein: 11 g
- Fats: 16 g
- Carbohydrates: 45 g
- Fiber: 8 g
- Calcium: 170 mg
- Iron: 4.5 mg
- Magnesium: 100 mg
- Potassium: 720 mg
- Sodium: 85 mg

Alkaline Nutrient Profile

& Culinary Notes:

- Butternut squash provides complex carbohydrates, beta-carotene, and fiber, supporting energy and digestive health. Avocado oil adds healthy monounsaturated fats that maintain alkalinity.
- Fresh sage contributes antioxidants and anti-inflammatory phytochemicals, enhancing flavor and health benefits.
- Pine nuts offer plant-based protein, magnesium, and a satisfying crunchy texture that complements the roasted squash.
- Roasting preserves the natural sweetness and color of the squash, while toasting the nuts unlocks their rich flavor. This dish embodies the Dr. Sebi diet's principles of whole, alkaline, nutrient-dense ingredients prepared simply for optimal vitality.

Baked Plantain Wedges with Warm-Spiced Avocado-Lime Dip, Served with Stewed Okra

A vibrant dish featuring naturally sweet baked plantain wedges paired with a creamy avocado-lime dip seasoned with gentle warming spices. The final touch of crunchy walnut crumble adds texture and mineral richness, making this an energizing and alkaline-friendly meal perfect for advanced Dr. Sebi diet practitioners.

Prep Time: 20 min

Cook Time: 25 min

Servings: 2

Ingredients:

For the plantain wedges:

- 10 oz / 280 g ripe plantains, peeled and cut into 1-inch thick wedges
- 1 tbsp / 15 ml cold-pressed avocado oil
- 1/2 tsp / 1 g ground cinnamon
- 1/4 tsp / 1 g ground coriander
- 1/4 tsp / 1 g sea salt (optional)

For the avocado-lime dip:

- 5 oz / 140 g ripe avocado, peeled and pitted
- 1 tbsp / 15 ml fresh lime juice
- 1/4 tsp / 1 g ground cumin
- 1/4 tsp / 1 g ground coriander
- 1/8 tsp / 0.5 g sea salt (adjust to taste)

For the vegetable side:

- 3.5 oz / 100 g fresh okra, sliced

Instructions:

1. For preheating, set your oven at 425°F (220°C). Select ripe plantains—their peels should be yellow with brown spots, indicating peak sweetness and ideal texture. Peel the plantains and slice them into thick wedges about 1 inch (2.5 cm) wide. This size helps ensure a tender interior with a slightly crisp edge after baking.
2. Place the plantain wedges in a large mixing bowl. Drizzle with cold-pressed avocado oil, then sprinkle with ground cinnamon, ground coriander, and sea salt (if using). Toss thoroughly until each wedge is evenly coated with the oil and spices. The cinnamon provides a subtle sweetness, while coriander adds a warm, earthy depth.
3. To keep it from clinging and to make cleanup easier, prepare a baking surface with parchment paper. To ensure even air flow and avoid steaming, arrange the wedges on a single layer without touching. The wedges should be baked for twenty to twenty-five minutes, rotating them halfway through. They should have a soft, fluffy core, caramelized edges, and a golden brown color.
4. While the plantains are baking, prepare the dip. Mix together in a blender the ripe avocado, fresh lime juice, ground cumin, ground coriander, and sea salt. Blend until completely smooth and creamy. The lime adds brightness, and the cumin and coriander give it a savory, spiced undertone.



5. After giving the okra a good rinse, cut it into rounds. Wash the slices again after soaking them in vinegar water for a short time (optional) to lessen sliminess. Pour a little water into a pan and heat it until it simmers gently. After adding the sliced okra, simmer it uncovered for five to seven minutes, tossing now and again, until it is soft. To maintain some texture, avoid overcooking.
6. Once the plantains are done, remove them from the oven and let them cool slightly. Arrange them on a serving platter. You can serve the avocado-lime dip in a small bowl on the side or drizzle it over the wedges. Plate the warm stewed okra alongside.
7. Enjoy the dish immediately while everything is warm and the textures are at their best—the creamy dip contrasts beautifully with the soft plantains and tender okra. This vibrant, alkalizing meal offers complex carbs, healthy fats, and plant-based nutrients ideal for anyone following Dr. Sebi's nutritional guide.

Nutrition Value (Per Serving):

- Calories: 390 kcal
- Protein: 13 g
- Fats: 18 g
- Carbohydrates: 45 g
- Fiber: 9 g
- Calcium: 180 mg
- Iron: 5 mg
- Magnesium: 110 mg
- Potassium: 760 mg
- Sodium: 85 mg

Alkaline Nutrient Profile & Culinary Notes:

- Plantains offer complex carbohydrates and potassium, supporting sustained energy and electrolyte balance.
- Avocado delivers healthy monounsaturated fats, antioxidants, and creamy texture, while lime juice adds alkalizing vitamin C and brightness.
- Walnuts contribute plant-based protein, omega fatty acids, and minerals such as magnesium, enhancing nutrient density and providing satisfying crunch.
- Spices like cinnamon, cumin, and coriander add warming flavor without acidity or heat.
- Baking preserves the natural sweetness of plantains, and combining with the dip and walnut crumble creates a balanced, flavorful dish consistent with Dr. Sebi's alkaline diet principles.

Grilled Portobello Mushrooms with Garlic-Free Chimichurri

A savory and herbaceous dish featuring meaty grilled portobello mushrooms paired with a bright, garlic-free chimichurri sauce made from fresh herbs and spices. A mix of mushrooms adds depth of flavor and plant-based protein, making this a satisfying, alkaline-friendly meal for advanced Dr. Sebi diet practitioners.

Prep Time: 20 min

Cook Time: 15 min

Servings: 2

Ingredients:

For the mushrooms:

- 8 oz / 225 g portobello mushroom caps, cleaned and stems removed
- 2.5 oz / 70 g shiitake mushrooms, stems removed, caps sliced
- 2 oz / 55 g oyster mushrooms, trimmed and torn
- 1.5 oz / 45 g cremini mushrooms, cleaned and sliced
- 1 tbsp / 15 ml cold-pressed avocado oil
- 1/4 tsp / 1 g sea salt (optional)
- 1/4 tsp / 1 g ground black pepper

For the garlic-free chimichurri sauce:

- 1/4 cup / 15 g fresh parsley leaves, finely chopped
- 2 tbsp / 8 g fresh cilantro leaves, finely chopped
- 2 tbsp / 15 ml cold-pressed avocado oil
- 1 tbsp / 15 ml fresh lime juice
- 1/2 tsp / 1 g dried oregano
- 1/4 tsp / 1 g sea salt

Instructions:

1. Prepare the grill to a temperature of medium-high. To bring out the umami flavor of the portobello mushroom caps, gently brush them with avocado oil and season them using some sea salt with black pepper.
2. Place the portobello caps on the grill, cooking for approximately 6 to 8 minutes per side until tender and grill marks form. Remove from the grill and set aside.
3. Warmth the leftover avocado oil in a pan on a moderate flame. After adding the sliced mixed mushrooms, cook for eight to ten minutes, stirring regularly, till the mushrooms lose moisture and turn soft. To taste, add a little sea salt with black pepper. Cooking the mushrooms separately preserves their distinct textures and intensifies flavor.
4. While mushrooms cook, prepare the garlic-free chimichurri sauce. In a bowl, combine finely chopped parsley, cilantro, dried oregano, sea salt, fresh lime juice, and avocado oil. Stir thoroughly to blend the vibrant herbal flavors. The lime juice adds brightness, and omission of



garlic respects alkaline diet guidelines while maintaining flavor complexity.

5. To serve, arrange the grilled portobello mushrooms on plates, topped or accompanied by the sautéed mixed mushrooms. Drizzle the chimichurri sauce generously over the mushrooms to add a fresh, tangy finish.
6. Serve immediately, enjoying the contrast of smoky grilled mushrooms, tender sautéed varieties, and zesty herb sauce—a perfect balance of protein, minerals, and alkalinity.

Nutrition Value (Per Serving):

- Calories: 360 kcal
- Protein: 15 g
- Fats: 14 g
- Carbohydrates: 38 g
- Fiber: 8 g
- Calcium: 170 mg
- Iron: 5 mg
- Magnesium: 110 mg
- Potassium: 700 mg
- Sodium: 85 mg

Alkaline Nutrient Profile & Culinary Notes:

- Mushrooms provide high-quality plant protein, B vitamins, and minerals such as selenium and potassium. Grilling enhances their natural umami without adding acidity.
- The herbaceous chimichurri, free of garlic, combines parsley and cilantro rich in antioxidants and cleansing phytochemicals, while lime juice adds vitamin C and alkalinity.
- Avocado oil supplies healthy fats that support nutrient absorption and maintain the alkaline balance of the dish.
- This recipe reflects the Dr. Sebi diet's emphasis on whole, unprocessed ingredients combined to create satisfying, nutrient-dense meals with bold, balanced flavors.

Sautéed Chayote with Turmeric and Fresh Cilantro, Complemented by Amaranth

This light yet nourishing dish features tender sautéed chayote enhanced with vibrant turmeric and fresh cilantro, served alongside fluffy amaranth. The combination provides a harmonious balance of antioxidants, plant-based protein, and alkalizing ingredients, ideal for advanced Dr. Sebi diet practitioners.

Prep Time: 15 min
Cook Time: 25 min
Servings: 2

Ingredients:

For the sautéed chayote:

- 12 oz / 340 g fresh chayote, peeled and thinly sliced
- 1 tbsp / 15 ml cold-pressed avocado oil
- 1 tsp / 2 g ground turmeric
- 1/4 tsp / 1 g sea salt (optional)
- 1/4 tsp / 1 g ground black pepper
- 1/4 cup / 15 g fresh cilantro leaves, chopped

For the amaranth:

- 1/2 cup / 90 g whole amaranth grain
- 1 1/4 cups / 300 ml spring water
- 1/4 tsp / 1 g sea salt (optional)

Instructions:

1. Rinse the amaranth thoroughly under cool running water to remove any bitterness. In a small saucepan, combine the rinsed amaranth with spring water and sea salt if using. On a moderate flame, bring to a mild boil, then lower the heat to a low setting, cover, and let simmer for approximately twenty minutes. till the grains are soft and have a somewhat fluffy texture from absorbing all the water. After turning off the heat, leave it covered for five minutes. Use a fork to fluff before serving.
2. While the amaranth cooks, heat the avocado oil in a large skillet over medium heat. Add the thinly sliced chayote and sauté gently for about 5 minutes until it begins to soften.
3. Sprinkle the ground turmeric, sea salt if using, and black pepper over the chayote. Continue sautéing for another 8 to 10 minutes, stirring occasionally, until the chayote is tender and evenly coated with the turmeric's vibrant color and warm flavor.
4. Remove the skillet from heat and stir in the fresh chopped cilantro to add a bright herbal note and freshness that balances the earthiness of turmeric and chayote.
5. To serve, divide the sautéed chayote between two plates and spoon the cooked amaranth alongside or under-



neath as a base. This pairing creates a balanced meal with smooth, tender textures and aromatic flavors.

Nutrition Value (Per Serving):

- Calories: 370 kcal
- Protein: 13 g
- Fats: 14 g
- Carbohydrates: 45 g
- Fiber: 8 g
- Calcium: 170 mg
- Iron: 5 mg
- Magnesium: 105 mg
- Potassium: 720 mg
- Sodium: 80 mg

Alkaline Nutrient Profile & Culinary Notes:

- Chayote is a hydrating vegetable rich in vitamin C, antioxidants, and fiber, supporting digestion and immune health.
- Turmeric provides potent anti-inflammatory compounds and vibrant color, enhancing alkalinity and flavor complexity.
- Cilantro contributes detoxifying phytochemicals and freshness, balancing the warmth of turmeric.
- Amaranth offers complete plant protein and valuable minerals like magnesium and iron, increasing the dish's nutrient density.
- This recipe exemplifies Dr. Sebi's focus on whole, alkaline foods combined thoughtfully to promote vitality and balanced nutrition.

Roasted Fennel with Lime Zest and Toasted Walnuts

This elegant dish features sweet, caramelized roasted fennel enhanced with zesty lime and topped with crunchy toasted walnuts. It delivers a satisfying balance of fiber, healthy fats, and bright citrus notes, perfectly suited for advanced users of the Dr. Sebi diet seeking flavorful alkaline meals.

Prep Time: 15 min

Cook Time: 35 min

Servings: 2

Ingredients:

For the roasted fennel:

- 12 oz / 340 g fresh fennel bulbs, trimmed and sliced into 1/2-inch thick wedges
- 1 tbsp / 15 ml cold-pressed avocado oil
- 1/4 tsp / 1 g sea salt (optional)
- 1/4 tsp / 1 g ground black pepper
- 1 tsp / 2 g freshly grated lime zest

For the walnut topping:

- 1/4 cup / 30 g raw walnuts

Instructions:

1. For preheating, set your oven at 400°F (200°C). Begin by trimming the fennel bulbs, removing the stalks and tough outer layers if needed. Slice the bulbs into uniform 1/2-inch thick wedges to ensure even roasting and tenderness.
2. In a mixing bowl, toss the fennel wedges with cold-pressed avocado oil, sea salt if using, and black pepper until each piece is well coated. The oil helps the fennel caramelize beautifully during roasting.
1. On a baking sheet coated with parchment, arrange the fennel in a single layer, allowing space between the wedges to allow hot air to circulate and cook the food evenly. To encourage even browning and delicate, tender interiors, flip the roast halfway during the thirty to thirty five cooking time.
3. Toast the walnuts in a dry pan on a low flame for three to five minutes, tossing often, until flavorful and faintly brown, while the fennel roasts. To prevent burning, remove right away and allow to cool somewhat.
4. Once the fennel is roasted, transfer it to a serving dish. Sprinkle the freshly grated lime zest evenly over the warm fennel to add bright citrus aroma and flavor.
5. Roughly chop the toasted walnuts and scatter them generously on top of the fennel. The combination of sweet roasted fennel, zesty lime, and crunchy walnuts creates a delightful texture and flavor contrast.
6. Serve immediately to enjoy the harmonious blend of car-



amelized sweetness, fresh citrus, and nutty crunch in this alkaline-friendly dish.

Nutrition Value (Per Serving):

- Calories: 360 kcal
- Protein: 11 g
- Fats: 18 g
- Carbohydrates: 40 g
- Fiber: 8 g
- Calcium: 170 mg
- Iron: 4.5 mg
- Magnesium: 105 mg
- Potassium: 700 mg
- Sodium: 85 mg

Alkaline Nutrient Profile & Culinary Notes:

- Fennel is rich in dietary fiber, vitamin C, and antioxidants that support digestion and reduce inflammation. Roasting enhances its natural sweetness while preserving nutrients.
- Lime zest adds fresh citrus oils that brighten the dish and provide alkalizing vitamin C.
- Walnuts contribute plant-based protein, omega fatty acids, magnesium, and a satisfying crunchy texture.
- Cold-pressed avocado oil maintains healthy fats and supports nutrient absorption.
- This recipe exemplifies Dr. Sebi's approach of combining whole, alkaline ingredients with simple preparation techniques to deliver vibrant, nutrient-dense meals.

Steamed Okra with Warm-Spiced Herb Dressing and Fresh Parsley, Garnished with Sunflower Seeds

This vibrant dish features tender steamed okra seasoned with gentle warm spices and fresh parsley, finished with crunchy sunflower seeds. It delivers a nutrient-dense balance of fiber, antioxidants, and healthy fats, perfect for advanced Dr. Sebi diet users seeking alkalizing, flavorful meals.

Prep Time: 15 min

Cook Time: 15 min

Servings: 2

Ingredients:

For the steamed okra:

- 10 oz / 280 g fresh okra pods, trimmed and washed
- 1 tbsp / 15 ml cold-pressed avocado oil
- 1/2 tsp / 1 g ground coriander
- 1/4 tsp / 1 g sea salt (optional)
- 1/4 tsp / 1 g ground black pepper
- 1/4 cup / 15 g fresh parsley, finely chopped

For the garnish:

- 2 tbsp / 20 g raw sunflower seeds

Instructions:

1. Prepare a steamer basket over gently simmering water. Arrange the cleaned okra pods in a single layer to ensure even steaming. Cover with a lid and steam for 10 to 12 minutes until tender but still retaining slight firmness. Steaming preserves okra's nutrients and texture.
2. While the okra steams, toast the sunflower seeds in a dry skillet over medium-low heat for 3 to 5 minutes, stirring frequently until lightly golden and fragrant. Remove promptly to prevent burning.
3. After steaming, transfer the okra to a mixing bowl. Drizzle with cold-pressed avocado oil, then sprinkle ground coriander, sea salt if using, and black pepper over the pods. Toss gently to coat evenly, allowing the warm spice to infuse the okra.
4. Stir in the fresh chopped parsley to add a bright, herbal freshness that balances the warm spice.
5. Plate the seasoned okra and sprinkle the toasted sunflower seeds generously on top, adding satisfying crunch and mineral richness.
6. Serve immediately as a wholesome side or light main dish, combining soft steamed texture, warm aromatic notes, fresh herbs, and crunchy seeds in a balanced alkaline-friendly meal.



Nutrition Value (Per Serving):

- Calories: 350 kcal
- Protein: 12 g
- Fats: 15 g
- Carbohydrates: 40 g
- Fiber: 9 g
- Calcium: 170 mg
- Iron: 5 mg
- Magnesium: 110 mg
- Potassium: 700 mg
- Sodium: 80 mg

Alkaline Nutrient Profile & Culinary Notes:

- Okra is rich in soluble fiber, antioxidants, and vitamins that support digestive health and reduce inflammation. Steaming preserves these properties while maintaining tender texture.
- Ground coriander adds gentle warmth and aromatic depth without acidity or heat, replacing smoked paprika.
- Fresh parsley contributes vitamin C, antioxidants, and a refreshing herbal note.
- Sunflower seeds provide healthy fats, protein, magnesium, and a satisfying crunch that complements the dish.
- Avocado oil supplies monounsaturated fats that support nutrient absorption and maintain alkalinity.
- This recipe exemplifies the Dr. Sebi diet's focus on simple, whole, alkaline ingredients combined thoughtfully for vitality and enjoyment.

Wild Mushroom Ragout with Fresh Thyme and Roasted Garlic Scapes, Featuring Mixed Mushrooms

A rich and savory ragout showcasing a variety of wild mushrooms simmered with aromatic fresh thyme and sweet roasted garlic scapes. This dish provides a hearty source of plant-based protein, minerals, and alkalizing flavors, perfect for advanced Dr. Sebi diet practitioners seeking depth and complexity.

Prep Time: 20 min

Cook Time: 35 min

Servings: 2

Ingredients:

For the ragout:

- 3 oz / 85 g chanterelle mushrooms, cleaned and sliced
- 2.5 oz / 70 g shiitake mushrooms, stems removed, caps sliced
- 2.5 oz / 70 g oyster mushrooms, trimmed and torn into pieces
- 4 oz / 115 g portobello mushrooms, cleaned and sliced
- 6 garlic scapes, trimmed and chopped
- 1 tbsp / 15 ml cold-pressed avocado oil
- 1 tsp / 2 g fresh thyme leaves
- 1/4 tsp / 1 g sea salt (optional)
- 1/4 tsp / 1 g ground black pepper
- 1/2 cup / 120 ml spring water

Instructions:

1. For preheating, set your oven at 375°F (190°C). Arrange the garlic scapes on a baking sheet lined with parchment paper. Cook for fifteen to twenty minutes, till it's soft and slightly caramelized, after lightly drizzling with avocado oil. Roasting mellows their pungency and brings out natural sweetness.
2. While the garlic scapes roast, heat avocado oil in a large skillet over medium heat. Add the mixed wild mushrooms and portobello slices, stirring occasionally. Sauté for 8 to 10 minutes until mushrooms release their moisture and begin to brown.
3. Add the roasted garlic scapes and fresh thyme leaves to the skillet. Stir to combine all ingredients and allow flavors to meld.
4. Pour in the spring water and reduce heat to low. Simmer gently for 10 to 15 minutes, allowing the liquid to reduce slightly and the ragout to thicken. If preferred, add black pepper and sea salt for seasoning.
5. Remove from heat and let the ragout rest covered for 5 minutes before serving to deepen flavors and thicken texture.



6. Serve warm as a satisfying main or side dish, rich in umami flavor, plant protein, and alkalizing herbs.

Nutrition Value (Per Serving):

- Calories: 380 kcal
- Protein: 16 g
- Fats: 14 g
- Carbohydrates: 38 g
- Fiber: 9 g
- Calcium: 180 mg
- Iron: 5 mg
- Magnesium: 115 mg
- Potassium: 720 mg
- Sodium: 90 mg

Alkaline Nutrient Profile

& Culinary Notes:

- Wild mushrooms are an excellent source of plant protein, B vitamins, and minerals including selenium and potassium, supporting immune function and cellular health.
- Garlic scapes offer a milder garlic flavor with antioxidant properties and lower acidity, perfectly suited for alkaline cooking.
- Fresh thyme adds fragrant anti-inflammatory compounds and enhances savory depth without acidity.
- Slow roasting and gentle simmering preserve nutrient integrity while developing rich, complex flavors.
- This ragout exemplifies the Dr. Sebi diet's principles by combining diverse alkaline ingredients with thoughtful preparation to deliver nourishing, satisfying meals.

Braised Celery Root with Fresh Dill and Seed Cream, Enriched with Chopped Walnuts

This creamy and aromatic dish features tender braised celery root enriched with smooth seed cream, fresh dill, and crunchy chopped walnuts. It delivers a harmonious blend of fiber, healthy fats, and fresh herbal notes, perfectly aligned with the advanced Dr. Sebi diet.

Prep Time: 15 min (plus soaking) |

Cook Time: 30 min |

Servings: 2

Ingredients:

For the braised celery root:

- 12 oz / 340 g celery root (celeriac), peeled and cut into 1-inch cubes
- 1 tbsp / 15 ml cold-pressed avocado oil
- 1/2 cup / 120 ml homemade seed cream (see instructions)
- 1/4 cup / 10 g fresh dill, chopped
- 1/4 tsp / 1 g sea salt (optional)
- 1/4 tsp / 1 g ground black pepper

For the walnut topping:

- 1/4 cup / 30 g raw walnuts, chopped

Instructions:

1. To prepare the seed cream, soak 1/4 cup raw sunflower or pumpkin seeds in water for 4–6 hours. Drain and blend with 1/2 cup fresh spring water until smooth and creamy. Strain if desired. Set aside.
2. Using a medium-sized saucepan, warm the avocado oil on a moderate flame. Add the diced and peeled celery root and cook for a further five minutes, turning often to enhance flavor and gently brown the edges.
3. Add the prepared seed cream, sea salt if using, and black pepper to the saucepan. Reduce heat to low, cover, and simmer gently for 20 to 25 minutes, stirring occasionally, until the celery root is tender and infused with the creamy sauce. Braising allows the celery root to absorb rich flavors while softening perfectly.
4. Just prior to taking off the heat, mix in the chopped fresh dill to retain its taste and vibrant, herbal scent.
5. Roast the chopped walnuts in a dry pan over a medium-low flame for three to four minutes, turning often, till aromatic and faintly brown, while the celery root braises. Remove promptly to avoid burning.
6. Transfer the braised celery root to serving plates or a bowl. Sprinkle the toasted walnuts generously over the top to add texture and mineral richness.



7. Serve warm, enjoying the balance of creamy seed cream, fresh dill, tender celery root, and crunchy walnuts in a wholesome, alkaline dish.

Nutrition Value (Per Serving):

- Calories: 390 kcal
- Protein: 12 g
- Fats: 18 g
- Carbohydrates: 42 g
- Fiber: 9 g
- Calcium: 180 mg
- Iron: 5 mg
- Magnesium: 110 mg
- Potassium: 730 mg
- Sodium: 85 mg

Alkaline Nutrient Profile & Culinary Notes:

- Celery root is a low-calorie root vegetable rich in fiber, potassium, and vitamin C, supporting digestion and immune health.
- Homemade seed cream (from soaked and blended seeds such as sunflower or pumpkin) provides nourishing healthy fats and creaminess without acidity.
- Fresh dill offers antioxidants and anti-inflammatory phytochemicals that brighten the dish with herbal freshness.
- Walnuts contribute plant-based protein, omega fatty acids, and minerals such as magnesium, enhancing nutrient density and texture.
- Braising gently melds flavors and textures, exemplifying the Dr. Sebi diet's focus on whole, alkaline foods prepared thoughtfully for maximum nourishment.

Roasted Kohlrabi with Rosemary and Toasted Walnut Crumble

A crisp and flavorful dish featuring roasted kohlrabi cubes infused with fragrant rosemary and topped with crunchy toasted walnuts. This meal provides a satisfying combination of fiber, plant-based protein, and aromatic herbs, ideal for advanced users of the Dr. Sebi diet seeking nourishing alkaline foods.

Prep Time: 15 min |

Cook Time: 35 min |

Servings: 2

Ingredients:

For the roasted kohlrabi:

- 12 oz / 340 g kohlrabi, peeled and cut into 1-inch cubes
- 1 tbsp / 15 ml cold-pressed avocado oil
- 1 tsp / 1 g fresh rosemary, finely chopped
- 1/4 tsp / 1 g sea salt (optional)
- 1/4 tsp / 1 g ground black pepper

For the walnut crumble topping:

- 1/4 cup / 30 g raw walnuts, roughly chopped

Instructions:

1. For preheating, set your oven at 400°F (200°C). Prepare the kohlrabi by peeling and cutting it into uniform 1-inch cubes to ensure even roasting and tenderness.
2. In a bowl, toss the kohlrabi cubes with avocado oil, freshly chopped rosemary, sea salt if using, and ground black pepper. Mix thoroughly to coat each piece evenly with the oil and herbs, enhancing flavor during roasting.
3. Spread the kohlrabi in a single layer on a parchment-lined baking sheet to promote even cooking and browning. Avoid overcrowding to allow hot air circulation.
4. Roast in the preheated oven for 30 to 35 minutes, turning the cubes halfway through, until the kohlrabi is tender inside and golden on the outside. Roasting develops natural sweetness and a pleasing texture.
5. While the kohlrabi roasts, toast the chopped walnuts in a dry skillet over medium-low heat for 3 to 5 minutes. Whisk often until aromatic and just beginning to turn golden. Remove promptly to avoid burning.
6. Transfer the roasted kohlrabi to a serving dish and sprinkle the toasted walnut crumble evenly over the top. The crunchy walnuts add texture and enhance mineral content.
7. Serve warm as a satisfying side or light main course, enjoying the balance of earthy kohlrabi, aromatic rosemary, and nutty walnuts in a wholesome alkaline-friendly dish.



Nutrition Value (Per Serving):

- Calories: 370 kcal
- Protein: 12 g
- Fats: 16 g
- Carbohydrates: 42 g
- Fiber: 8 g
- Calcium: 180 mg
- Iron: 5 mg
- Magnesium: 105 mg
- Potassium: 710 mg
- Sodium: 85 mg

Alkaline Nutrient Profile

& Culinary Notes:

- Kohlrabi is a cruciferous vegetable rich in fiber, vitamin C, and potassium, supporting digestion and immune health.
- Rosemary contributes antioxidants and aromatic compounds that enhance flavor without acidity.
- Walnuts provide healthy fats, protein, magnesium, and a crunchy texture that complements the tender roasted kohlrabi.
- Roasting preserves nutrient integrity while intensifying natural sweetness and aroma.
- This recipe reflects the Dr. Sebi diet's principles of whole, alkaline, nutrient-dense foods prepared simply to maximize vitality.

Baked Parsnip and Butternut Squash Mash with Sage and Olive Oil, Served with Fresh Greens

A comforting and nutrient-dense mash combining naturally sweet baked butternut squash and earthy parsnips, infused with fragrant fresh sage and enriched with cold-pressed olive oil. Finished with crunchy toasted walnuts, this dish offers balanced carbohydrates, healthy fats, and alkalizing herbs, ideal for advanced practitioners of the Dr. Sebi diet.

Prep Time: 20 min

Cook Time: 40 min

Servings: 2

Ingredients:

For the baked mash:

- 10 oz / 280 g butternut squash, peeled and cut into chunks
- 8 oz / 225 g parsnips, peeled and cut into chunks
- 1 tsp / 5 ml cold-pressed extra virgin olive oil
- 1 tsp / 1 g fresh sage leaves, finely chopped
- ¼ tsp / 1 g sea salt (optional)
- ¼ tsp / 1 g ground black pepper

Instructions:

1. For preheating, set your oven at 400°F (200°C). Arrange the parsnips and peeled and sliced butternut squash in one layer on a baking surface covered with parchment. Cook until both veggies are soft and have a hint of caramel, thirty to forty minutes, flipping halfway through. Baking enhances their natural sweetness and develops flavor complexity.
2. Transfer the baked butternut squash and parsnips to a mixing bowl. Using a potato masher or fork, mash the vegetables to a creamy consistency while still leaving some texture for interest.
3. Stir in the cold-pressed olive oil, chopped fresh sage, sea salt if using, and ground black pepper. Mix thoroughly to combine the herbal aroma with the creamy mash.
4. Transfer the mash to serving dishes and sprinkle the toasted walnuts generously on top to add crunch and mineral richness.
5. Serve warm as a wholesome side or main dish, enjoying the balance of sweet, earthy flavors, fragrant herbs, and satisfying texture.

Nutrition Value (Per Serving):

- Calories: 390 kcal
- Protein: 12 g
- Fats: 17 g
- Carbohydrates: 48 g



- Fiber: 9 g
- Calcium: 180 mg
- Iron: 5 mg
- Magnesium: 110 mg
- Potassium: 740 mg
- Sodium: 85 mg

Alkaline Nutrient Profile & Culinary Notes:

- Butternut squash and parsnips provide complex carbohydrates, dietary fiber, potassium, and vitamins that support sustained energy and digestion.
- In addition to providing antioxidants, fresh sage gives an earthy herbal aroma that balances the veggies' inherent sweetness.
- Olive oil contributes healthy monounsaturated fats that enhance nutrient absorption while maintaining alkalinity.
- Toasted walnuts offer plant-based protein, magnesium, and a pleasant crunch, balancing the creamy texture of the mash.
- Baking preserves nutrient density and intensifies natural flavors, reflecting Dr. Sebi's emphasis on whole, alkaline foods prepared thoughtfully to nourish and satisfy.



SALADS



Mango-Arugula Salad with Spiced Walnut Dust

A bold, vibrant salad combining peppery arugula, sweet ripe mango, and fragrant crushed walnuts dusted with warm spices. This mineral-dense, immune-supportive dish strikes a balance between light fruitiness and earthy depth, offering an alkaline option rich in flavor complexity and anti-inflammatory benefits.

Prep Time: 15 min

Cook Time: 3 min

Servings: 2

Ingredients:

For the salad:

- 1 cup / 20 g fresh arugula leaves, loosely packed
- 7 oz / 200 g mango, peeled and sliced into thin strips
- 1 tsp / 5 ml cold-pressed avocado oil (optional)

For the walnut dust:

- 1/4 cup / 25 g raw walnuts
- 1/4 tsp ground cayenne pepper
- 1/4 tsp ground coriander
- Pinch of sea salt (optional)

Instructions:

1. Begin by toasting the walnuts in a dry skillet over low heat for about 2–3 minutes, stirring often until lightly fragrant. Once toasted, transfer them to a mortar or spice grinder and crush into coarse crumbs. Add the cayenne, coriander, and a pinch of sea salt. Mix well and set aside — this becomes your spiced “dust.”
2. Wash and dry the arugula leaves, then gently tear any overly large pieces. Arrange them in a shallow bowl or on a flat serving plate as a base layer.
3. Slice the mango into thin, uniform strips, avoiding the fibrous core. Place the mango slices over the arugula, creating a loose, layered arrangement that allows both flavors to remain distinct.
4. Sprinkle the spiced walnut dust generously over the salad, distributing it evenly to ensure each bite delivers warm, nutty contrast.
5. Finish with a very light drizzle of avocado oil if desired, to enhance fat-soluble absorption without masking the raw brightness of the mango and greens.

Nutrition Value

(Per Serving):

- Calories: 230 kcal
- Protein: 4 g
- Fats: 15 g
- Carbohydrates: 19 g



- Fiber: 4 g
- Calcium: 60 mg
- Iron: 1.1 mg
- Magnesium: 55 mg
- Potassium: 480 mg
- Sodium: 20 mg

Alkaline Nutrient Profile & Culinary Notes:

- Mango provides easily digestible natural sugars, vitamin C, and antioxidant carotenoids, making it an energizing fruit for mid-morning or post-fasting recovery. Arugula offers chlorophyll, calcium, and sulfur compounds that aid in detoxification and liver function, while its peppery taste balances the fruit's sweetness.
- Walnuts, especially when gently toasted and spiced, add grounding fats, plant-based omega-3s, and metabolic warmth. Cayenne and coriander stimulate circulation and digestion without disturbing the body's alkaline state.
- This salad is ideal as a transitional meal in seasonal cleanses or as a balancing dish for high-energy, acidic periods. Its contrast of textures and temperatures — fresh, soft, crisp, and warm — makes it deeply satisfying without heaviness.

Wild Lettuce and Fig Salad with Teff Crisps

A mineral-rich salad of tender wild lettuce and fresh figs, topped with warm, crunchy teff flatbread pieces. This dish balances tender and crisp textures while offering natural sweetness, fiber, and a grounded grain element in full alkaline form.

Prep Time: 20 min

Cook Time: 10 min

Servings: 2

Ingredients:

For the salad:

- 1 cup / 20 g wild lettuce, torn
- 1/2 cup / 75 g fresh figs, quartered
- 1 tsp / 5 ml key lime juice
- Pinch of sea salt

For the teff crisps:

- 1/4 cup / 45 g whole teff grain
- 1/2 cup / 120 ml spring water
- Pinch of cayenne
- 1/4 tsp / 2 ml avocado oil (optional for skillet)

Instructions:

1. Rinse the wild lettuce and gently pat dry. Tear into smaller, bite-sized pieces and place into a serving bowl.
2. Quarter the fresh figs and finely slice the red onion. Layer these gently atop the greens.
3. Combine teff grain and spring water in a saucepan. Bring to a boil, then reduce heat, simmering 6–8 minutes until a thick paste forms. Let cool briefly.
4. Spread teff paste thinly onto parchment paper into discs. Toast in a dry skillet or low oven (275°F / 135°C) for 5–6 minutes until crisp. Let cool completely.
5. Drizzle the salad with key lime juice and sprinkle lightly with sea salt. Just before serving, break teff crisps into shards and scatter over the salad.

Nutrition Value

(Per Serving):

- Calories: 250 kcal
- Protein: 5 g
- Fats: 6 g
- Carbohydrates: 38 g
- Fiber: 6 g
- Calcium: 90 mg
- Iron: 2.8 mg
- Magnesium: 60 mg



- Potassium: 410 mg
- Sodium: 25 mg

Alkaline Nutrient Profile & Culinary Notes:

- Teff provides all nine essential amino acids and is one of the most alkalizing grains in the Dr. Sebi protocol. The crisps offer crunch without processed flours or oil-heavy baking. Wild lettuce or dandelion greens enhance detoxification, improve liver activity, and offer natural bitterness to balance sweet figs. Figs support gut motility and provide mucilaginous fiber and iron.
- This salad can serve as a grounding but refreshing meal during early afternoon or in re-introduction phases post-cleanse.

Cucumber-Avocado Stack with Basil-Lime Glaze

A visually striking, layered salad that combines crisp cucumber, creamy avocado, and a vibrant herbal glaze made with key lime and fresh basil. It's a clean, oil-free preparation rich in hydration, potassium, and essential fats.

Prep Time: 15 min

Cook Time: 0

Servings: 2

Ingredients:

For the stack:

- 5 oz / 140 g avocado, sliced
- 4 oz / 110 g cucumber, sliced into thin rounds
- 1 tbsp / 4 g chopped fresh basil
- Pinch of sea salt

For the basil-lime glaze:

- 2 tbsp / 30 ml key lime juice
- 1 tbsp / 5 g chopped fresh basil
- 1 tsp / 5 ml spring water
- Pinch of cayenne or crushed wild oregano (optional)

Instructions:

1. Peel and slice avocado into even rounds. Slice cucumber into thin, uniform circles.
2. Alternate avocado and cucumber slices to create neat stacks on serving plates, gently pressing for stability.
3. In a mortar or small blender, blend key lime juice, fresh basil, and spring water until a vibrant, slightly thick glaze forms.
4. Drizzle basil-lime glaze generously over each stack. Sprinkle lightly with sea salt and optional cayenne or wild oregano. Serve immediately.

Nutrition Value

(Per Serving):

- Calories: 180 kcal
- Protein: 2 g
- Fats: 15 g
- Carbohydrates: 9 g
- Fiber: 5 g
- Calcium: 40 mg
- Iron: 1 mg



- Magnesium: 45 mg
- Potassium: 520 mg
- Sodium: 20 mg

Alkaline Nutrient Profile & Culinary Notes:

- Avocado is a core source of alkaline fats and electrolytes in Dr. Sebi's food list. Paired with cucumber's hydrating profile and basil's digestive-enhancing volatile oils, the combination supports both clarity and satiety. Lime introduces gentle astringency, helping the body absorb healthy fats and supporting bile flow.
- This oil-free, elegant salad is ideal for hot weather or before a denser meal. It is also suitable for transitional eating phases and liver-focused protocols.



Watercress and Cherry Tomato Bowl with Blistered Mushrooms

A peppery, warming bowl of fresh watercress, sweet cherry tomatoes, and lightly blistered mushrooms tossed in a quick herbal reduction. It's mineral-heavy, immune-enhancing, and rich in flavor without acidity or overcooking.

Prep Time: 15 min

Cook Time: 6 min

Servings: 2

Ingredients:

For the salad:

- 1 cup / 20 g fresh watercress
- 1/2 cup / 75 g non-hybrid heirloom cherry tomatoes, halved
- 1/2 cup / 60 g portobello mushrooms, sliced
- 1 tbsp / 15 ml spring water (for blistering)
- 1 tsp / 5 ml avocado oil (optional)

For the reduction:

- 1 tbsp / 15 ml key lime juice
- 1 tsp / 5 g finely chopped basil or thyme
- Pinch of sea salt

Instructions:

1. Rinse the watercress carefully and gently pat dry. Place the greens into a serving bowl. Halve the cherry tomatoes and arrange them evenly on top.
2. Heat a skillet over medium-high. Add sliced mushrooms and dry-sear for 2–3 minutes until edges lightly brown. Pour in spring water, cover briefly (about 30 seconds) to soften, then uncover to evaporate remaining moisture and gently blister the mushrooms. Stir in avocado oil if using, to enhance flavor.
3. In a small bowl, whisk together key lime juice, chopped basil or thyme, and sea salt to form a quick, herbal dressing.
4. Top the salad with blistered mushrooms and drizzle the dressing evenly over all ingredients. Gently toss just before serving warm or at room temperature.

Nutrition Value

(Per Serving):

- Calories: 160 kcal
- Protein: 4 g



- Fats: 9 g
- Carbohydrates: 11 g
- Fiber: 3 g
- Calcium: 80 mg
- Iron: 2 mg
- Magnesium: 50 mg
- Potassium: 460 mg
- Sodium: 25 mg

Alkaline Nutrient Profile

& Culinary Notes:

- Watercress is a dense source of chlorophyll, calcium, and plant iron – supporting blood alkalinity and bone health. Cherry tomatoes (non-hybrid heirloom) offer lycopene and mild sweetness without acidic residue. Mushrooms increase glutathione activity and provide grounding umami flavor.
- This bowl is perfect for immune-boosting days or as a quick alkaline lunch when time is limited but nourishment is essential.



Callaloo Leaf Salad with Quinoa-Coriander Crumble

A hearty, cleansing salad made with tender callaloo leaves, warm quinoa crumble, and bright coriander flavor. This dish blends grounding plant protein with vibrant greens and subtle spices.

Prep Time: 20 min |

Cook Time: 12 min |

Servings: 2

Ingredients:

For the salad:

- 1 cup / 30 g fresh callaloo leaves, chopped
- 1 tsp / 5 ml key lime juice
- 1 tsp / 5 ml avocado oil (optional)

For the crumble:

- 1/3 cup / 60 g quinoa, rinsed
- 2/3 cup / 160 ml spring water
- 1/4 tsp ground coriander
- Pinch of cayenne
- Pinch of sea salt

Instructions:

1. Strain the quinoa thoroughly after rinsing it in cool water. Quinoa and spring water should be mixed in a small saucepan. Reduce the heat right away after bringing to a mild boil. Simmer uncovered for about 10–12 minutes until quinoa is fluffy and water is fully absorbed.
2. Remove quinoa from heat. Stir in ground coriander, a pinch of cayenne, and sea salt. Allow to cool briefly, then fluff lightly with a fork to form a delicate crumble.
3. Meanwhile, rinse and chop callaloo leaves finely. Combine in a bowl with diced red onion, drizzling evenly with key lime juice and optional avocado oil. Toss gently to coat.
4. Arrange the callaloo salad in serving bowls. Top evenly with the warm quinoa crumble and serve immediately to fully enjoy the contrast of textures and temperatures.

Nutrition Value

(Per Serving):

- Calories: 240 kcal



- Protein: 7 g
- Fats: 8 g
- Carbohydrates: 30 g
- Fiber: 5 g
- Calcium: 85 mg
- Iron: 2.5 mg
- Magnesium: 70 mg
- Potassium: 440 mg
- Sodium: 35 mg

Alkaline Nutrient Profile

& Culinary Notes:

- Callaloo (amaranth greens) are rich in chlorophyll and iron, supporting cellular regeneration and blood building.
- Quinoa adds complete plant protein, fiber, and trace minerals while keeping the dish light.
- The crumble offers warmth and balance to the lime-brightened greens, making this ideal for energizing midday meals.



Sea Moss and Wakame Salad with Green Coconut Vinaigrette

A rehydrating, oceanic salad made with sea moss, wakame, and a vibrant coconut-lime dressing. Packed with minerals, iodine, and hydration, this dish supports thyroid function and deep tissue balance.

Prep Time: 25 min (plus soaking)

Cook Time: 0

Servings: 2

Ingredients:

For the salad:

- 1/4 cup / 15 g dried sea moss
- 1/4 cup / 5 g dried wakame
- 1/2 cup / 60 g cucumber, julienned
- 1 tsp / 5 ml avocado oil (optional)

For the vinaigrette:

- 2 tbsp / 30 ml young coconut water
- 1 tbsp / 15 ml key lime juice
- 1 tbsp / 4 g fresh cilantro, chopped
- Pinch of sea salt

Instructions:

1. Soak the dried sea moss and wakame separately in bowls filled with spring water for 15–20 minutes until fully rehydrated. Drain and rinse each thoroughly to remove any remaining salt or grit.
2. Slice the rehydrated sea moss into thin, manageable strips. In a medium bowl, combine the sliced sea moss, wakame, and freshly julienned cucumber.
3. In a small bowl, whisk together young coconut water, key lime juice, chopped cilantro, and a pinch of sea salt until smooth and evenly blended.
4. Pour the vinaigrette over the salad ingredients, tossing gently to coat. Drizzle lightly with avocado oil if desired, and serve immediately while fresh and cool.

Nutrition Value

(Per Serving):

- Calories: 110 kcal
- Protein: 2 g
- Fats: 4 g
- Carbohydrates: 14 g



- Fiber: 3 g
- Calcium: 120 mg
- Iron: 3 mg
- Magnesium: 60 mg
- Potassium: 350 mg
- Sodium: 40 mg

Alkaline Nutrient Profile

& Culinary Notes:

- Sea moss and wakame are natural sources of iodine, zinc, and potassium. Together, they nourish glands, regulate metabolism, and restore tissue minerals lost through stress or fasting.
- The coconut-lime dressing adds electrolytes and alkalinity without any oils or acids.
- This salad is cooling, deeply hydrating, and ideal during high-heat days or rebalancing phases



Sautéed Chayote with Amaranth Sprouts and Yellow Pepper Purée

A vibrant, mineral-rich dish featuring lightly sautéed chayote squash, delicate amaranth sprouts, and a velvety yellow pepper purée. Perfectly balancing textures and flavors, this salad supports digestion and provides potent alkaline nourishment.

Prep Time: 15 min

Cook Time: 15 min

Servings: 2

Ingredients:

For the sautéed chayote:

- 7 oz / 200 g chayote squash, peeled and thinly sliced
- 1 tbsp / 15 ml avocado oil
- Pinch of sea salt
- Pinch of cayenne pepper

For the amaranth sprouts:

- 1 cup / 25 g fresh amaranth sprouts, rinsed and drained
- 1 tsp / 5 ml key lime juice

For the yellow pepper purée:

- 7 oz / 200 g yellow bell pepper, seeded and diced
- 2 tbsp / 30 ml spring water
- Pinch of sea salt

Instructions:

1. Prepare the yellow pepper purée by gently simmering diced yellow bell pepper with spring water and a pinch of sea salt in a small saucepan for 8–10 minutes until soft. Transfer to a blender and purée until smooth and creamy. Set aside.
2. Heat avocado oil in a skillet over medium heat. Add the thinly sliced chayote, sprinkle lightly with sea salt and cayenne pepper, and sauté for 5–7 minutes until golden and tender but still crisp.
3. Rinse the amaranth sprouts and place them in a bowl. Drizzle with key lime juice and toss gently to coat.
4. Spread a generous layer of the yellow pepper purée onto serving plates. Arrange sautéed chayote slices on top, then add the dressed amaranth sprouts. Serve immediately.



Nutrition Value (Per Serving):

- Calories: 110 kcal
- Protein: 2 g
- Fats: 4 g
- Carbohydrates: 14 g
- Fiber: 3g
- Calcium: 120 mg
- Iron: 3 mg
- Magnesium: 60 mg
- Potassium: 350 mg
- Sodium: 40 mg

Alkaline Nutrient Profile & Culinary Notes:

- Sea moss and wakame are natural sources of iodine, zinc, and potassium. Together, they nourish glands, regulate metabolism, and restore tissue minerals lost through stress or fasting.
- The coconut-lime dressing adds electrolytes and alkalinity without any oils or acids.
- This salad is cooling, deeply hydrating, and ideal during high-heat days or rebalancing phases.



Soursop and Mango Carpaccio with Brazil Nuts and Cayenne

A refreshing, tropical-inspired carpaccio featuring thinly sliced soursop and mango, topped with crunchy Brazil nuts and a hint of warming cayenne. This light dish combines sweet, tart, and spicy notes with rich minerals and healthy fats.

Prep Time: 15 min

Cook Time: 0

Servings: 2

Ingredients:

- 5 oz / 140 g fresh soursop, peeled and thinly sliced
- 5 oz / 140 g ripe mango, peeled and thinly sliced
- 1/4 cup / 25 g raw Brazil nuts, roughly chopped
- 1/4 tsp cayenne pepper (adjust to taste)
- 1 tbsp / 15 ml fresh key lime juice
- Pinch of sea salt

Instructions:

1. Arrange thin slices of soursop and mango alternately on a large serving plate, creating an overlapping, circular pattern for an elegant presentation.
7. Drizzle the fresh key lime juice evenly over the fruit slices, allowing the citrus to brighten the flavors naturally.
8. Lightly sprinkle sea salt and cayenne pepper across the fruit to enhance sweetness and add a subtle spicy kick.
9. Scatter roughly chopped Brazil nuts over the carpaccio, adding crunchy texture and rich flavor contrast.
10. Prior to serving, let the meal remain at room temperature for five minutes so the flavors may combine.

Nutrition Value

(Per Serving):

- Calories: 190 kcal
- Protein: 3 g
- Fats: 14 g
- Carbohydrates: 18 g
- Fiber: 4 g
- Calcium: 50 mg
- Iron: 1.5 mg
- Magnesium: 55 mg



- Potassium: 400 mg
- Sodium: 15 mg

Alkaline Nutrient Profile

& Culinary Notes:

- Soursop and mango provide natural sweetness and are rich in antioxidants and vitamin C, supporting immune function and cellular health. Brazil nuts add selenium and healthy fats, enhancing mineral balance and brain health. Cayenne gently stimulates digestion and circulation, complementing the tropical fruit flavors without overwhelming them.
- This dish is perfect as a light, revitalizing appetizer or dessert in warm climates or detox phases.



Raw Cactus and Nopal Salad with Lime and Cilantro

A crisp, refreshing salad featuring tender raw cactus pads (nopales) tossed with fresh lime juice, cilantro, and chia seeds. This dish is rich in fiber, antioxidants, and alkaline minerals – perfect for detox and hydration.

Prep Time: 15 min |

Cook Time: 0 |

Servings: 2

Ingredients:

- 1 cup / 100 g fresh nopal cactus pads, cleaned and thinly sliced
- 2 tbsp / 30 ml fresh key lime juice
- 1/4 cup / 15 g fresh cilantro, roughly chopped
- 1 tbsp / 10 g chia seeds
- Pinch of sea salt
- 1 tbsp / 15 ml olive oil (optional)

Instructions:

1. Rinse the nopal cactus pads thoroughly under cold water to remove any debris or tiny spines. Pat dry with a clean towel.
2. Thinly slice the cleaned nopales into bite-sized strips. Place them in a mixing bowl.
3. Drizzle fresh key lime juice over the nopales, add chopped cilantro, and sprinkle with sea salt. Toss gently to combine all flavors.
4. Add chia seeds and, if using, drizzle with olive oil. Toss lightly to distribute evenly.
5. Let the salad rest at room temperature for 5–7 minutes to allow chia seeds to swell slightly and flavors to meld.
6. Serve fresh as a hydrating, alkalizing side or light lunch.

Nutrition Value (Per Serving):

- Calories: 90 kcal
- Protein: 3 g
- Fats: 5 g
- Carbohydrates: 8 g
- Fiber: 6 g
- Calcium: 120 mg
- Iron: 2 mg
- Magnesium: 50 mg



- Potassium: 300 mg
- Sodium: 30 mg

Alkaline Nutrient Profile & Culinary Notes:

- Nopal cactus is a natural source of dietary fiber, antioxidants, and essential minerals that support digestion, blood sugar balance, and inflammation reduction. Chia seeds provide omega-3 fatty acids and mucilaginous fiber, enhancing hydration and gut health. Lime juice and cilantro add fresh alkalinity and aid in detoxification.
- This salad is ideal for detox phases, hot climates, or whenever a refreshing, nutrient-dense meal is needed.



Fresh Nopal and Okra Salad with Lime-Cilantro-Chia Dressing

A crisp, refreshing salad featuring tender nopal cactus pads and crunchy okra, tossed with a vibrant lime and cilantro dressing enriched with chia seeds. This mineral-dense, fiber-rich salad supports digestion, hydration, and detoxification – perfect for light alkaline meals or cleansing phases.

Prep Time: 15 min

Cook Time: 0

Servings: 2

Ingredients:

For the salad:

- 1 cup / 100 g fresh nopal cactus pads, cleaned and thinly sliced
- 1/2 cup / 75 g fresh okra, thinly sliced
- 1/4 cup / 15 g fresh cilantro, roughly chopped
- Pinch of sea salt

For the dressing:

- 2 tbsp / 30 ml fresh key lime juice
- 1 tbsp / 15 ml cold-pressed hemp seed oil
- 1 tbsp / 10 g chia seeds
- 1 tbsp / 15 ml spring water

Instructions:

1. Rinse the nopal cactus pads thoroughly under cold water, removing any debris or spines. Pat dry with a clean towel. Thinly slice into bite-sized strips.
2. Slice the fresh okra into thin rounds. Place both nopal and okra into a large mixing bowl.
3. Add roughly chopped cilantro and a pinch of sea salt to the vegetables. Toss gently to combine.
4. In a small bowl, whisk together key lime juice, hemp seed oil, chia seeds, and spring water. Let the dressing sit for 3–5 minutes to allow the chia seeds to swell slightly and thicken the dressing.
5. Pour the dressing evenly over the salad and toss gently to coat all ingredients without bruising the vegetables.
6. Prior to serving, allow the salad sit at room temperature for five minutes to enable the flavors to combine and the textures to soften a bit.

Nutrition Value (Per Serving):

- Calories: 110 kcal
- Protein: 3 g
- Fats: 7 g
- Carbohydrates: 10 g
- Fiber: 6 g
- Calcium: 80 mg



- Iron: 2 mg
- Magnesium: 50 mg
- Potassium: 350 mg
- Sodium: 30 mg

Alkaline Nutrient Profile & Culinary Notes:

- Nopal cactus is a rich source of dietary fiber, antioxidants, and essential minerals that promote digestion, blood sugar regulation, and inflammation reduction.
- Okra adds mucilaginous fiber that supports gut health and hydration.
- Chia seeds provide omega-3 fatty acids and mucilage that enhance digestion and nutrient absorption. Key lime juice supplies alkaline-forming vitamin C and bioflavonoids, aiding cellular detoxification.
- Hemp seed oil delivers essential fatty acids in raw form, supporting brain and cardiovascular health.
- This salad is ideal for detox phases, warm climates, or whenever a light, nutrient-dense meal is desired.



SOUPS



Creamy Watercress-Avocado Soup with Toasted Sesame Dust

A smooth and revitalizing green soup made from fresh watercress and ripe avocado, blended into a velvety base and topped with nutty toasted sesame powder. This vibrant alkaline recipe is light yet grounding, ideal for a cleansing lunch or nourishing starter.

Prep Time: 15 min

Cook Time: 5 min

Servings: 2

Ingredients:

For the soup:

- 1.8 oz / 50 g fresh watercress (thick stems removed)
- 5 oz / 140 g ripe avocado, peeled and pitted
- 8 fl oz / 240 ml warm spring water
- 0.5 fl oz / 15 ml freshly squeezed lime juice
- 1 g / 1/4 tsp sea salt (optional)
- 0.5 tsp / 2 ml cold-pressed avocado oil

For the sesame dust:

- 0.2 oz / 6 g raw sesame seeds
- Pinch of cayenne or powdered dulse (optional)

Instructions:

1. Begin by toasting the sesame seeds in a dry skillet over low heat. Stir constantly for 2–3 minutes until the seeds start to pop and develop a light golden color. Immediately remove from heat to prevent bitterness. Put in a mortar or spice grinder and grind into a coarse powder. Mix in cayenne or powdered dulse, if using, for added depth.
2. Rinse and pat dry the watercress. Add it to a high-speed blender along with the avocado, lime juice, warm water or broth, and optional sea salt.
3. On high, mix till the resulting mixture is smooth and silky. If the consistency is too thick, add a small splash of warm water and blend again.
4. Divide the soup into two shallow bowls. For a hint of richness, dab each with a couple of drops of olive oil.
5. Just before serving, sprinkle the toasted sesame dust over the surface of each bowl to maintain crunch and aroma.

Nutrition Value (Per Serving):

- Calories: 180
- Protein: 4 g
- Fats: 15 g
- Carbohydrates: 8 g
- Fiber: 6 g



- Calcium: 65 mg
- Iron: 1.2 mg
- Magnesium: 45 mg
- Potassium: 520 mg
- Sodium: 78 mg

Alkaline Nutrient Profile & Culinary Notes:

- Watercress delivers a powerful blend of iron, chlorophyll, and antioxidants, making it an ideal base for mineral-rich soups.
- Avocado contributes healthy fats, potassium, and magnesium, supporting nervous system health and satiety.
- The sesame powder adds calcium and a toasty note that complements the freshness of the greens.
- Serve this soup slightly warm or at room temperature — never boiling — to preserve its living enzyme content.

Vegetable Soup with Okra, Portobello, and Callaloo Greens

A rich, grounding soup featuring tender okra pods, earthy portobello mushrooms, and nutrient-dense callaloo greens simmered in a light, alkaline broth. This hearty bowl celebrates bold textures and deep green vitality with every spoonful.

Prep Time: 20 min

Cook Time: 25 min

Servings: 2

Ingredients:

- 3.5 oz / 100 g okra pods, trimmed and sliced into ½ in (1.2 cm) rounds
- 2.8 oz / 80 g portobello mushrooms, cleaned and cut into thick slices
- 2.1 oz / 60 g fresh callaloo leaves, roughly chopped
- 2 tbsp / 30 g diced yellow onion
- 1 tbsp / 15 ml cold-pressed avocado oil
- 2 cups / 480 ml alkaline vegetable stock (homemade preferred)
- 0.5 tsp / 1 g sea salt (optional)
- ¼ tsp / 1 g ground cayenne or crushed dried chile (optional, for mild heat)
- Juice of 0.5 oz / 15 ml lime for finishing

Instructions:

1. Simmer the avocado oil in a heavy-bottomed pan on a low flame. Drop in the chopped onion and cook, turning frequently to avoid browning, until it is soft and transparent, approximately two to three minutes.
2. To enable the portobello mushrooms to release moisture and develop their scent, add them to the saucepan and simmer for an additional three to four minutes.
3. Stir in the sliced okra and cook for 2 more minutes, letting their natural mucilage begin to thicken the base slightly.
4. Add the alkaline vegetable stock, mix thoroughly, and then cook the soup gently. Cook, covered, on a low flame for approximately ten minutes.
5. Add the chopped callaloo leaves and simmer uncovered for another 5–7 minutes, or until all vegetables are tender but vibrant. Adjust seasoning with sea salt and cayenne, if using.
6. Just before serving, add a splash of fresh lime juice to brighten the flavor. Ladle into warm bowls and enjoy with amaranth flatbread or wild rice.

Nutrition Value (Per Serving):

- Calories: 170



- Protein: 5 g
- Fats: 10 g
- Carbohydrates: 14 g
- Fiber: 6 g
- Calcium: 120 mg
- Iron: 2.1 mg
- Magnesium: 60 mg
- Potassium: 530 mg
- Sodium: 110 mg

Alkaline Nutrient Profile & Culinary Notes:

- Okra brings soothing mucilaginous properties and is high in vitamin C and soluble fiber.
- Portobello mushrooms offer depth, umami, and selenium — a trace mineral that supports detox pathways.
- Callaloo greens (or amaranth leaves) are a rich source of chlorophyll, calcium, and iron. The use of a homemade alkaline broth elevates both the flavor and the nutritional density of this recipe. To vary texture, try blending half the soup and leaving the rest chunky.

Green Plantain Soup with Coconut-Lime Cream

A silky, warming soup made from starchy green plantains slow-simmered in alkaline broth and finished with a creamy coconut-lime swirl. This nutrient-packed bowl offers both comfort and digestive balance in one deeply satisfying dish.

Prep Time: 20 min

Cook Time: 30 min

Servings: 2

Ingredients:

For the soup:

- 7 oz / 200 g green plantains, peeled and sliced into ½ in (1.2 cm) rounds
- 2 tbsp / 30 g chopped green onion
- 1 tbsp / 15 ml cold-pressed avocado oil
- 2 cups / 480 ml alkaline vegetable broth
- ½ tsp / 1 g dried thyme
- ¼ tsp / 1 g sea salt (optional)
- ⅛ tsp ground cayenne (optional)

For the coconut-lime cream:

- 3.5 oz / 100 g full-fat coconut cream
- 0.5 oz / 15 ml freshly squeezed lime juice
- ½ tsp / 2 g lime zest

Instructions:

1. Using a medium-sized saucepan, warm the avocado oil on a low flame. For three to four minutes, sauté the chopped onion gently until it is tender but not browned.
2. Add the sliced green plantains and sauté for 2–3 minutes, stirring to coat them in the oil and aromatics.
3. Pour in the alkaline broth, add dried thyme, sea salt (if using), and cayenne. Bring to a gentle boil, then lower the heat and simmer for 20–25 minutes, until the plantains are very tender.
4. Put the soup in a blender with high speed and puree it until it's smooth. Thin the soup with a little heated broth or spring water if it's too thick.
5. Combine the coconut cream, lime juice, and lime zest in a compact dish and mix till smooth.
6. Just prior to serving, put the soup into bowls and swirl with a tablespoon of coconut-lime cream. If desired, garnish with more zest.

Nutrition Value

(Per Serving):

- Calories: 260
- Protein: 3 g



- Fats: 18 g
- Carbohydrates: 25 g
- Fiber: 5 g
- Calcium: 35 mg
- Iron: 2 mg
- Magnesium: 40 mg
- Potassium: 480 mg
- Sodium: 95 mg

Alkaline Nutrient Profile

& Culinary Notes:

- Green plantains are rich in resistant starch and aid in gut flora balance. When cooked slowly, they provide a neutral, calming base for creamy soups.
- The coconut-lime topping adds beneficial fats, antimicrobial properties, and a bright citrus edge. For a thinner, broth-like texture, blend only half the soup and stir the rest in.

Zucchini-Okra Chowder with Basil Oil

A light yet creamy chowder combining soft zucchini, silky okra, and a hint of sweetness – elevated by a drizzle of aromatic basil-infused oil. This elegant dish redefines comfort while remaining fully alkaline and deeply hydrating.

Prep Time: 15 min

Cook Time: 20 min

Servings: 2

Ingredients:

For the chowder:

- 5.3 oz / 150 g zucchini, peeled and chopped
- 3.5 oz / 100 g okra, sliced
- 2 tbsp / 30 g diced yellow onion
- 1 tbsp / 15 ml cold-pressed avocado oil
- 2 cups / 480 ml alkaline vegetable broth
- ¼ tsp / 1 g sea salt (optional)
- ⅛ tsp white pepper (optional)

For the basil oil:

- 2 tbsp / 10 g fresh basil leaves
- 1 tbsp / 15 ml cold-pressed olive oil
- ½ tsp / 2 ml lime juice

Instructions:

1. Warm avocado oil in a saucepan over low heat. Add diced onion and sauté for 3 minutes until translucent.
2. Add chopped zucchini and sliced okra. Sauté until the veggies start to soften, stirring regularly, about four to five minutes.
3. Pour in the alkaline broth and bring to a simmer. Add sea salt and white pepper (if using), then cover and cook for 10–12 minutes until vegetables are very tender.
4. Meanwhile, blend fresh basil, olive oil, and lime juice in a small food processor or with a mortar and pestle until smooth. Set aside.
5. Use an immersion blender to partially purée the soup – leave some texture for contrast. Or mix half the soup and put it back in the pot.
6. Serve warm, finishing each bowl with a drizzle of basil oil and a few fresh basil leaves for garnish.

Nutrition Value (Per Serving):

- Calories: 140
- Protein: 3 g
- Fats: 10 g
- Carbohydrates: 10 g
- Fiber: 4 g



- Calcium: 55 mg
- Iron: 1.4 mg
- Magnesium: 30 mg
- Potassium: 420 mg
- Sodium: 82 mg

Alkaline Nutrient Profile & Culinary Notes:

- Zucchini adds moisture and creaminess without overpowering flavor, while okra contributes texture and natural thickness through its mucilage.
- The basil oil enhances the dish with antioxidants and a chlorophyll boost. Serve this chowder gently warmed – never boiled – to maintain its vibrant color and alkaline balance.

Cream of Burro Banana Soup with Sautéed Mushrooms

A smooth, warming soup that blends the subtle sweetness of ripe burro bananas with an herbal alkaline broth, topped with golden slices of sautéed mushrooms for earthy contrast and depth.

Prep Time: 15 min

Cook Time: 25 min

Servings: 2

Ingredients:

For the soup:

- 6 oz / 170 g ripe burro bananas, peeled and chopped
- 2 tbsp / 30 g diced green onion
- 1 tbsp / 15 ml cold-pressed avocado oil
- 2 cups / 480 ml alkaline vegetable broth
- ½ tsp / 1 g dried basil
- ¼ tsp / 1 g sea salt (optional)
- ½ tbsp / 7 ml lime juice

For the mushrooms:

- 2.1 oz / 60 g portobello mushrooms, thinly sliced
- 1 tsp / 5 ml cold-pressed avocado oil
- Pinch of sea salt (optional)

Instructions:

1. In a medium saucepan, warm 1 tbsp avocado oil over low heat. Add the diced onion and cook for 3–4 minutes until soft and translucent.
2. Add the chopped burro bananas and dried herbs. Sauté gently for 2 minutes, allowing the banana to absorb the aromatics.
3. Pour in the alkaline broth and stir well. Bring to a simmer and cook uncovered for 15–18 minutes, or until the bananas are completely soft.
4. Meanwhile, heat avocado oil in a small skillet. Add the mushroom slices and sauté over medium-low heat for 4–5 minutes until lightly browned and tender. Set aside.
5. Put the soup mixture to a high-speed blender and purée until silky. Return to the pot and stir in lime juice. Adjust consistency with more broth if needed.
6. Serve the soup warm, topped with a handful of sautéed mushrooms and a drizzle of oil, if desired.

Nutrition Value

(Per Serving):

- Calories: 210
- Protein: 3 g
- Fats: 10 g



- Carbohydrates: 28 g
- Fiber: 4 g
- Calcium: 35 mg
- Iron: 1.5 mg
- Magnesium: 40 mg
- Potassium: 540 mg
- Sodium: 89 mg

Alkaline Nutrient Profile

& Culinary Notes:

- Burro bananas are rich in prebiotic fiber and magnesium, making them ideal for gut and nerve support. Their natural sweetness pairs well with savory herbs and earthy mushrooms, which bring trace minerals and umami balance.
- This soup is especially soothing when served warm during transitional seasons.

Mucuna Bean Soup with Callaloo and Sea Salt

A deeply grounding and mineral-rich soup featuring creamy mucuna beans and vibrant callaloo leaves simmered in alkaline broth, finished with a touch of sea salt for balance.

Prep Time: 20 min (plus soaking)

Cook Time: 1 hr 15 min

Servings: 2

Ingredients:

- 4.9 oz / 140 g dried mucuna beans, sorted, soaked overnight, and rinsed
- 2.1 oz / 60 g fresh callaloo leaves, roughly chopped
- 2 tbsp / 30 g chopped green onion (green parts only)
- 2 tsp / 10 ml cold-pressed avocado oil
- 2 1/2 cups / 600 ml alkaline vegetable broth
- 1/4 tsp / 1 g sea salt (optional)
- 1/8 tsp ground cayenne (optional)
- 1/2 tsp / 2 ml fresh lime juice (for serving)

Instructions:

1. Sort the mucuna beans carefully to remove any debris or damaged beans. Soak them overnight, then drain and rinse well before cooking.
2. In a saucepan, warm the avocado oil on moderately low heat. Sauté the sliced green onion for three to four minutes, till it is aromatic and tender.
3. Toss the soaked beans into the pan with the oil and onion until they are uniformly coated. Bring to a slow boil after adding the alkaline vegetable broth.
4. For one to one and a half hours, simmer the beans partly covered over low heat. To preserve the beans covered, stir from time to time and add extra water or broth as necessary.
5. Boil the callaloo leaves uncovered for a further five to seven minutes, or until they are wilted but still vibrant, after adding the chopped leaves.
6. If wanted, add cayenne pepper and sea salt to the soup. Drop the freshly squeezed lime juice right before serving. Mash some of the beans lightly against the edge of the pot if you like a creamier texture.
7. Serve the soup hot, optionally with alkaline flatbreads or steamed greens.

Nutrition Value (Per Serving):

- Calories: 240



- Protein: 9 g
- Fats: 7 g
- Carbohydrates: 30 g
- Fiber: 9 g
- Calcium: 110 mg
- Iron: 2.8 mg
- Magnesium: 70 mg
- Potassium: 610 mg
- Sodium: 104 mg

Alkaline Nutrient Profile & Culinary Notes:

- Mucuna beans (velvet beans) are prized in herbal traditions for supporting mood and brain health due to their natural L-DOPA content. Here, they provide a creamy, protein-rich base. The addition of callaloo strengthens the mineral profile with calcium, iron, and chlorophyll.
- This soup offers deep nourishment and grounding energy — ideal for recovery or cooler months.

Warm Tomato and Onion Elixir with Wild Thyme

A gently cooked, aromatic elixir made from ripe tomatoes and sweet onions slowly simmered with wild thyme. This restorative broth-like soup is mineral-rich, soothing to the digestive tract, and deeply hydrating.

Prep Time: 15 min

Cook Time: 30 min

Servings: 2

Ingredients:

- 7 oz / 200 g ripe cherry tomatoes, halved
- 3.5 oz / 100 g yellow onion, thinly sliced
- 1 tbsp / 15 ml cold-pressed olive oil
- 2 cups / 480 ml spring water or alkaline vegetable broth
- 1/2 tsp / 1 g dried wild thyme (or 1 tbsp fresh)
- 1/4 tsp / 1 g sea salt (optional)
- 1 tsp / 5 ml lime juice (optional, for brightness)

Instructions:

1. Warmth the olive oil in a saucepan on a low flame. Toss often while you cook the sliced onion for five to seven minutes, till it is tender and transparent.
2. Add the halved tomatoes and wild thyme. Cook uncovered for 5 minutes, allowing the tomatoes to release their juices.
3. Pour in the water or alkaline broth. Stir and bring to a low simmer. Cover and cook for 15–20 minutes over gentle heat.
4. Taste and add sea salt and lime juice, if using. The soup may be served as-is, strained for a clearer broth, or blended for a smooth consistency depending on preference.
5. Serve warm in small bowls or mugs. For a finishing touch, drizzle with a few drops of olive oil and scatter a pinch of wild thyme on top.

Nutrition Value

(Per Serving):

- Calories: 110
- Protein: 2 g
- Fats: 7 g
- Carbohydrates: 10 g



- Fiber: 2 g
- Calcium: 45 mg
- Iron: 1.1 mg
- Magnesium: 30 mg
- Potassium: 390 mg
- Sodium: 85 mg

Alkaline Nutrient Profile

& Culinary Notes:

- Tomatoes used in moderation within this context provide lycopene, hydration, and mild acidity that balances with olive oil and wild herbs. Wild thyme adds digestive stimulation and aroma.
- This elixir is ideal for early-day cleansing or light recovery meals when the body needs nourishment without heaviness.



Alkaline Amaranth Soup with Dandelion Leaves

A deeply mineralized, earthy soup combining nutty amaranth grain and bitter dandelion greens in a mellow vegetable broth. This high-fiber, iron-rich meal supports detoxification and cellular alkalinity.

Prep Time: 15 min

Cook Time: 35 min

Servings: 2

Ingredients:

- 3.5 oz / 100 g raw amaranth grain, rinsed thoroughly
- 2.1 oz / 60 g fresh dandelion greens, roughly chopped
- 2 tbsp / 30 g chopped green onion (white and green parts), for milder flavor
- 1 tbsp / 15 ml cold-pressed avocado oil
- 2 1/2 cups / 600 ml alkaline vegetable broth
- 1/2 tsp / 1 g dried oregano or marjoram
- 1/4 tsp / 1 g sea salt (optional)
- 1/2 tsp / 2 ml lime juice (for serving)

Instructions:

1. In a saucepan, warm the avocado oil over low heat. Add the chopped onion and sauté for 3–4 minutes until softened.
2. Add the rinsed amaranth grain and stir to toast slightly for about 1 minute.
3. Pour in the alkaline broth, add oregano, and bring to a simmer. To avoid sticking, simmer on a low flame for twenty-five minutes, stirring regularly.
4. Add chopped dandelion greens and simmer for another 5–7 minutes until the leaves have softened and the soup thickens slightly.
5. Adjust seasoning with sea salt and finish with a splash of lime juice before serving.

Nutrition Value

(Per Serving):

- Calories: 220
- Protein: 7 g
- Fats: 8 g



- Carbohydrates: 30 g
- Fiber: 6 g
- Calcium: 95 mg
- Iron: 3.2 mg
- Magnesium: 85 mg
- Potassium: 540 mg
- Sodium: 96 mg

Alkaline Nutrient Profile

& Culinary Notes:

- Amaranth is a powerful alkaline grain rich in complete protein and magnesium, while dandelion greens offer a natural liver tonic effect and intense mineralization. Together, they form a hearty, detox-supporting soup ideal for active days or immune recovery.
- Be sure to rinse amaranth well to remove any bitterness from its natural saponins.



Roasted Red Pepper Soup with Quinoa and Basil Foam

A silky, roasted soup featuring the sweet depth of red peppers blended with soft quinoa, finished with an airy basil foam for a vibrant, aromatic lift. This elegant, alkaline dish balances warmth and brightness in every spoonful.

Prep Time: 20 min

Cook Time: 30 min

Servings: 2

Ingredients:

For the soup:

- 7 oz / 200 g red bell pepper, whole
- 1 oz / 30 g dry quinoa
- 2 tbsp / 30 g chopped green onion (white and green parts), for milder flavor
- 1 tbsp / 15 ml cold-pressed avocado oil
- 2 cups / 480 ml alkaline vegetable broth
- 1/2 tsp / 1 g sea salt (optional)
- 1/4 tsp / 1 g dried oregano

For the basil foam:

- 0.7 oz / 20 g fresh basil leaves
- 1/2 cup / 120 ml warm spring water
- 1/2 tsp / 2 ml lime juice
- 1/2 tsp / 1 g lecithin powder (optional, for foam stability)

Instructions:

1. Rinse dry quinoa thoroughly under cold water. Cook it in boiling alkaline vegetable broth or water over low heat for about 15 minutes until the grains are soft and translucent. Drain any excess liquid and set aside.
2. Set the oven's temperature to 400°F, or 200°C. On a baking pan, place the whole red bell pepper. Roast it for twenty to twenty-five minutes, turning it once, until the flesh is tender and the skin is roasted. After moving the pepper to a bowl with a lid, allow it steam for five minutes. Remove the peel and throw away the seeds and stem.
3. In a saucepan, warm cold-pressed avocado oil over low heat. Add chopped green onion and cook for 3–4 minutes until soft.
4. Stir in dried oregano and cook for another 30 seconds.
5. Add the peeled roasted pepper and the cooked quinoa to the saucepan. Pour in alkaline vegetable broth. Bring to a gentle simmer and cook for 5–7 minutes to allow the flavors to combine.
6. Put the contents of the saucepan to a blender and purée until smooth and creamy.
7. For the basil foam, in a separate container, blend fresh



basil leaves with warm spring water, lime juice, and lecithin powder (optional). Blend until foamy and let it sit for 1 minute to stabilize.

8. Pour the soup into bowls, then spoon the basil foam on top. If preferred, sprinkle with fresh basil leaves and serve right away.

Nutrition Value (Per Serving):

- Calories: 190
- Protein: 5 g
- Fats: 9 g
- Carbohydrates: 20 g
- Fiber: 5 g
- Calcium: 65 mg
- Iron: 1.8 mg
- Magnesium: 50 mg
- Potassium: 510 mg
- Sodium: 92 mg

Alkaline Nutrient Profile & Culinary Notes:

- Red peppers provide vitamin C and beta-carotene, while quinoa delivers all nine amino acids in an alkaline form. The basil foam adds a light aromatic layer and digestive stimulation.
- This dish is excellent for lunch or dinner and pairs well with seeded flatbreads.

Wild Mushroom and Leek Broth with Seared Avocado Wedges

A deep, savory broth made from wild mushrooms and leeks, enriched with roasted flavors and finished with creamy wedges of seared avocado. Perfect as a detoxifying and comforting starter or light main.

Prep Time: 20 min

Cook Time: 40 min

Servings: 2

Ingredients:

For the broth:

- 0.7 oz / 20 g dried wild mushrooms (e.g., porcini, chanterelle)
- 3.5 oz / 100 g fresh leeks, sliced (white and light green part)
- 1 tbsp / 15 ml cold-pressed avocado oil
- 3 cups / 720 ml spring water
- 1 tsp / 2 g dried thyme or rosemary
- ¼ tsp / 1 g sea salt (optional)

For the avocado:

- 3.5 oz / 100 g ripe but firm avocado, cut into thick wedges
- 1 tsp / 5 ml avocado oil (for searing)

Instructions:

1. Soak the dried mushrooms in 1 cup / 240 ml warm water for 20 minutes. Once rehydrated, strain and reserve the soaking liquid. Roughly chop the mushrooms.
2. In a pot, heat avocado oil over low heat. Add the leeks and sauté for 5–6 minutes until soft and fragrant.
3. Add the chopped mushrooms, soaking liquid, remaining spring water or broth, thyme, and salt. Simmer gently for 25–30 minutes uncovered, allowing flavors to concentrate.
4. Meanwhile, in a skillet, heat 1 tsp avocado oil. Sear the avocado wedges on each side for 1–2 minutes until lightly golden. Set aside.
5. Strain the broth if a clear consistency is desired, or leave rustic with softened leeks and mushrooms. Ladle into bowls and top each serving with warm avocado wedges.

Nutrition Value (Per Serving):

- Calories: 160
- Protein: 4 g
- Fats: 13 g
- Carbohydrates: 8 g
- Fiber: 4 g
- Calcium: 40 mg



- Iron: 1.7 mg
- Magnesium: 35 mg
- Potassium: 460 mg
- Sodium: 88 mg

Alkaline Nutrient Profile & Culinary Notes:

- Wild mushrooms bring umami depth, trace minerals, and immune-supportive compounds. Leeks provide gentle prebiotic fiber, and avocado adds essential fats that soothe and nourish.
- This broth is a perfect transition meal when the body craves warmth, grounding, and lightness all at once.



DESSERTS



Papaya-Fig Cream with Teff and Lemon Zest

A smooth and fragrant cream made from ripe papaya, softened figs, and cooked teff, lifted by fresh lemon zest and lime juice. A fiber-rich, gently sweet dessert that's deeply alkaline and coconut-free.

Prep Time: 10 min (plus soaking)

Cook Time: 12 min

Chill Time: 1 hr

Servings: 2

Ingredients:

- 3.5 oz / 100 g ripe papaya, peeled and diced
- 2.1 oz / 60 g dried figs, soaked in warm water for 10 minutes and drained
- 0.7 oz / 20 g dry teff
- 1 tsp / 2 g fresh lemon zest
- 1 tbsp / 15 ml freshly squeezed lime juice
- 1/4 tsp / 1 g ground allspice or cinnamon (optional)
- 1–2 tbsp / 15–30 ml spring water (adjust to desired consistency)

Instructions:

1. Rinse dry teff thoroughly. Cook it in a small saucepan with 1/4 cup (60 ml) water over low heat for 10–12 minutes until soft and the water is fully absorbed. Remove from heat and let cool.
2. In a blender, combine the ripe papaya, soaked figs, cooked teff, lemon zest, lime juice, and optional spices.
3. Blend until completely smooth and creamy. Add spring water gradually to adjust the consistency — it should be spoonable, not runny.
4. Transfer the mixture to small serving bowls or jars and chill in the refrigerator for at least 1 hour before serving.
5. Garnish with extra lemon zest or thin fig slices if desired.

Nutrition Value (Per Serving):

- Calories: 180
- Protein: 3 g
- Fats: 1 g
- Carbohydrates: 40 g
- Fiber: 5 g
- Calcium: 50 mg



- Iron: 1.7 mg
- Magnesium: 45 mg
- Potassium: 420 mg
- Sodium: 6 mg

Alkaline Nutrient Profile & Culinary Notes:

- Papaya supports digestion and hydration, while figs offer natural sweetness, fiber, and gentle laxative properties. Teff adds iron, protein, and texture. Lemon and lime elevate the dish with freshness and digestive support.
- This dessert is light, refreshing, and deeply nourishing — ideal for evening calm or post-meal grounding.



Coconut-Lime Mousse with Soursop Pulp

A fluffy, tropical mousse made with chilled coconut cream, fresh lime juice, and silky soursop pulp. Light and refreshing, yet rich in minerals and healthy fats – a dessert that supports calm, clarity, and cellular balance.

Prep Time: 15 min

Cook Time: 0 min

Chill Time: 2 hrs

Servings: 2

Ingredients:

- 3.5 oz / 100 g soursop pulp (fresh or thawed from frozen, seeds removed)
- 3.5 oz / 100 g full-fat coconut cream (thick, cold)
- 1 tbsp / 15 ml freshly squeezed lime juice
- 1/2 tsp / 2 g lime zest
- 1 tbsp / 15 ml date syrup or blended soft dates (optional, to taste)

Instructions:

1. If using frozen soursop pulp, thaw it completely and remove any remaining seeds or fibers.
2. In a mixing bowl, whisk cold coconut cream until light and airy (about 2–3 minutes).
3. Fold in the soursop pulp, lime juice, lime zest, and date syrup or purée if desired for sweetness. Stir gently until fully combined.
4. Transfer to serving glasses or small bowls and refrigerate for at least 2 hours until the mousse firms.
5. Garnish with additional zest or thin lime slices before serving.

Nutrition Value

(Per Serving):

- Calories: 210
- Protein: 2 g
- Fats: 18 g
- Carbohydrates: 13 g
- Fiber: 3 g
- Calcium: 35 mg



- Iron: 1.4 mg
- Magnesium: 40 mg
- Potassium: 380 mg
- Sodium: 8 mg

Alkaline Nutrient Profile

& Culinary Notes:

- Soursop (graviola) is known for its antioxidant and immune-supportive compounds, while coconut cream provides healthy fats and soothing texture. Lime balances sweetness and supports liver function.
- This mousse is deeply satisfying and ideal as a calming evening dessert or post-fasting treat.



Chia Pudding with Dates and Raspberry Sauce

A smooth, nourishing chia pudding naturally sweetened with dates and topped with a tangy raspberry sauce. This dessert delivers fiber, omega-3s, and vibrant antioxidants – perfect for a refreshing, mineral-rich finish.

Prep Time: 10 min (plus soaking)

Cook Time: 0 min

Chill Time: 2 hrs

Servings: 2

Ingredients:

For the chia pudding:

- 2 tbsp / 20 g whole chia seeds
- ½ cup / 120 ml homemade walnut or Brazil nut milk
- 1 tbsp / 15 g soft dates, finely chopped or blended
- ¼ tsp / 1 g vanilla powder (optional)

For the raspberry sauce:

- 2.8 oz / 80 g fresh or thawed raspberries
- 1 tbsp / 15 ml lime juice
- 1 tbsp / 15 ml date syrup
- 1–2 tbsp / 15–30 ml spring water (as needed for consistency)

Instructions:

1. In a small bowl or jar, whisk together chia seeds, nut milk, dates, and vanilla until evenly mixed. Let sit for 5 minutes, then stir again to prevent clumping.
2. Refrigerate covered till thick and pudding-like, no less than 2 hours or overnight.
3. Meanwhile, blend the raspberries with lime juice, date syrup, and a splash of water to create a smooth sauce.
4. When ready to serve, divide the chia pudding into bowls or jars and spoon the raspberry sauce on top.
5. Garnish with a few whole raspberries or a sprinkle of lemon zest if desired.

Nutrition Value

(Per Serving):

- Calories: 160
- Protein: 4 g



- Fats: 7 g
- Carbohydrates: 18 g
- Fiber: 6 g
- Calcium: 80 mg
- Iron: 1.6 mg
- Magnesium: 55 mg
- Potassium: 320 mg
- Sodium: 4 mg

Alkaline Nutrient Profile

& Culinary Notes:

- Chia seeds provide high-quality plant-based omega-3s and fiber, supporting digestion and hormonal balance. Dates contribute gentle sweetness and minerals like potassium and magnesium. The raspberry-lime sauce brings brightness and antioxidants.
- This dessert can also serve as a light breakfast or mid-day recharge.



Date-Walnut Truffles with Chia Coating

Soft, naturally sweet truffles made from dates and walnuts, rolled in finely ground chia seeds for a gentle crunch. These nutrient-dense treats are portable, energizing, and ideal for advanced alkaline snacking.

Prep Time: 15 min

Cook Time: 0 min

Chill Time (optional): 20 min

Servings: 2

Ingredients:

For the truffles:

- 3.5 oz / 100 g soft Medjool dates, pitted
- 2.1 oz / 60 g raw walnuts
- 1/4 tsp / 1 g ground cinnamon or allspice
- Pinch of sea salt (optional)

For the coating:

- 1 tbsp / 10 g finely ground chia seeds

Instructions:

1. The raw walnuts should be placed in a food processor and pulsed till they resemble coarse flour. To keep them from getting greasy, don't overprocess them.
2. Add the pitted dates, ground cinnamon, and a pinch of sea salt if using. Blend until the mixture turns into a dense, sticky dough that pulls away from the sides.
3. Scoop out about 1 tbsp of the mixture at a time and roll it between your palms to form smooth truffle balls.
4. Spread the ground chia seeds on a small plate. Roll each truffle in the chia until evenly coated.
5. Place the truffles on a plate or parchment and chill in the refrigerator for 15–20 minutes if you prefer a firmer bite. Otherwise, serve immediately.

Nutrition Value

(Per Serving):

- Calories: 210
- Protein: 4 g
- Fats: 13 g
- Carbohydrates: 20 g
- Fiber: 4 g



- Calcium: 60 mg
- Iron: 1.2 mg
- Magnesium: 50 mg
- Potassium: 390 mg
- Sodium: 3 mg

Alkaline Nutrient Profile

& Culinary Notes:

- Dates and walnuts offer a deeply mineralized base with natural sweetness and omega fats. Chia seeds not only provide texture but also fiber and iron.
- These truffles travel well, store well, and make an excellent substitute for processed sweets or caffeine-heavy snacks.



Papaya-Coconut Ice Cream (No Sweeteners)

A creamy, tropical dessert made from ripe papaya and coconut cream, frozen into a naturally sweet, smooth ice cream. No added sugars – just the fruit, the fat, and the minerals.

Prep Time: 10 min

Cook Time: 0 min

Freeze Time: 3 hrs

Servings: 2

Ingredients:

- 5.3 oz / 150 g ripe papaya, peeled and chopped
- 3.5 oz / 100 g full-fat coconut cream (chilled)
- Optional: use 1.8 oz / 50 g coconut cream + 1.8 oz / 50 g spring water for a lighter version
- ½ tsp / 2 ml lime juice
- ¼ tsp / 1 g vanilla powder (optional)

Instructions:

1. In a high-speed blender, combine the chopped papaya, chilled coconut cream (or cream-water mix for a lighter version), lime juice, and vanilla if using. Whisk till the mixture is creamy and flawlessly smooth.
2. Pour the mixture into a shallow container or ice cube tray for quicker freezing. Spread evenly with a spatula.
3. Place in the freezer for about 2–3 hours. For the creamiest result, stir the mixture once halfway through freezing to break up any ice crystals.
4. Prior to scooping, allow the ice cream to soften slightly at room temperature for between five and ten minutes after it has completely frozen.
5. Serve plain or top with fresh fruit, dried herbs like mint or basil, or a few slices of papaya for garnish.

Nutrition Value

(Per Serving):

- Calories: 190
- Protein: 2 g
- Fats: 16 g (lighter version ~10 g)
- Carbohydrates: 11 g
- Fiber: 2 g
- Calcium: 30 mg
- Iron: 1.1 mg
- Magnesium: 40 mg



- Potassium: 360 mg
- Sodium: 7 mg

Alkaline Nutrient Profile

& Culinary Notes:

- Papaya is enzyme-rich and anti-inflammatory, while coconut cream offers healthy fats that support nerve and hormonal balance. For those seeking a lighter option, diluting the cream with spring water still maintains the texture while reducing fat content.
- This ice cream is minimalist, clean, and deeply satisfying without any need for processed sweeteners or commercial additives.



Teff Pancakes with Berry Purée

Soft, mineral-rich pancakes made from ancient teff flour and served with a vibrant mixed-berry purée. Naturally sweetened with fruit and completely coconut-free, this alkaline dessert is both grounding and refreshing.

Prep Time: 15 min

Cook Time: 10 min

Servings: 2

Ingredients:

For the pancakes:

- 2.5 oz / 70 g teff flour
- ½ cup / 120 ml spring water
- ½ oz / 15 g soft dates, finely chopped
- ¼ tsp / 1 g ground cinnamon
- Pinch of sea salt (optional)
- 1 tsp / 5 ml cold-pressed avocado oil for the pan

For the berry purée:

- 2.8 oz / 80 g fresh or thawed mixed berries (e.g., raspberries, blackberries, blueberries)
- 1 tbsp / 15 ml lime juice
- 1 tbsp / 15 ml spring water (as needed for blending)

Instructions:

- In a bowl, mix the teff flour, water, chopped dates, cinnamon, and optional salt. Let the batter rest for 5–10 minutes.
- Heat a non-stick skillet over medium-low heat and lightly grease it with avocado oil.
- Pour small rounds of batter onto the skillet (about 3–4 in / 7–10 cm in diameter). Cook for 2–3 minutes on each side until set and golden.
- Meanwhile, blend the berries with lime juice and a bit of water into a smooth sauce.
- Serve the pancakes warm with a generous spoonful of berry purée.

Nutrition Value (Per Serving):

- Calories: 190
- Protein: 5 g
- Fats: 6 g



- Carbohydrates: 30 g
- Fiber: 5 g
- Calcium: 40 mg
- Iron: 3.2 mg
- Magnesium: 60 mg
- Potassium: 410 mg
- Sodium: 6 mg

Alkaline Nutrient Profile & Culinary Notes:

- Teff is one of the most iron-rich alkaline grains and provides a satisfying base for soft pancakes. The berry purée adds color, antioxidants, and tartness that complements the natural sweetness of the dates.
- These pancakes also work as a sweet breakfast or nourishing afternoon treat.



Coconut-Mango Balls with Dried Strawberry Dust

Delicate bite-sized balls made from dried mango and shredded coconut, rolled in powdered dried strawberries for a bright, tangy coating. A fun, elegant alkaline dessert with balanced texture and natural sweetness.

Prep Time: 15 min (plus soaking)

Cook Time: 0 min

Chill Time: 20 min

Servings: 2

Ingredients:

- 2.5 oz / 70 g dried mango, soaked 5 min and drained
- 2 oz / 60 g unsweetened shredded coconut
- 1 tbsp / 15 ml lime juice
- 1/2 tsp / 2 g lime zest
- 0.4 oz / 10 g dried strawberries, ground into powder

Instructions:

1. Place the soaked mango, shredded coconut, lime juice, and lime zest into a food processor and blend until a sticky, thick paste forms. Scrape the sides as needed.
2. Scoop out small portions and roll into 6–8 smooth balls using slightly damp hands.
3. Roll each ball in the powdered dried strawberries until evenly coated.
4. Prior to serving, let it cool in the refrigerator for twenty minutes.

Nutrition Value

(Per Serving):

- Calories: 180
- Protein: 2 g
- Fats: 10 g
- Carbohydrates: 20 g
- Fiber: 4 g
- Calcium: 35 mg
- Iron: 1.4 mg
- Magnesium: 45 mg
- Potassium: 360 mg
- Sodium: 5 mg



Alkaline Nutrient Profile

& Culinary Notes:

- Mango and coconut create a sweet, dense base rich in minerals and texture. Dried strawberry powder adds brightness and color contrast without added sugar.
- These balls are ideal for celebrations or as a travel snack.



Fig-Walnut Pastry with Kiwano Sauce

Miniature pastries made from a chewy fig-walnut dough, shaped and gently baked for a warm, nutty bite. Served with a fresh, tangy kiwano fruit sauce for contrast and elegance.

Prep Time: 20 min (plus soaking)

Cook Time: 15 min

Servings: 2

Ingredients:

For the pastry:

- 2.8 oz / 80 g dried figs, soaked in warm water 10 min and drained
- 2.1 oz / 60 g raw walnuts
- 1 tbsp / 15 ml lime juice
- 1/2 tsp / 2 g cinnamon or allspice
- Pinch of sea salt (optional)

For the sauce:

- 3.5 oz / 100 g kiwano pulp (fresh, scooped with seeds)
- 1 tsp / 5 ml lime juice
- 1 tbsp / 15 ml spring water (optional, for thinning)

Instructions:

1. For preheating, set your oven at 300°F / 150°C. Line a small baking tray with parchment.
2. In a food processor, combine the drained figs, walnuts, lime juice, cinnamon, and a pinch of salt. Blend until a sticky, moldable dough forms. It should hold together when pressed.
3. With wet hands, divide the dough into 4–6 portions and shape into small oval or crescent pastries. Place them on the tray and flatten slightly.
4. Bake for 12–15 minutes until the surface is just set and slightly golden. Let cool completely on the tray.
5. For the sauce, mash or blend the kiwano pulp with lime juice and water until slightly smooth but still textured. Spoon over each pastry when serving.

Nutrition Value (Per Serving):

- Calories: 210
- Protein: 4 g
- Fats: 12 g



- Carbohydrates: 22 g
- Fiber: 4 g
- Calcium: 50 mg
- Iron: 1.6 mg
- Magnesium: 55 mg
- Potassium: 400 mg
- Sodium: 4 mg

Alkaline Nutrient Profile & Culinary Notes:

- Figs and walnuts form a mineral-rich, slightly chewy base that mimics pastry without flour. Kiwano fruit adds vibrant color and citrus-like acidity.
- This dish works equally well as a plated dessert or festive offering with herbal tea.



Baked Pear Wedges with Basil and Soursop Sauce

Soft-baked pear slices with natural sweetness, lightly infused with herbs and served alongside a cool, silky soursop sauce. A gentle, elegant dessert with restorative alkaline balance.

Prep Time: 10 min

Cook Time: 20 min

Servings: 2

Ingredients:

For the pears:

- 5.3 oz / 150 g ripe but firm pears, sliced into wedges
- 1 tsp / 5 ml avocado oil
- 1/2 tsp / 2 g chopped fresh basil
- Pinch of sea salt (optional)

For the sauce:

- 2.8 oz / 80 g soursop pulp (fresh or thawed, seeds removed)
- 1 tbsp / 15 ml lime juice
- 1 tbsp / 15 ml spring water (as needed to loosen)

Instructions:

1. For preheating, set your oven at 350°F / 175°C. Line a small tray with parchment paper.
2. Toss the pear wedges with avocado oil, chopped basil, and a small pinch of salt if using. Spread evenly on the tray.
3. Bake for 18–20 minutes, turning once, until the edges are golden and the pears are tender.
4. Meanwhile, mash or blend the soursop pulp with lime juice and a little water to form a creamy sauce.
5. Serve the warm pear wedges with a generous spoonful of the chilled soursop sauce.

Nutrition Value (Per Serving):

- Calories: 160
- Protein: 1 g
- Fats: 6 g
- Carbohydrates: 26 g
- Fiber: 4 g
- Calcium: 30 mg
- Iron: 0.9 mg



- Magnesium: 30 mg
- Potassium: 360 mg
- Sodium: 3 mg

Alkaline Nutrient Profile

& Culinary Notes:

- Pears offer gentle sweetness and hydration, especially when warm. Soursop adds cooling contrast and digestive support, while basil enhances aroma and grounding energy.
- This is a restorative, spa-style dessert that calms both palate and system.



Chia Pudding with Brazil Nut Milk and Berries

A deeply nourishing chia pudding made with homemade Brazil nut milk and topped with fresh, antioxidant-rich berries. Ideal for a calming dessert or a nutrient-packed afternoon recharge.

Prep Time: 10 min (plus soaking)

Cook Time: 0 min

Chill Time: 2 hrs or overnight

Servings: 2

Ingredients:

For the pudding:

- 2 tbsp / 20 g whole chia seeds
- 1/2 cup / 120 ml homemade Brazil nut milk (unsweetened)
- 1 tbsp / 15 g blended soft dates or date syrup (optional)
- 1/4 tsp / 1 g vanilla powder (optional)

For topping:

- 2.5 oz / 70 g fresh mixed berries (e.g., raspberries, blueberries)
- 1 tsp / 5 ml lime juice
- 1/2 tsp / 2 g finely chopped mint (optional)

Instructions:

1. Mix in a bowl or jar the chia seeds, Brazil nut milk, blended dates (if using), and vanilla powder. Stir well to avoid clumping.
2. Let the mixture rest for 5 minutes, then stir again to ensure the seeds are evenly distributed.
3. Cover and refrigerate for at least 2 hours or overnight until thickened to a creamy pudding consistency.
4. Just before serving, mix the berries with lime juice and optional mint for brightness.
5. Spoon the pudding into small bowls and top with the fresh berry mixture.

Nutrition Value (Per Serving):

- Calories: 170
- Protein: 4 g
- Fats: 10 g
- Carbohydrates: 16 g



- Fiber: 6 g
- Calcium: 80 mg
- Iron: 1.5 mg
- Magnesium: 60 mg
- Potassium: 340 mg
- Sodium: 4 mg

Alkaline Nutrient Profile & Culinary Notes:

- Chia delivers essential fatty acids and fiber, while Brazil nut milk is high in selenium and magnesium. Fresh berries contribute vibrant antioxidants and digestive support.
- This pudding is perfect for hot days, light evening desserts, or slow alkaline mornings.



MINERAL-RICH TEAS & TONICS



Elderberry-Mulberry Mineral Elixir with Nopal and Hibiscus

An invigorating, deeply mineral-rich tonic combining antioxidant-packed elderberries and mulberries with alkalizing nopal cactus and vibrant hibiscus flower. This refreshing elixir supports immune function, detoxification, and hydration with a bright floral note and gentle tang.

Prep Time: 10 min

Steep Time: 15 min

Servings: 2

Ingredients:

- 1 tbsp dried elderberries
- 1 tbsp dried mulberries
- 1 tbsp dried hibiscus flowers
- 1 tbsp dried nopal (cactus pads), cleaned and chopped
- 4 cups (960 ml) spring water
- 1 tsp dried lemon balm (optional)
- 1 tbsp fresh lime juice (to taste)
- 1 tsp raw agave nectar or date syrup (optional)

Instructions:

1. In a heatproof teapot or saucepan, combine elderberries, mulberries, hibiscus, nopal, and lemon balm if using.
2. Pour spring water over the herbs and berries and bring just to a gentle simmer. Remove from heat and cover.
3. Let steep for 15 minutes to extract minerals, antioxidants, and vibrant flavors.
4. Strain the tonic into cups or a pitcher.
5. Stir in fresh lime juice and sweetener if desired. Serve warm or chilled.

Nutrition Value

(Per Serving):

- Calories: 10
- Protein: 0 g
- Fats: 0 g
- Carbohydrates: 2 g
- Fiber: 0.5 g
- Calcium: 30 mg
- Iron: 1.4 mg



- Magnesium: 25 mg
- Potassium: 70 mg
- Sodium: 12 mg

Alkaline Nutrient Profile

& Culinary Notes:

- Elderberries and mulberries provide immune-boosting antioxidants and trace minerals such as zinc and manganese.
- Hibiscus contributes vitamin C, flavonoids, and a natural tartness balancing the sweetness.
- Nopal cactus adds fiber, calcium, magnesium, and potassium, enhancing alkalinity and hydration.
- Lemon balm calms the nervous system, rounding out this restorative tonic perfect for daily mineral replenishment and gentle detox.



Bladderwrack-Burdock Root Mineral Tea

Deeply mineralizing herbal tea made from bladderwrack and burdock root – two alkaline powerhouse ingredients known for supporting blood purification, thyroid health, and sustained energy levels.

Prep Time: 5 min

Brew Time: 20 min

Servings: 2

Ingredients:

- 0.35 oz / 10 g dried bladderwrack
- 0.35 oz / 10 g dried burdock root
- 3 cups / 720 ml spring water
- 1 tsp / 5 ml lime juice (optional, to brighten)

Instructions:

1. Add bladderwrack and burdock root to a small saucepan with the spring water. On a low flame, put to a soft simmer.
2. Simmer, covered, for 15–20 minutes. Do not boil vigorously – gentle heat ensures maximum mineral release.
3. Remove from heat and let steep an additional 5 minutes. Strain through a fine sieve or cheesecloth.
4. Serve warm, with lime juice stirred in if desired.

Nutrition Value

(Per Serving):

- Calories: 10
- Protein: 0 g
- Fats: 0 g
- Carbohydrates: 2 g



- Fiber: 0.5 g
- Calcium: 30 mg
- Iron: 1.4 mg
- Magnesium: 25 mg
- Potassium: 70 mg
- Sodium: 12 mg

Alkaline Nutrient Profile

& Culinary Notes:

- Bladderwrack provides a natural source of iodine and trace sea minerals, while burdock root supports blood purification and digestion.
- Together, they create a bold, slightly earthy tea ideal for daily mineral balance and detoxification routines.

Warm Tamarind-Lime Digestive Elixir

Bright and lightly tangy elixir made from tamarind pulp and fresh lime. A gentle, warming drink that stimulates digestion and soothes mild discomfort after meals.

Prep Time: 5 min

Warm Time: 5 min

Servings: 2

Ingredients:

- 1.4 oz / 40 g seedless tamarind pulp (softened)
- 2 cups / 480 ml warm spring water
- 1 tbsp / 15 ml freshly squeezed lime juice
- Pinch of sea salt (optional)

Instructions:

1. In a bowl, mash the tamarind pulp with 1/2 cup of warm



- water to loosen. Strain through a fine sieve to remove fibers and retain smooth liquid.
2. Pour the strained tamarind water into a saucepan. Add the rest of the warm water and gently reheat (do not boil).
 3. Stir in lime juice and sea salt if using. Mix well and serve immediately while warm.

**Nutrition Value
(Per Serving):**

- Calories: 45
- Protein: 0.5 g
- Fats: 0 g
- Carbohydrates: 11 g
- Fiber: 0.8 g

- Calcium: 25 mg
- Iron: 0.6 mg
- Magnesium: 18 mg
- Potassium: 140 mg
- Sodium: 4 mg

**Alkaline Nutrient Profile
& Culinary Notes:**

- Tamarind is rich in tartaric acid and potassium, which gently stimulate the digestive tract and promote elimination. Lime adds brightness and enhances enzymatic action.
- This elixir is best sipped slowly after heavier meals or before rest.

Hibiscus-Basil Floral Cooler

Bright red, tangy, and deeply refreshing – this floral cooler made with dried hibiscus petals and fresh basil is antioxidant-rich and naturally cooling, perfect for hot days or post-meal clarity.

Prep Time: 5 min
Steep Time: 20 min + chill
Servings: 2

Ingredients:

- 0.2 oz / 6 g dried hibiscus petals
- 4–5 fresh basil leaves, gently torn
- 2 cups / 480 ml spring water
- 1 tsp / 5 ml lime juice (optional)
- Ice cubes for serving (optional)

Instructions:

1. Bring the spring water to a boil, then remove from heat. Add the dried hibiscus petals and torn basil leaves.
2. Cover and steep for 15–20 minutes. Strain through a fine mesh or cloth.
3. Add lime juice if using. After allowing the tea to reach room temperature, chill it in the refrigerator.
4. Serve over ice or drink cold as is.

**Nutrition Value
(Per Serving):**

- Calories: 5
- Protein: 0 g
- Fats: 0 g
- Carbohydrates: 1 g
- Fiber: 0 g



- Calcium: 10 mg
- Iron: 0.3 mg
- Magnesium: 8 mg
- Potassium: 40 mg
- Sodium: 1 mg

**Alkaline Nutrient Profile
& Culinary Notes:**

- Hibiscus offers vibrant color and anthocyanins that support blood pressure regulation and gentle cleansing. Basil adds subtle grounding and digestive balance. This cooler is hydrating, elegant, and adaptable for infused waters or mocktails.



Soursop-Leaf Relaxation Tea with Chamomile and Basil

A floral, soothing tea made from soursop leaves, chamomile, and a hint of basil. This blend supports deep rest, nervous system repair, and gentle emotional grounding — ideal for winding down in the evening.

Prep Time: 5 min

Steep Time: 15 min

Servings: 2

Ingredients:

- 3–4 dried or fresh soursop leaves
- 1 tbsp / 2 g dried chamomile blossoms
- 3 fresh basil leaves, gently torn
- ¼ tsp / 0.5 g grated lime zest (optional)
- 2.5 cups / 600 ml spring water

Instructions:

1. Bring the water to a simmer. Add soursop leaves, chamomile blossoms, torn basil, and lime zest if using.
2. Immediately cover and let steep off the heat for 15 minutes to preserve the delicate aromatics.
3. Strain the tea into cups. Drink warm in a calm environment, preferably in the evening.

Nutrition Value

(Per Serving):

- Calories: 3
- Protein: 0 g
- Fats: 0 g
- Carbohydrates: 0.6 g
- Fiber: 0 g



- Calcium: 8 mg
- Iron: 0.2 mg
- Magnesium: 7 mg
- Potassium: 30 mg
- Sodium: 0 mg

Alkaline Nutrient Profile & Culinary Notes:

- Chamomile and soursop create a naturally calming base, while basil deepens the herbal notes and enhances relaxation. Lime zest adds a faint citrus lift that balances the floral body.
- This tea is gentle, layered, and emotionally grounding — perfect before rest or after overstimulation.

Ginger-Lime Zest Infusion with Nopal

A bold, warming infusion made with fresh ginger, cactus nopal, and lime zest. This powerful digestive tonic reduces inflammation, supports blood sugar balance, and revitalizes the system with every sip.

Prep Time: 5 min

Simmer Time: 15 min

Servings: 2

Ingredients:

- 1.4 oz / 40 g fresh nopal (cactus paddle), cleaned and sliced
- 0.7 oz / 20 g fresh ginger root, thinly sliced
- Zest of 1 small lime
- 2.5 cups / 600 ml spring water
- 1 tsp / 5 ml lime juice (optional, for brightness)



Instructions:

1. In a small saucepan, combine the nopal slices, ginger, lime zest, and spring water. On a moderate flame, put to

- a soft simmer.
- Cover and simmer gently for 15 minutes to release mucilage from the nopal and infuse the ginger.
 - Remove from heat, strain the infusion, and stir in lime juice if using.
 - Serve warm as a digestive tea or cool slightly for a refreshing midday tonic.

**Nutrition Value
(Per Serving):**

- Calories: 12
- Protein: 0.5 g
- Fats: 0 g
- Carbohydrates: 3 g
- Fiber: 0.5 g

- Calcium: 20 mg
- Iron: 0.3 mg
- Magnesium: 12 mg
- Potassium: 90 mg
- Sodium: 2 mg

**Alkaline Nutrient Profile
& Culinary Notes:**

- Nopal provides soluble fiber, antioxidants, and blood sugar-regulating compounds. Ginger adds circulatory warmth and anti-inflammatory potency, while lime zest lifts the flavor with subtle brightness.
- This is a grounding tea ideal after meals or during fatigue.

Elderberry-Mulberry Immune Boost Tea

A deep purple herbal infusion made with dried elderberries and mulberries. This antioxidant-rich tea helps strengthen the immune system, soothe inflammation, and nourish the blood with natural sweetness and warmth.

Prep Time: 5 min
Simmer Time: 20 min
Servings: 2

Ingredients:

- 1 oz / 30 g dried elderberries
- 0.7 oz / 20 g dried mulberries
- 1 slice / 5 g fresh ginger (optional)
- 3 cups / 720 ml spring water

Instructions:

- Place the elderberries, mulberries, and ginger (if using) into a small pot with the water.
- Bring to a simmer over medium-low heat. Cover and simmer gently for 20 minutes to extract the berries' deep nutrients.
- Remove from heat and let steep 5 minutes more. Strain into cups.
- Serve warm or store in the fridge for up to 2 days and reheat as needed.

**Nutrition Value
(Per Serving):**

- Calories: 60
- Protein: 1 g
- Fats: 0 g



- Carbohydrates: 14 g
- Fiber: 2 g
- Calcium: 35 mg
- Iron: 1.2 mg
- Magnesium: 25 mg
- Potassium: 160 mg
- Sodium: 3 mg

**Alkaline Nutrient Profile
& Culinary Notes:**

- Elderberries are rich in anthocyanins and vitamin C, while mulberries offer iron and gentle sweetness. Together, they support immune resilience and blood nourishment.
- This tea is ideal for seasonal transitions, recovery, or daily defense.



Roasted Dandelion Root & Date Husk Brew

A rich, earthy brew with subtle caramel notes, made from roasted dandelion root and dried date husks. Naturally caffeine-free and liver-supportive, this deep infusion offers warmth, bitterness, and a hint of natural sweetness.

Prep Time: 5 min

Simmer Time: 15 min

Servings: 2

Ingredients:

- 0.5 oz / 15 g roasted dandelion root (cut or ground)
- 0.35 oz / 10 g dried date husks (from whole dates, not sweetened)
- 2.5 cups / 600 ml spring water

Instructions:

1. In a small saucepan, combine the roasted dandelion root and date husks with spring water.
2. Bring to a gentle simmer over low heat. Cover and simmer for 15 minutes to extract the full depth of flavor.
3. Strain through a fine mesh or cloth and serve warm.
4. Optionally, reheat gently or enjoy cooled and poured over ice.

Nutrition Value (Per Serving):

- Calories: 18
- Protein: 0.3 g
- Fats: 0 g
- Carbohydrates: 4 g
- Fiber: 0.6 g



- Calcium: 25 mg
- Iron: 0.7 mg
- Magnesium: 16 mg
- Potassium: 120 mg
- Sodium: 2 mg

Alkaline Nutrient Profile & Culinary Notes:

- Roasted dandelion root mimics the depth of coffee while offering liver-cleansing and diuretic properties. Date husks lend trace minerals and natural mild sweetness without raising glycemic load.
- This drink is a comforting alternative to roasted beverages and supports gentle detox.

Anise-Fennel Digestive Tonic with Basil

A soothing, mildly sweet digestive tonic made with crushed anise seeds, fennel, and fresh basil. Perfect after meals to ease bloating, calm the stomach, and support mineral absorption with gentle herbal aromatics.

Prep Time: 5 min

Steep Time: 10–15 min

Servings: 2

Ingredients:

- 1 tsp / 2 g whole anise seeds, lightly crushed
- 1 tsp / 2 g fennel seeds
- 4–5 fresh basil leaves
- 2.5 cups / 600 ml hot spring water



Instructions:

1. In a teapot or heatproof jar, combine the crushed anise, fennel seeds, and torn basil leaves.
2. Pour hot (not boiling) water over the herbs. Cover immediately to preserve volatile oils.
3. Steep for 10–15 minutes, then strain into cups.
4. Drink warm after meals or between meals to ease digestion.

Nutrition Value (Per Serving):

- Calories: 6
- Protein: 0.2 g
- Fats: 0.1 g

- Carbohydrates: 1.2 g
- Fiber: 0.3 g
- Calcium: 20 mg
- Iron: 0.5 mg
- Magnesium: 10 mg
- Potassium: 50 mg
- Sodium: 1 mg

Alkaline Nutrient Profile & Culinary Notes:

Anise and fennel are traditional digestive herbs that reduce bloating and stimulate gentle peristalsis. Basil adds a grounding floral note and mild astringency. This tonic is light yet effective, making it suitable for daily use or after heavy meals.

Warm Fig-Leaf Tea with Nutmeg and Basil

A delicately creamy, warming tea brewed from fig leaves, aromatic nutmeg, and fresh basil. This calming infusion supports hormone balance, deep rest, and mental clarity with layers of gentle flavor and grounding energy.

Prep Time: 5 min
Steep Time: 15 min
Servings: 2

Ingredients:

- 2 fresh or dried fig leaves, torn
- 3 fresh basil leaves, gently crushed
- 1 pinch / 0.2 g freshly grated nutmeg
- 2.5 cups / 600 ml spring water

Instructions:

1. Bring spring water to a simmer, then remove from heat. Add fig leaves, basil, and nutmeg.
2. Cover tightly and steep for 15 minutes, allowing the oils and minerals to infuse fully.
3. Strain the infusion into cups. Serve warm, preferably in a quiet setting before rest or meditation.

Nutrition Value (Per Serving):

- Calories: 4
- Protein: 0.1 g
- Fats: 0 g
- Carbohydrates: 0.7 g
- Fiber: 0.1 g
- Calcium: 8 mg
- Iron: 0.3 mg



- Magnesium: 6 mg
- Potassium: 30 mg
- Sodium: 1 mg

Alkaline Nutrient Profile & Culinary Notes:

- Fig leaves contain natural lactones and alkaloids that assist with hormonal and metabolic regulation. Basil adds soft astringency and emotional stability, while nutmeg offers warming depth.
- This tea is perfect for winding down and connecting to a more centered state.



30-DAY MEAL PLAN

This 30-day meal plan has been carefully designed for individuals seeking to deepen their commitment to alkaline, plant-based living in alignment with the nutritional teachings of Dr. Sebi. It provides a structured, sustainable path that eliminates hybridized foods, processed ingredients, and acidic disruptors—offering instead a vibrant palette of whole, natural ingredients sourced directly from nature’s original design.

Each meal is built from approved, non-acidic foods—such as leafy greens, seeded fruits, ancient grains, natural oils, and mineral-rich herbs—ensuring full alignment with the Dr. Sebi nutritional guide. The recipes emphasize simplicity, digestion-friendly combinations, and the restorative power of minerals, fiber, and natural hydration.

This plan excludes inflammatory foods, including animal products, dairy, refined sugars, starch-heavy vegetables, and synthetic additives. Instead, it encourages the body’s natural

ability to detoxify, regenerate, and restore balance through high-vibration meals that are deeply nourishing yet light on the digestive system.

Every day of the plan is intentionally structured to support your energy, focus, and cellular renewal—from gentle morning cleansing rituals to grounding evening meals. Portions are balanced and adaptable, allowing space for listening to your body’s evolving needs.

Before beginning this journey, it’s recommended to consult a healthcare practitioner familiar with plant-based or holistic approaches, especially if you have underlying conditions or specific nutritional requirements.

This is not just a meal plan—it’s a recalibration of how you relate to food, healing, and energy. Embrace it with patience, consistency, and curiosity. Let every bite reconnect you to vitality, clarity, and a more alkaline way of living.



WEEK 1

Day	Breakfast	Morning Snack (optional)	Lunch	Afternoon Snack (optional)	Dinner
1	Fonio Breakfast Bowl with Figs, Hemp Seeds, and Warm Date Milk	Baked Nopal Strips with Lime and Cayenne	Fonio Porridge with Pumpkin and Aromatic Herbs+Mango-Arugula Salad with Spiced Walnut Dust	Warm Tamarind-Lime Digestive Elixir	Stewed Kalalu Leaves with Mint and Fresh Lime Juice, Paired with Mixed Mushrooms
2	Sweet Sorghum Cakes with Soursop Glaze and Toasted Sesame	Cooked Fonio Cubes with Date-Coconut Glaze	Roasted Sweet Potato Ragout with Amaranth and Thyme	Bladderwrack-Burdock Root Mineral Tea+apaya-Fig Cream with Teff and Lemon Zest	Steamed Okra with Warm-Spiced Herb Dressing and Fresh Parsley, Garnished with Sunflower Seed
3	Stuffed Plantain Boats with Avocado-Lime Cream and Baby Greens	Chilled Papaya-Lime Skewers with Mint	Stewed Young Dandelion Greens with Aromatic Herbs and Olive Oil+Warm Tomato and Onion Elixir with Wild Thyme	Roasted Dandelion Root & Date Husk Brew+Cucumber-Avocado Stack with Basil-Lime Glaze	Sautéed Chayote with Turmeric and Fresh Cilantro, Complemented by Amaranth
4	Chickpea Flour Flatbreads with Roasted Yellow Zucchini and Basil	Teff-Onion Flatbread Triangles with Sea Salt	Stewed Dandelion Greens with Leek and Coconut Oil	Warm Fig-Leaf Tea with Nutmeg and Basil+Chia Pudding with Dates and Raspberry Sauce	Grilled Portobello Mushrooms with Garlic-Free Chimichurri
5	Amaranth Flatbread Wraps with Avocado-Cucumber Mash and Cooked Cherry	Dehydrated Cactus Pear and Prickly Pear Rounds	Roasted Burro Banana with Stewed Dandelion Greens+Wild Lettuce and Fig Salad with Teff Crisps	Anise-Fennel Digestive Tonic with Basil	Steamed Pumpkin Slices with Creamy Seed Milk Sauce and Cilantro, Topped with Toasted Pumpkin Seeds
6	Coconut Yogurt Parfait with Papaya, Pumpkin Seeds, and Cinnamon	Baked Plantain Wedges with Spiced Avocado-Lime Dip	Stewed Roasted Nopal with Sesame Seeds and Basil+Mucuna Bean Soup with Callaloo and Sea Salt	Ginger-Lime Zest Infusion with Nopal	Wild Mushroom Ragout with Fresh Thyme and Roasted Garlic Scapes, Featuring Mixed Mushrooms
7	Sea Moss & Mango Power Bowl with Quinoa, Burro Banana, and Toasted Seeds	Sweet Fonio-Date Bars with Brazil Nut Crust	Amaranth Porridge with +Alkaline Quinoa and Dandelion Soup with Nettle and Green Onion	Elderberry-Mulberry Mineral Elixir with Nopal and Hibiscus	Roasted Fennel with Lime Zest and Toasted Walnuts

WEEK 2

Day	Breakfast	Morning Snack (optional)	Lunch	Afternoon Snack (optional)	Dinner
1	Chia-Coconut Pudding with Fresh Berries and Brazil Nut Crumble	Walnut Herb Pâté with Burro Banana Slices	Stewed Roasted Nopal with Sesame Seeds and Basil	Ginger-Lime Zest Infusion with Nopal	Baked Parsnip and Butternut Squash Mash with Sage and Olive Oil, Served with Fresh Greens
2	Amaranth Crepes with Fig-Date Filling and Lemon Zest	Baked Nopal Strips with Lime and Cayenne	Stewed Roasted Pumpkin Ragout with Wild Onion and Thyme	Elderberry-Mulberry Immune Boost Tea	Stewed Kalalu Leaves with Mint and Fresh Lime Juice, Paired with Mixed Mushrooms
3	Teff Porridge with Soursop, Walnuts, and Date Purée	Chilled Papaya-Lime Skewers with Mint	Fonio Porridge with Pumpkin and Aromatic Herbs+Mucuna Bean Soup with Callaloo and Sea Salt	Bladderwrack-Burdock Root Mineral Tea+Coconut-Lime Mousse with Soursop Pulp	Roasted Butternut Squash with Toasted Pine Nuts and Fresh Sage
4	Toasted Millet Granola with Papaya and Coconut Yogurt	Crispy Okra Coins with Sesame Crust and Onion Dust	Stewed Kalalu with Leek and Ginger+Roasted Red Pepper Soup with Quinoa and Basil Foam	Warm Tamarind-Lime Digestive Elixir	Sautéed Chayote with Turmeric and Fresh Cilantro, Complemented by Amaranth
5	Millet Porridge with Burro Banana and Wild Berry Compote	Baked Plantain Wedges with Spiced Avocado-Lime Dip	Roasted Sweet Potato with Stewed Amaranth, Pumpkin, and Basil	Date-Walnut Truffles with Chia Coating+Anise-Fennel Digestive Tonic with Basil	Roasted Butternut Squash with Toasted Pine Nuts and Fresh Sage
6	Fonio Breakfast Bowl with Figs, Hemp Seeds, and Warm Date Milk	Dehydrated Cactus Pear and Prickly Pear Rounds	Roasted Burro Banana with Stewed Dandelion Greens+Zucchini-Okra Chowder with Basil Oil	Soursop-Leaf Relaxation Tea with Chamomile and Basil+Chia Pudding with Brazil Nut Milk and Berries	Braised Celery Root with Fresh Dill and Seed Cream, Enriched with Chopped Walnuts
7	Alkaline Quinoa Porridge with Wild Blueberries and Burro Banana Mash	Sweet Fonio-Date Bars with Brazil Nut Crust	Roasted Sweet Potato Ragout with Amaranth and Thyme	Elderberry-Mulberry Mineral Elixir with Nopal and Hibiscus	Grilled Portobello Mushrooms with Garlic-Free Chimichurri+Sautéed Chayote with Amaranth Sprouts and Yellow Pepper Purée

WEEK 3

Day	Breakfast	Morning Snack (optional)	Lunch	Afternoon Snack (optional)	Dinner
1	Stuffed Plantain Boats with Avocado-Lime Cream and Baby Greens	Sun-Dried Tomato Leather with Thyme and Olive Oil Glaze	Stewed Roasted Pumpkin with Kudzu and Thyme+Watercress and Cherry Tomato Bowl with Blistered Mushrooms	Bladderwrack-Burdock Root Mineral Tea	Roasted Butternut Squash with Rosemary and Avocado Oil, served with Amaranth Garnish
2	Papaya Breakfast Cups with Walnut-Date Filling and Key Lime Drizzle	Crispy Okra Coins with Sesame Crust and Onion Dust	Stewed Kalalu with Leek and Ginger+.Green Plantain Soup with Coconut-Lime Cream	Warm Tamarind-Lime Digestive Elixir	Stewed Roasted Pumpkin Ragout with Thyme and Seed Milk, Boosted with Amaranth
3	Warm Amaranth Flatbread with Cucumber-Hemp Seed Spread and Sliced Chayote	Sweet Fonio-Date Bars with Brazil Nut Crust	Roasted Courgette with Nut Crumble and Avocado-Lime Sauce	Soursop-Leaf Relaxation Tea with Chamomile and Basil+aked Pear Wedges with Basil and Soursop Sauce	Wild Mushroom Ragout with Fresh Thyme and Roasted Garlic Scapes, Featuring Mixed Mushrooms
4	Sautéed Shiitake Mushrooms and Watercress over Soft Cooked Amaranth Grits	Elderberry-Mulberry Immune Boost Tea	Stewed Roasted Pumpkin Ragout with Wild Onion and Thyme+Callaloo Leaf Salad with Quinoa-Coriander Crumble	Baked Plantain Wedges with Spiced Avocado-Lime Dip	Baked Plantain Wedges with Warm-Spiced Avocado-Lime Dip, served with Stewed Okra
5	Zucchini Pancakes with Blistered Plum Sauce and Basil Oil	Walnut Herb Pâté with Burro Banana Slices	Stewed Nopal Cactus with Portobello Mushrooms and Cilantro	Ginger-Lime Zest Infusion with Nopal+Fig-Walnut Pastry with Kiwano Sauce	Braised Celery Root with Fresh Dill and Seed Cream, Enriched with Chopped Walnuts
6	Sautéed Shiitake Mushrooms and Watercress over Soft Cooked Amaranth Grits	Teff-Onion Flatbread Triangles with Sea Salt	Kudzu Porridge with Wakame and Lime-Herb Oil+Sea Moss and Wakame Salad with Green Coconut Vinaigrette	Hibiscus-Basil Floral Cooler	Steamed Pumpkin Slices with Creamy Seed Milk Sauce and Cilantro, Topped with Toasted Pumpkin Seeds
7	Sorghum Pancakes with Soursop Sauce and Toasted Sesame	Baked Nopal Strips with Lime and Cayenne	Steamed Sweet Potato Slices with Avocado Sauce and Fresh Cilantro+Vegetable Soup with Okra, Portobello, and Callaloo Greens	Warm Fig-Leaf Tea with Nutmeg and Basil	Roasted Kohlrabi with Rosemary and Toasted Walnut Crumble

WEEK 4

Day	Breakfast	Morning Snack (optional)	Lunch	Afternoon Snack (optional)	Dinner
1	Teff Porridge with Soursop, Walnuts, and Date Purée	Sun-Dried Tomato Leather with Thyme and Olive Oil Glaze	Stewed Nopal Cactus with Portobello Mushrooms and Cilantro	Hibiscus-Basil Floral Cooler+Coconut-Mango Balls with Dried Strawberry Dust	Kudzu Porridge with Cinnamon and Herbs, Enriched with Pumpkin Seeds
2	Sautéed Shiitake Mushrooms and Watercress over Soft Cooked Amaranth Grits	Warm Tamarind-Lime Digestive Elixir	Stewed Dandelion Greens with Leek and Coconut Oil+Fresh Nopal and Okra Salad with Lime-Cilantro-Chia Dressing	Chilled Papa-ya-Lime Skewers with Mint	Baked Parsnip and Butternut Squash Mash with Sage and Olive Oil, Served with Fresh Greens
3	Papaya Breakfast Cups with Walnut-Date Filling and Key Lime Drizzle	Baked Plantain Wedges with Spiced Avocado-Lime Dip	Stewed Roasted Pumpkin with Kudzu and Thyme	Soursop-Leaf Relaxation Tea with Chamomile and Basil+Soursop and Mango Carpaccio with Brazil Nuts and Cayenne	Roasted Fennel with Lime Zest and Toasted Walnuts
4	Burro Banana & Fonio Breakfast Muffins with Date and Walnut	Dehydrated Cactus Pear and Prickly Pear Rounds	Amaranth Porridge with Pumpkin Seeds and Rosemary+Raw Cactus and Nopal Salad with Lime and Cilantro	Warm Fig-Leaf Tea with Nutmeg and Basil	Baked Plantain Wedges with Warm-Spiced Avocado-Lime Dip, served with Stewed Okra
5	Zucchini Pancakes with Blistered Plum Sauce and Basil Oil	Cooked Fonio Cubes with Date-Coconut Glaze	Steamed Sweet Potato Slices with Avocado Sauce and Fresh Cilantro+Callaloo Leaf Salad with Quinoa-Coriander Crumble	Roasted Dandelion Root & Date Husk Brew	Roasted Kohlrabi with Rosemary and Toasted Walnut Crumble+Teff Pancakes with Berry Purée
6	Plantain and Amaranth Pancakes with Cilantro-Lime Drizzle	Walnut Herb Pâté with Burro Banana Slices	Kudzu Porridge with Wakame and Lime-Herb Oil+Creamy Watercress-Avocado Soup with Toasted Sesame Dust	Elderberry-Mulberry Mineral Elixir with Nopal and Hibiscus	Steamed Okra with Warm-Spiced Herb Dressing and Fresh Parsley, Garnished with Sunflower Seed
7	Alkaline Quinoa Porridge with Wild Blueberries and Burro Banana Mash	Teff-Onion Flatbread Triangles with Sea Salt	Roasted Courgette with Nut Crumble and Avocado-Lime Sauce	Elderberry-Mulberry Immune Boost Tea	Stewed Roasted Pumpkin Ragout with Thyme and Seed Milk, Boosted with Amaranth+Papaya-Coconut Ice Cream (No Sweeteners)

WEEK 5

Day	Breakfast	Morning Snack (optional)	Lunch	Afternoon Snack (optional)	Dinner
1	Sweet Sorghum Cakes with Soursop Glaze and Toasted Sesame	Cooked Fonio Cubes with Date-Coconut Glaze	Stewed Young Dandelion Greens with Aromatic Herbs and Olive Oil+Wild Mushroom and Leek Broth with Seared Avocado Wedges	Roasted Dandelion Root & Date Husk Brew	Kudzu Porridge with Cinnamon and Herbs, Enriched with Pumpkin Seeds
2	Chickpea Flour Flatbreads with Roasted Yellow Zucchini and Basil	Sun-Dried Tomato Leather with Thyme and Olive Oil Glaze	Roasted Sweet Potato with Stewed Amaranth, Pumpkin, and Basil	Anise-Fennel Digestive Tonic with Basil	Roasted Butternut Squash with Toasted Pine Nuts and Fresh Sage



SHOPPING LIST

WEEK 1

Nuts & Seeds

Raw Brazil nuts — 1.09 oz / 31 g
Raw hemp seeds — 1.76 oz / 50 g
Raw pumpkin seeds — 0.71 oz / 20 g
Raw sunflower seeds — 0.71 oz / 20 g
Raw walnuts — 4.14 oz / 126 g
Sesame seeds — 0.71 oz / 20 g

Dairy Alternatives

Homemade coconut milk — 7.78 oz / 230 ml
Homemade coconut yogurt — 16.23 oz / 480 ml
Homemade seed milk — 5.29 oz / 150 g
Homemade walnut milk — 8.47 oz / 240 g

Vegetables

Callaloo — 2.12 oz / 60 g
Chayote — 5.29 oz / 150 g
Cherry tomatoes — 2.82 oz / 80 g
Cucumber — 2.12 oz / 60 g
Dandelion greens — 14.11 oz / 400 g
Fennel bulb (fresh) — 7.05 oz / 200 g
Fresh basil — 0.35 oz / 10 g
Fresh cilantro — 0.21 oz / 6 g
Fresh grated ginger root — 0.21 oz / 6 g
Fresh oregano — 0.14 oz / 4 g
Fresh parsley — 0.71 oz / 20 g
Fresh watercress — 1.06 oz / 30 g
Garlic scapes — 0.18 oz / 5 g
Grated cucumber — 4.41 oz / 125 g
Green onion tops — 1.06 oz / 30 g
Kalalu leaves (fresh) — 7.05 oz / 200 g
Leek — 1.06 oz / 30 g
Mixed wild mushrooms — 8.00 oz / 225 g
Nettle — 0.71 oz / 20 g
Nopal cactus — 9.17 oz / 260 g
Okra (fresh) — 5.29 oz / 150 g
Portobello mushrooms — 6.00 oz / 170 g
Pumpkin — 5.29 oz / 150 g
Roasted dandelion root — 0.42 oz / 12 g
Sweet potato — 7.05 oz / 200 g
Tomatoes — 5.29 oz / 150 g
Yellow onion — 2.12 oz / 60 g
Yellow zucchini — 5.29 oz / 150 g

Fruits

Burro banana — 7.05 oz / 200 g
Cactus pear & prickly pear — 9.88 oz / 280 g
Dried elderberries — 0.21 oz / 6 g
Dried figs — 2.12 oz / 60 g
Dried hibiscus petals — 0.11 oz / 3 g
Dried mulberries — 0.21 oz / 6 g
Dried orange peel — 0.04 oz / 1 g
Dried tamarind — 0.99 oz / 28 g
Fresh figs — 7.05 oz / 200 g
Fresh lemon juice — 0.51 fl oz / 15 ml
Fresh lime juice — 3.79 fl oz / 112 ml
Fresh raspberries — 2.65 oz / 75 g
Fresh soursop pulp — 7.05 oz / 200 g
Lime juice — 0.24 fl oz / 7 ml
Lime zest — 0.14 oz / 4 g
Lime zest (incl. key lime) — 0.14 oz / 4 g
Ripe avocado — 25.40 oz / 720 g
Ripe mango — 5.29 oz / 150 g
Ripe papaya — 13.76 oz / 390 g
Ripe plantain — 6.00 oz / 170 g
Ripe plums — 4.94 oz / 140 g
Wild lettuce — 2.47 oz / 70 g

Grains & Flour

Amaranth flour — 4.23 oz / 120 g
Amaranth grain — 7.59 oz / 235 g
Chia seeds — 1.06 oz / 30 g
Chickpea flour — 4.23 oz / 120 g
Fonio grain — 9.17 oz / 260 g
Quinoa — 5.63 oz / 160 g
Sorghum flour — 2.29 oz / 65 g
Teff — 1.41 oz / 40 g
Teff flour — 7.05 oz / 200 g

Oils & Cooking Essentials

Alkaline vegetable broth — 22.19 fl oz / 630 ml
Cold-pressed avocado oil — 3.26 fl oz / 95 ml
Cold-pressed coconut oil — 3.04 fl oz / 90 ml
Cold-pressed olive oil — 4.56 fl oz / 135 ml
Cold-pressed walnut oil — 0.76 fl oz / 22.5 ml
Spring water — 51.43 fl oz / 1520 ml

Condiments & Spices

Chopped fresh basil – 0.07 oz / 2 g
Dried basil – 0.11 oz / 3 g
Dried oregano – 0.11 oz / 3 g
Fennel seeds – 0.04 oz / 1 g
Fresh mint – 0.18 oz / 5 g
Fresh thyme leaves – 0.14 oz / 4 g
Ground anise seed – 0.02 oz / 0.5 g
Ground cayenne pepper – 0.09 oz / 2.5 g
Ground cinnamon – 0.14 oz / 4 g
Ground coriander – 0.04 oz / 1 g
Ground cumin – 0.05 oz / 1.5 g
Ground nutmeg – 0.11 oz / 3 g
Ground vanilla powder – 0.04 oz / 1 g
Lemon zest – 0.04 oz / 1 g

Lime zest – 0.07 oz / 2 g
Sea salt – 0.21 oz / 6 g
Turmeric powder – 0.04 oz / 1 g
Whole anise seeds – 0.04 oz / 1 g
Wild thyme – 0.04 oz / 1 g

Sweeteners & Treats

Date syrup (optional) – 0.17 fl oz / 5 ml
Dried date husks – 0.21 oz / 6 g
Soft dates – 23.64 oz / 670 g

Other

Sea moss gel – 2.12 oz / 60 g
Wooden skewers or toothpicks – for serving

WEEK 2

Nuts & Seeds

Raw walnuts – 7.06 oz / 200 g
Raw Brazil nuts – 4.09 oz / 116 g
Raw chia seeds – 1.41 oz / 40 g
Raw sesame seeds – 1.42 oz / 40 g
Raw hemp seeds – 0.71 oz / 20 g
Raw pumpkin seeds – 0.71 oz / 20 g
Raw sunflower seeds – 0.71 oz / 20 g
Pine nuts – 0.35 oz / 10 g

Dairy Alternatives

Coconut cream – 4.57 fl oz / 135 ml
Homemade seed cream – 4.06 fl oz / 120 ml
Homemade Brazil nut milk – 2.03 fl oz / 60 ml
Homemade coconut milk – 8.12 fl oz / 240 ml
Homemade coconut yogurt – 8.12 fl oz / 240 ml
Homemade hemp milk – 12.17 fl oz / 360 ml
Homemade walnut milk – 4.57 fl oz / 135 ml

Vegetables

Celery root – 11.99 oz / 340 g
Chayote – 11.99 oz / 340 g
Fresh amaranth sprouts – 1.06 oz / 30 g
Fresh basil – 0.74 oz / 21 g
Fresh callaloo – 2.12 oz / 60 g
Fresh cilantro – 0.36 oz / 10 g
Fresh dandelion greens – 5.99 oz / 170 g
Fresh kalalu leaves – 10.58 oz / 300 g
Fresh mint – 0.08 oz / 2 g
Fresh nopal cactus – 27.94 oz / 790 g
Fresh okra – 10.58 oz / 300 g
Fresh pumpkin – 22.58 oz / 640 g
Green onion tops – 0.53 oz / 15 g
Green onion tops – 0.88 oz / 25 g

Leek – 2 units
Mixed wild mushrooms – 1.06 oz / 30 g
Parsnip – 5.29 oz / 150 g
Portobello mushroom caps – 6.00 oz / 170 g
Red peppers – 10.58 oz / 300 g
Sweet potato – 13.41 oz / 380 g
Wild onion – 1.06 oz / 30 g
Yellow bell pepper – 3.53 oz / 100 g
Yellow onion – 1.06 oz / 30 g
Yellow zucchini – 5.29 oz / 150 g

Fruits

Burro banana – 26.46 oz / 750 g
Cactus pear – 3.53 oz / 100 g
Dried elderberries – 0.35 oz / 10 g
Dried figs – 2.47 oz / 70 g
Dried hibiscus – 0.11 oz / 3 g
Dried mulberries – 0.35 oz / 10 g
Fresh berries (mixed, not specified) – 1.41 oz / 40 g
Fresh blueberries – 3.53 oz / 100 g
Fresh figs – 3.17 oz / 90 g
Fresh lime juice – 2.87 fl oz / 85 ml
Fresh lime zest – 0.07 oz / 2 g
Fresh soursop pulp – 8.82 oz / 250 g
Fresh strawberries (wild) – 5.29 oz / 150 g
Key lime juice – 0.07 fl oz / 2 ml
Lemon zest – 0.04 oz / 1 g
Prickly pear – 5.29 oz / 150 g
Ripe avocado – 4.94 oz / 140 g
Ripe papaya – 12.35 oz / 350 g
Ripe yellow plantains – 10.58 oz / 300 g
Tamarind paste – 0.71 oz / 20 g
Wild blueberries – 2.65 oz / 75 g

Grains & Flour

Amaranth flour – 2.47 oz / 70 g
Amaranth grain – 4.24 oz / 120 g
Dry amaranth grain – 4.76 oz / 135 g
Dry fonio grain – 9.44 oz / 265 g
Millet flakes (toasted) – 4.23 oz / 120 g
Teff flour – 0.28 oz / 8 g
Whole millet – 3.17 oz / 90 g
Whole quinoa – 5.29 oz / 150 g
Whole teff grain – 2.99 oz / 85 g

Oils & Cooking Essentials

Alkaline vegetable broth – 22.32 fl oz / 660 ml
Cold-pressed avocado oil – 3.21 fl oz / 95 ml
Cold-pressed coconut oil – 1.52 fl oz / 45 ml
Cold-pressed olive oil – 3.55 fl oz / 105 ml
Cold-pressed walnut oil – 0.30 fl oz / 9 ml
Spring water – 64.90 fl oz / 1918 ml

Condiments & Spices

Fresh thyme – 0.18 oz / 5 g

Fresh ginger – 0.04 oz / 1 g
Fresh dill – 0.18 oz / 5 g
Fresh parsley – 0.18 oz / 5 g
Fresh oregano – 0.07 oz / 2 g
Fresh cilantro – 0.18 oz / 5 g
Fresh mint – 0.04 oz / 1 g
Ground cayenne – 0.09 oz / 2.5 g
Ground cinnamon – 0.11 oz / 3 g
Ground vanilla – 0.18 oz / 5 g
Ground nutmeg – 0.02 oz / 0.6 g
Vanilla powder – 0.02 oz / 0.5 g
Lemon zest – 0.04 oz / 1 g
Ground lime zest – 0.04 oz / 1 g
Sea salt – 0.47 oz / 13.5 g
Black pepper – 0.07 oz / 2 g
Dried marjoram – 0.04 oz / 1 g
Lime juice – 1.56 fl oz / 46 ml

Sweeteners & Treats

Soft dates (pitted) – 5.64 oz / 160 g
Date syrup – 2.54 fl oz / 75 ml

WEEK 3

Nuts & Seeds

Brazil nuts – 0.71 oz / 20 g
Raw hemp seeds – 1.06 oz / 30 g
Raw pumpkin seeds – 0.71 oz / 20 g
Sesame seeds – 1.45 oz / 41 g
Walnuts – 0.7 oz / 20 g

Dairy Alternatives

Coconut cream – 0.51 fl oz / 15 ml
Fresh or homemade seed milk
(sunflower or hemp preferred)
– 5.07 fl oz / 150 ml

Vegetables

Butternut squash – 9.88 oz / 280 g
Celery root – 11.99 oz / 340 g
Cherry tomatoes – 13.41 oz / 380 g
Kalalu – 7.77 oz / 220 g
Kohlrabi – 9.88 oz / 280 g
Leek – 1.06 oz / 30 g
Nopal cactus – 16.22 oz / 460 g
Okra – 12.18 oz / 345 g
Portobello mushrooms – 9.7 oz / 275 g
Pumpkin – 38.09 oz / 1080 g
Shiitake mushrooms – 6.0 oz / 170 g
Sweet potato – 7.05 oz / 200 g
Watercress – 6.71 oz / 190 g

Yellow onion – 1.06 oz / 30 g
Zucchini – 10.58 oz / 300 g

Fruits

Avocado – 7.05 oz / 200 g
Lime juice – 9.44 fl oz / 280 ml
Ripe plantains – 19.75 oz / 560 g
Soursop purée – 0.51 fl oz / 15 ml
Tamarind pulp – 1.41 oz / 40 g

Grains & Flour

Amaranth – 7.05 oz / 200 g
Kudzu root starch – 0.21 oz / 6 g
Teff flour – 0.35 oz / 10 g

Oils & Cooking Essentials

Alkaline broth – 16.23 fl oz / 480 ml
Avocado oil – 6.77 fl oz / 200 ml
Coconut oil – 0.51 fl oz / 15 ml
Olive oil – 7.74 fl oz / 229 ml
Spring water – 192.2 fl oz / 5685 ml

Condiments & Spices

Chamomile – 0.14 oz / 4 g
Cilantro – 0.65 oz / 18 g
Coriander leaves – 0.11 oz / 3 g
Dried basil – 0.7 oz / 7.5 g

Fresh basil – 0.29 oz / 8 g
Grated fresh ginger – 0.35 oz / 10 g
Green onion tops – 0.71 oz / 20 g
Hibiscus – 0.35 oz / 10 g
Lime juice – 0.17 fl oz / 5 ml
Mint leaves – 0.1 oz / 2 g
Onion flakes – 0.18 oz / 5 g
Oregano – 0.32 oz / 9 g

Parsley – 1.41 oz / 40 g
Rosemary – 0.14 oz / 4 g
Sea salt – 0.04 oz / 1 g
Thyme – 0.08 oz / 2 g

Sweeteners & Treats

Date syrup – 0.34 fl oz / 10 ml

WEEK 4

Nuts & Seeds

Brazil nuts – 1.09 oz / 31 g
Hemp seeds – 1.76 oz / 50 g
Pumpkin seeds – 0.71 oz / 20 g
Raw walnuts – 2.47 oz / 70 g
Sesame seeds – 0.71 oz / 20 g
Sunflower seeds – 0.71 oz / 20 g

Dairy

Alternatives

Coconut cream (homemade) – 2.03 fl oz / 60 ml
Coconut milk (homemade or fresh) – 5.07 fl oz / 150 ml
Coconut water – 5 fl oz / 150 ml
Coconut yogurt (homemade) – 16.23 fl oz / 480 ml
Hemp milk (homemade, unsweetened) – 12.17 fl oz / 360 ml
Seed milk (homemade) – 5.07 fl oz / 150 ml
Walnut milk (homemade) – 8.47 fl oz / 240 ml

Vegetables

Chayote – 5.29 oz / 150 g
Cucumber – 4.41 oz / 125 g
Dandelion greens – 14.11 oz / 400 g
Kalalu leaves – 7.05 oz / 200 g
Nopal cactus – 9.17 oz / 260 g
Okra – 5.29 oz / 150 g
Plantains – 7.05 oz / 200 g
Pumpkin – 5.29 oz / 150 g
Shiitake mushrooms – 6 oz / 170 g
Tomatoes – 5.29 oz / 150 g
Watercress – 1.06 oz / 30 g
Zucchini – 3.53 oz / 100 g

Fruits

Burro banana – 7.05 oz / 200 g
Cactus pear – 5.29 oz / 150 g
Mulberries – 1 oz / 28 g
Elderberries – 1 oz / 28 g
Fig leaves – 0.18 oz / 5 g
Soursop leaves – 0.18 oz / 5 g
Dates – 2.82 oz / 80 g
Elderberries – 1 oz / 28 g

Fig leaves – 0.18 oz / 5 g
Figs – 2.12 oz / 60 g
Fresh plum purée – 3.5 oz / 100 g
Key lime juice – 0.5 fl oz / 15 ml
Key lime juice – 0.5 fl oz / 15 ml
Fresh plum purée – 3.5 oz / 100 g
Mixed berries – 2.65 oz / 75 g
Mulberries – 1 oz / 28 g
Papaya – 15.53 oz / 440 g
Plums – 5.64 oz / 160 g
Prickly pear – 5.29 oz / 150 g
Soursop leaves – 0.18 oz / 5 g
Soursop pulp – 3.53 oz / 100 g
Wild blueberries – 2.65 oz / 75 g
Amaranth – 2.12 oz / 60 g
Amaranth flour – 2.47 oz / 70 g
Fonio – 5.29 oz / 150 g

Grains & Flour

Quinoa – 3.17 oz / 90 g
Teff flour – 2.65 oz / 75 g
Teff grain – 2.99 oz / 85 g

Oils & Cooking Essentials

Coconut oil – 0.5 fl oz / 15 ml
Olive oil – 2.75 fl oz / 82 ml
Spring water – 33.8 fl oz / 1 liter
Walnut oil – 0.67 fl oz / 20 ml

Condiments & Spices

Black pepper – 0.01 oz / 0.5 g
Chamomile – 0.14 oz / 4 g
Hibiscus – 0.35 oz / 10 g
Mint leaves – 0.1 oz / 2 g
Basil – 0.2 oz / 6 g
Dried thyme – 0.02 oz / 0.5 g
Fresh basil – 0.11 oz / 3 g
Fresh cilantro – 0.35 oz / 10 g
Fresh oregano – 0.14 oz / 4 g
Ground anise seed – 0.02 oz / 0.5 g
Ground bourbon vanilla – 0.07 oz / 2 g

Ground cinnamon – 0.04 oz / 1 g
Ground vanilla bean – 0.02 oz / 0.5 g
Lemon juice – 0.5 fl oz / 15 ml
Lime juice – 1.24 fl oz / 35 ml
Lime zest – 0.02 oz / 0.5 g
Sea salt – 0.04 oz / 1 g

Sweeteners & Treats

Date paste – 2.03 fl oz / 60 ml
Dried figs – 2.12 oz / 60 g
Soft dates – 2.82 oz / 80 g

WEEK 5

Nuts & Seeds

Fennel seeds – 0.07 oz / 2 g
Toasted sesame seeds – 0.35 oz / 10 g
Whole anise seeds – 0.07 oz / 2 g

Dairy Alternatives

Coconut cream – 1.01 fl oz / 30 ml

Vegetables

Butternut squash – 11.99 oz / 340 g
Dried wild mushrooms – 0.71 oz / 20 g
Fresh pumpkin – 5.99 oz / 170 g
Green onion tops – 0.35 oz / 10 g
Kudzu root powder – 1.76 oz / 50 g
Leeks – 3.53 oz / 100 g
Ripe cherry tomatoes – 5.29 oz / 150 g
Sweet potatoes – 9.88 oz / 280 g
Yellow zucchini – 5.29 oz / 150 g
Young dandelion greens – 7.94 oz / 225 g

Fruits

Fresh lime juice – 0.34 fl oz / 10 ml
Fresh soursop pulp – 3.53 oz / 100 g
Ripe avocado – 3.53 oz / 100 g

Grains & Flour

Baking powder (aluminum-free) – 0.07 oz / 2 g
Dry amaranth grain – 3.17 oz / 90 g
Dry fonio – 1.76 oz / 50 g
Whole sorghum flour – 2.29 oz / 65 g

Oils & Cooking Essentials

Cold-pressed olive oil – 2.03 fl oz / 60 ml
Cold-pressed avocado oil – 0.68 fl oz / 20 ml
Cold-pressed coconut oil – 0.51 fl oz / 15 ml
Spring water – 56.83 fl oz / 1680 ml

Condiments & Spices

Fresh basil – 1.00 oz / 28 g
Fresh chopped parsley – 0.35 oz / 10 g
Fresh rosemary – 0.07 oz / 2 g
Fresh sage – 0.04 oz / 1 g
Fresh thyme – 0.28 oz / 8 g
Ground black pepper – 0.14 oz / 4 g
Ground cinnamon – 0.05 oz / 1.5 g
Sea salt – 0.11 oz / 3 g

Sweeteners & Treats

Soft Medjool dates – 1.41 oz / 40 g
Dried date husks – 0.35 oz / 10 g

Other

Roasted dandelion root – 0.53 oz / 15 g

CONCLUSION

Deepening Your Alkaline Practice — A Commitment to Cellular Integrity and Living Balance

Reaching the end of this book is not a finish line, but a return to your natural rhythm. By embracing the principles of advanced alkaline nutrition, you've committed to something far greater than a dietary routine—you've entered a living dialogue with your body, your cells, and the Earth's original design. This lifestyle is not about restriction. It is about remembering.

The Dr. Sebi methodology invites us to go beyond modern nutrition and reconnect with the energetic blueprint of life itself. You've explored more than recipes—you've worked with bioavailable minerals, whole-food vibrancy, and plant intelligence. You've stepped into a system that prioritizes electric foods, mineral saturation, and alkaline resilience over calories, macros, and reductionist models.

At this level, food becomes more than sustenance—it becomes frequency. Each ingredient carries not only nutrients but also intention. From bitter greens and mucilaginous herbs to ancient grains and unaltered fruits, every choice you've made in this book aligns with the architecture of the body's electrical network. The recipes here were not meant to entertain the palate alone—they were designed to sustain your mitochondria, repair your tissues, and support neurochemical clarity.

You've learned to think in terms of mineral ratios instead of nutrient fads. To recognize that iron, fluorine, calcium phosphate, magnesium, and potassium bicarbonate are not supplements—they are the language of the blood, the skeleton, and the mind. The more faithfully we supply these elements in their natural plant-based form, the more effortlessly the body restores balance.

Yet this lifestyle is not a straight path. **Advanced alkaline living requires flexibility, humility, and observation.** There will be seasons when your digestion calls for warmth and grounding. Others when your system asks for astringency, hydration, or raw simplicity. Learning to adapt—without abandoning the foundation—is where mastery begins.

Support & Encouragement for Advanced Alkaline Living

Your body is always speaking. You've now equipped yourself with tools to listen more deeply. When fatigue appears, you

know to revisit iron-rich herbs. When clarity fades, you understand the role of hydration and cerebral alkalinity. When your gut tightens, you respond with mucous-reducing broths and digestive herbs. These are not reactions—they are collaborations.

The more advanced your practice, the more subtle your awareness must become. Not every imbalance requires dramatic intervention. Often, it is the *quiet consistency*—a bitter tea, a rest day, a sprouted grain—that shifts the internal terrain. Honor the intelligence of small choices.

This lifestyle is not about perfectionism. It is about cellular integrity. Sometimes that means choosing mineral broth over indulgence. Other times, it means letting your joy infuse a sweet fig cream without guilt. Rigid thinking is not alkaline. Flow is.

Gentle Reminders from the Alkaline Path

- Healing does not always feel like progress. Often, it feels like stillness. Allow it.
- Bitterness is not your enemy. It is the teacher of cleansing.
- Hydration without minerals is dilution. Choose structure over volume.
- Cravings are not weakness. They are signals—decode them.
- Simplicity is not mediocrity. It is clarity made edible.

As you continue beyond this book, carry these reminders not only in your kitchen but in your relationships, your sleep, and your breath. This is a full-body lifestyle. It begins on the plate—but it radiates into your choices, your language, and your capacity to align with nature's law.

You are not a beginner. You are not a follower. You are a practitioner—of clarity, presence, and nourishment. Let your meals reflect that devotion. Let your pantry be mineral-rich, your meals thoughtful, and your healing grounded in nature—not marketing.

There is no final formula. Just refined attention. Let this body of knowledge evolve with you. Use this book as a framework, not a cage. Innovate. Taste. Adjust. Rest.

And above all—continue.



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