

www.thealkalinediet.org

SUCCESS JOURNAL

Your Daily Health Planner and Diary



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INTRODUCTION

Alkaline Diet Success Journal

Why is an Alkaline Diet Success Journal necessary?

To some people, when there is a change in their diet, it can be a little challenging. You might find that you require a little more assistance to switch to a new diet or lifestyle.

This journal not only serves to keep track of your daily progress on the Alkaline Diet, but also to motivate you along the way. It is advisable that you print this manual out so you can follow through it closely.

Do your best to fill up these answers truthfully and honestly so that it can help you throughout your life.

It starts out by asking yourself some of the questions regarding your health, and having you fill in the number of days in a month you are committed to follow the alkaline diet and signing your name below.

One of the features of this Success Journal is that we have incorporated the 56 Days Alkalizing Plan in the journal. You can keep track of whether you have followed the recommended meal plans as they can have to accelerate your body's transition to being more alkaline.

Below, you will also see 2 columns where you can write down your goals and motivations for doing the alkaline diet.

Reasons for Committing to an Alkaline Diet

What's YOUR Game Changer?

We all have a very strong, burning reason to start on the Alkaline Diet. Is it your self-consciousness, wanting to feel more energized or simply to change to a healthier lifestyle? You *definitely* need this compelling reason to make sure that you stay committed through the entire course of the diet.

Mark the boxes if any of the reasons will be your reason to begin and stay committed to the Alkaline Diet.

- I want to and I am committed to lose weight.
- I want to fit into the wedding dress.
- I want to have more confidence.
- I want to be more energized - no more constant state of lethargy
- I want to get rid of diseases like _____

- I want to sleep better at night.
- I want to have better skin, without going through costly cosmetic procedures.
- I want to have better digestion - no more constipation, bloating and burping.
- I want to be more productive at work.
- I want to safeguard my health against illnesses in the future, by starting to take action NOW!

Other reasons:

- _____
- _____
- _____
- _____
- _____

What's Your Current Diet?

Before you embark on the alkaline diet, it is better that you know exactly what is your current diet, to allow you to know how much you have improved after you have embark on the Alkaline Diet.

You can use this chart below to record down your current diet. You can either record your current diet for the last few days or start recoding your diet from today. You can record your current diet for 2 to 4 weeks.

Week 1

Date: _____ to _____

Date	Breakfast	Lunch	Snack	Dinner
M				
Tu				
W				
Th				
F				
Sa				
Su				

What's Your Current Diet?

Week 2

Date: _____ **to** _____

Date	Breakfast	Lunch	Snack	Dinner
M				
Tu				
W				
Th				
F				
Sa				
Su				

What's Your Current Diet?

Week 3

Date: _____ **to** _____

Date	Breakfast	Lunch	Snack	Dinner
M				
Tu				
W				
Th				
F				
Sa				
Su				

What's Your Current Diet?

Week 4

Date: _____ **to** _____

Date	Breakfast	Lunch	Snack	Dinner
M				
Tu				
W				
Th				
F				
Sa				
Su				

What Is Your Body pH Level?

Record your body's pH level by testing the pH level of your saliva or urine using pH level test strips.. Both of the pH readings will be subjected to fluctuations.

Your saliva reading will tend to be more acidic, and a value of between pH 6.5-7.0 is considered a healthy saliva pH reading. Your urine pH reading should read a more alkaline pH, and anything around pH 7.5 and your body is considered to be at a healthy alkaline level.

Date	pH Readings			
	Before Breakfast	Before Lunch	Before Dinner	Notes

Planning & Design Your Meals

This chart is for you to plan and design your meals. In each box, you can write down what you are planning to have for each of your meals. You can plan in such a way that it includes a variety of alkaline foods to ensure that you have adequate nutrients, vitamins and minerals.

We have also provided a 56 Days Alkalizing Meal Plans, just for you! It's recommended for you to follow closely to the first 4 weeks of the meal plans, where they are specially designed to clear your body from existing toxins and junks, then gently transitioning to an Alkaline Diet, pre-nourishing phase and finally the filling phase. Ideally, the course of 4 weeks should follow this:

Week 1 - Detoxification

Week 2 - Transition

Week 3 - Pre-nourishing

Week 4 - Filling

After that, there are 4 different types of cuisine for each week. Depending on your cravings, you can choose either Western, Italian, Mediterranean or Asian cuisine for a particular week. You can even choose Asian cuisine for Monday and switch to Mediterranean on Tuesday!

The first table on the next page is an example of what you can start to plan for yourself when you first started. Take note that the Alkaline Diet is *not* a restrictive diet. You do not need to follow strictly to the recommended meal plans. They are a guide for you when you don't know what to prepare as they are carefully according to nutritional principles.

If you are not used to an idea of a morning drink and a snack, you can skip them and stick to 3 meals - breakfast, lunch and dinner. However, it is good to take a few small meals throughout the day instead of 3 heavy meals to prevent yourself from bingeing.

As you can see, there are plenty of "Cheat" days and meals. This is for people who want to take it slowly and one step at a time. It is up to you to plan your meals.

Planning & Design Your Meals

Choose one:

I will follow **Week** __ , **Day** ____ of the 56 Days Alkalizing Meal Plans.

It is a detoxification/ transition/ pre-nourishing/ filling/ Mediterranean/ Italian/ Western/ Asian meal plan. (Delete when appropriate). I will follow the meal plans closely or re-design some recipes whenever I like.

I do not want to follow the 56 Days Alkalizing Meal Plans. I will make my own meal plans.

Date	Morning Drink	Breakfast	Lunch	Snack	Dinner
M	Strawberry-lemon drink	Quinoa Salad	"Cheat" Meal		Brown Rice With Green Veggies
Tu		Oats & fruit juice	Alkalizing Wrap & Salad	1 small cup raw almonds	"Cheat" Meal
W	"Cheat Day"	"Cheat Day"	"Cheat Day"	"Cheat Day"	"Cheat Day"
Th		Toast Spelt Bread	Buckwheat Noodles with _____		Salads followed by my own meal
F	Carrot juice	Brown Rice With _____	"Cheat" meal		Alkalizing Wrap & Salad
Sa		Avocado wholemeal sandwich	Stir-fry green veggies	1 red apple	Vegetable green curry stew
Su	Pineapple juice	Papaya-raspberry fruit salad	Kale tofu salad		Ginger-carrot soup with guacamole

Planning & Design Your Meals

* Print this sheet of table and fill up your own meal plans and diets.

Choose one:

I will follow **Week** ____, **Day** ____ of the 56 Days Alkalizing Meal Plans.

It is a detoxification/ transition/ pre-nourishing/ filling/ Mediterranean/ Italian/ Western/ Asian meal plan. (Delete when appropriate). I will follow the meal plans closely or re-design some recipes whenever I like.

I do not want to follow the 56 Days Alkalizing Meal Plans. I will make my own meal plans.

Date	Morning Drink	Breakfast	Lunch	Snack	Dinner
M					
Tu					
W					
Th					
F					
Sa					
Su					

MEAL PLAN WEEK 1 - DETOXIFICATION

	M	Tu	W	Th	F	Sa	Su
Morning Drink	Gingery-Lemonade (drink)	Pomegranate – pineapple detox punch	Kale, mint and ginger juice	Pomegranate-blueberry juice	Chlorella in Carrot + cucumber juice combo	Strawberry lemonade	Fresh brewed green tea
Breakfast	Yogurt with berries and oats	Chopped tofu in mushroom stir fry	Quick muesli with pear, raw honey and flax seeds	Antioxidant berry and fruit	Gojiberry, yacon and gynostemma smoothie	Yogurt and blueberry smoothie	Bee pollen and berry smoothie
Lunch	Mediterranean coleslaw	Sweet potato, yam salad with fresh ginger, roasted cumin and herbs	Vegetable salad with roasted garlic and flax seed oil	Roasted veggies with maitake mushrooms garnished in sesame seeds	Spinach salad with carrots, gojiberries, radish and shallots	Artichoke soup with thyme, basil, mint, oregano, parsley and peppercorns	Brown rice with steamed veggies in ginger-garlic paste
Snack	Fruits, nuts, pumpkin seeds and yogurt parfait	Lemon juice or water melon slices	Apple slices with cinnamon topping	Trail mix with psyllium husks, fennel and flax seeds	Roasted pine nuts and pumpkin seeds	Cucumber salsa garnished with cumin, cilantro & lime juice with carrot sticks	Guacamole salsa dip with raw or steamed carrot/broccoli
Dinner	Miso soup with tofu and Edamame	Squash and kale with tofu in a whole wheat wrap	Broccoli and ginger in barley broth	Guacamole-vegetable quesadillas	Grilled/ roasted shallots and asparagus with black pepper and herbs	Spinach and shiitake mushroom crepe	Baked yacon with roasted squash, bell peppers, garnished in thyme and rosemary

MEAL PLAN WEEK 2 - TRANSITION

	M	Tu	W	Th	F	Sa	Su
Morning Drink	Lemonade with mint leaves	Dandelions root tea	Psyllium husks in water	Gingery-lemonade drink	Kale + ginger juice with mint leaves	Strawberry lemonade	Fresh brewed green tea
Breakfast	Carotenoid punch smoothie	Greens smoothie in a dash of lemon	Sprout surprise with a dash of lime	Antioxidant fruit smoothie	Gojiberry, yacon and gynostemma smoothie	Super foods combo smoothie	Organic kamut blend with figs, apricots and cranberries
Lunch	Grated carrot and daikon radish salad with rice vinegar	Avocado salad with spinach leaves and bell peppers	Quick veggie coleslaw	Quinoa-vegetable salad	Tomato, bean* salad served with grilled bell pepper, onions and tarragon leaves, herb	Tamari baked tofu over green salad	Guacamole wraps with tofu, spinach leaves, bell pepper and brown rice
Snack	Fresh Cherries	Trail mix with psyllium husks, fennel and flax seeds	Carrot sticks with hummus	Fresh strawberries	Fresh blueberries	Pomegranate	Prunes or dried plums
Dinner	Cabbage soup with zucchini and yellow squash	Steamed broccoli with pea pods and cauliflower with coriander, thyme, pepper	Buckwheat noodles with stir fried vegetables	Pad thai with Shiitake mushrooms	Miso paste soup with tofu and edamame	Vegetable-rice pilaf garnished with cardamom, cumin and bay leaves	Onion-tomato gravy over roasted egg plant, squash served with quinoa

MEAL PLAN WEEK 3 - PRE-NOURISHING

	M	Tu	W	Th	F	Sa	Su
Morning Drink	Carrot-beetroot juice	Carrot-cucumber juice with a spoon of spirulina	Apple-celery juice	Carrot juice	Pineapple juice	Carrots + beets + cabbage juice	Green juice
Breakfast	Strawberry+ cantaloupe+ kiwi fruit salad with yogurt topping	Creamy smoothie with kale and apple	Strawberry, blueberry with pumpkin seeds and yogurt parfait	Cacao + coconut pulp fruit smoothie	Buckwheat porridge with fruits and cinnamon topping	Oats and wheat germ muesli	Buckwheat pancakes with brown rice syrup
Lunch	Detoxing & nourishing vegetable salad	Chick peas green salad with chunks of avocado and mixed parsley	Vegetable stir fry with brown rice	Squash and kale with tofu in a whole wheat wrap	Quinoa-vegetable salad	Vegetables cooked in coconut milk served over quinoa or brown rice	Spinach - Asparagus soup with spirulina
Snack	Raisins + walnuts	Carrot sticks with guacamole dip	Trail mix	Raw vegetables with hummus	Cut papaya fruit	Spirulina enriched buttermilk	Fresh coconut pulp
Dinner	Stir fried vegetables with nori and brown rice	Fruit-vegetable salad with goji berries and home-made salad dressing	Broccoli and ginger in barley broth	Yacon and vegetable curry over brown rice	Rice and tofu pudding with almonds and raisins	Kiwi-mandarin strawberry parfait	Guacamole-vegetable quesadillas

MEAL PLAN WEEK 4 - FILLING

	M	Tu	W	Th	F	Sa	Su
Morning Drink	Coconut water	Lemonade with mint leaves	Pomegranate-blueberry juice	Kale, mint, ginger juice	Strawberry-lemonade juice	Fresh brewed green tea	Dandelion detox tea
Breakfast	Steamed asparagus with one poached egg	Cucumber-yogurt smoothie	Home-made granola with watermelon slices	Buckwheat and oats muesli with banana and kiwi fruit	Oats with berries, ground flaxseed and walnut topping	Cantaloupe + banana with yogurt smoothie	Breakfast scramble
Lunch	Brown rice with beans with onions, garlic and thyme	Collard greens in creamy sauce	Whole wheat bread with organic eggs sandwich	Quinoa-vegetable salad with nuts	Vegetable curry over brown rice	Seasoned and cooked red lentils over brown rice	Corn meal with asparagus and fava beans
Snack	Apple	Figs	Cherries	Cranberries	Apple	Pomegranate	Apricots
Dinner	Vegetable salad seasoned with cayenne pepper, rosemary and thyme	Vegetables and Fenugreek khichari seasoned with ghee	Lentil-Quinoa stew with vegetables and mixed herbs	Tomato casserole on brown rice served with cannellini beans	Shrimp with broccoli, corn stir fry	Mexican style red snapper fillets	Baked salmon served with cooked quinoa

MEAL PLAN WEEK 5 - MEDITERRANEAN

	M	Tu	W	Th	F	Sa	Su
Breakfast	Cooked red quinoa with chopped pecans, chia seeds, flax seeds, cherries	Tahini spread on toasted whole grain bread slices + almond milk	Steel cut oats topped with banana + chopped almonds and walnuts	Broken brown rice porridge with fruits	Egg omelet* with olives and spinach + freshly squeezed orange juice	Buckwheat pancakes with blueberries or strawberries	Low-fat Greek yogurt parfait with fruit layers
Mid Morning	Banana	Apple	Mixed nuts	Fresh cherries	Fresh plum	Lemonade drink	Baby carrots with hummus
Lunch	Avocado salad + small cup of soy yogurt	Pita sandwich with tofu + fig	Vegetarian quesadilla	Falafel in pita bread + any fruit	Chick pea salad	Polenta topped with vegetables	Spinach and roasted vegetable frittata + cucumber salad
Snack	Dried prunes	Raw almond	Dolmades	Low-fat Greek yogurt	Trail mix	Roasted edamame beans	Tahini on whole wheat crackers
Dinner	Guacamole whole wheat wrap	Mediterranean veggie wrap	Vegetable moussaka with a glass of red wine	Mediterranean tuna salad	Grilled cheese sandwich + carrot salad	Brown rice pilaf with vegetables	Grilled salmon with steamed vegetables over brown rice

MEAL PLAN WEEK 6 - ITALIAN

	M	Tu	W	Th	F	Sa	Su
Breakfast	Poached eggs with steamed asparagus	Toasted whole wheat bagel with vegetable spread	Granola with yogurt and mixed berries	Muesli with blueberries and cherries	Whole grain toast with vegetable spread	Pumpkin pancakes	Mushroom sandwich
Mid Morning	Fresh fig	Orange	Banana	Peach	Clementine	Strawberries	Berry salad
Lunch	Whole grain pasta with vegetables in tomato sauce	Provolone cheese-tomato sandwich	Vegetable with spinach pesto in panini sandwich	Italian garden salad + soy yogurt	Grilled egg plant- parmesan sandwich	Grilled vegetable salad + fermented rice milk	Vegetables and egg frittata
Snack	Carrots sliced thin served with olivada	Trail mix	Cut carrots with hummus	Mixed nuts	Shredded carrots and beetroot with a dash of lemon	Bruschetta	Fresh cut tomatoes & black olives garnished with pepper, salt
Dinner	Porcini mushrooms risotto	Fettuccine and artichoke with tomato puree	Mushroom soup + avocado salad	Steamed fish in roasted vegetable bed + brown rice	Vegetable casserole	Spinach and mushroom crepe	Whole grain pizza with vegetable toppings

MEAL PLAN WEEK 7 - WESTERN

	M	Tu	W	Th	F	Sa	Su
Breakfast	Whole grain waffles topped with strawberries	Antioxidant fruit smoothie	Toasted whole wheat bagel	Poached egg in whole grain English muffin + freshly squeezed orange	Soy or almond smoothie	Avocado smoothie	Oats and wheat germ muesli with berries
Mid Morning	Apple	Cherries	Iced Lemonade	Wheat grass juice	Mandarin orange	Strawberries	Goji berries
Lunch	Vegetable salad + soy yogurt	Vegetable burrito	Veggie burger	Brown rice spelt salad with artichokes	Chick pea salad with brown rice	Sweet potato salad + soy yogurt	California veggie wrap
Snack	Pomegranate juice or pomegranate seeds	Cucumber salad with pepper seasoning	Walnuts	Cut papaya	Cocoa-banana slices	Stuffed tomato	Orange-strawberry parfait
Dinner	Butternut squash macaroni and cheese	Thyme seasoned tofu spread in whole grain bread sandwich	Vegetable whole wheat pizza + fruit salad	Cold pasta salad	Mushroom soup and vegetable sandwich	Broccoli-penne pasta	Quinoa veggie pilaf

MEAL PLAN WEEK 8 - ASIAN

	M	Tu	W	Th	F	Sa	Su
Breakfast	Soy spinach congee	Miso soup with wakame and tofu	Rice pudding	Hot brown rice porridge with blueberries	Sweet potato miso soup	Pomegranate with minty rice	Quinoa with seeds and honey
Mid Morning	Green tea	Jasmine tea	Orange glazed carrots with sesame seeds	Tomato soup with hint of coconut milk	Apricot	Mixed nuts	Watermelon slices
Lunch	Curried lentil soup with brown rice	Tofu-coconut curry over brown rice	Pepper corns, cumin seeds seasoned brown rice cooked with red lentils	Vegetable fried rice	Coconut-vegetable curry with yacon served with brown rice	Creamy portobello mushroom soup + vegetable dumplings	Hijiki brown rice with shiitake mushroom
Snack	Cucumber-tomato salad with pepper seasoning	Crisp nori ribbons	Almond milk with dates	Strawberries	Cut cantaloupe	Steamed bean cake	Mango pudding
Dinner	Soba noodles with vegetables	Edamame-basil spaghetti	Grilled vegetable kebab over jasmine rice	Avocado sushi rolls + fruit salad	Bok choy salad + soy yogurt	Green salad with apricots + Brown rice pudding with coconut	Buckwheat noodles in tomato broth