

# PLD DIET MENUS

*Plant Based Alkaline Diet*

*Low salt or 1200 mg sodium - Neutral Protein 0.6 Grams Protein/KG Body Weight*

*Water or twice your Urinary Output*



## *Upon Arising*

One teaspoon of solé in a glass of water

To help balance your stomach, after eating raw fruit or drinking citrus, wait twenty minutes before eating again.

Freshly squeezed juice from one lemon. Add enough water to make ¼ cup or.

Orange juice freshly squeezed (wait 20 minutes after citrus before eating) or.

Grapefruit juice freshly squeezed (Caution can interfere with certain medications).

Throughout the day, if permitted, drink water equal to twice your output to turn off vasopressin, a hormone that stimulates cyst growth.



## *Breakfast Menu*

To help balance your stomach, after eating raw fruit or drinking citrus, wait twenty minutes before eating again.

Fruit: Raw fresh in season fruit locally grown (avoid starfruit, rhubarb, strawberry, plum, prunes)

Fruit: Freshly sliced grapefruit (caution interferes with certain medications)

Fruit: Bananas and apples or stewed fruit.

Cereal: Spelt, rye, kamut, brown rice, grits, corn meal, steel cut oats, oatmeal cereal (soak grains overnight).

Cereal: Corn meal with chopped dates (soak grains overnight).

Cereal: Cold cereal with almond, coconut, brown rice milk. Spelt, rye, kamut, brown rice or corn cereal.

Cereal: Prepare ½ cup of spelt kernels that have been soaked overnight to diminish phytic acid. Whole spelt kernels chopped have been likened to ground nuts. The following morning heat and top with banana or cinnamon apples.

Toasted non-yeasted English Muffin with all fruit spread. Bread made with spelt, rye, kamut, brown rice or corn.

Toasted non-yeasted bread with all fruit jam. Bread made with spelt, rye, kamut, brown rice, corn.

Toasted non-yeasted bagel with a poached egg yolk. Bagel made with spelt, rye, kamut, brown rice, or corn.

Toasted non-yeasted toast with tupelo honey, almond butter. Bread made with spelt, rye, kamut, brown rice or corn.

Toasted non-yeasted spelt, rye, kamut, brown rice or corn pita stuffed with chopped parsley, garlic, and

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## *Breakfast Menu*

Non-yeasted breads made with spelt, rye, kamut, brown rice, corn: the dough (flour and water mixture) for baking non-yeasted breads is allowed to rise for about 7 hours before it is baked. Unlike yeasted breads which rise quickly; non-yeasted breads release their digestive enzymes in the lactic acid ferment that takes place. Lactic acid can be blown off by several deep breathes throughout the day. Other acids produced by the body increase the workload of the kidneys. For non-yeasted bread recipe [click here](#). After eating non-yeasted spelt bread many have noticed that they never come away with a bloated feeling. It is the same with nuts, beans, legumes and seeds that have been presoaked to lessen their phytic acid content. With large ever expanding cystic organs, it is useful to minimize bloating. Many with liver cysts take H2 blockers. In theory this slows down secretin and prevents liver cysts from expanding.

Liquids: Enjoy liquids after eating food.

Herb Tea: African nectar, chamomile, chamomile citrus, chocolate mint truffle, hibiscus, honey bush, lemon grass, lemon thyme, lemon verbena, lemon water, lemon zinger, linden flower, milk thistle, red bush, rooibos, rose hips, saffron tea, silymarin, speedwell, sugar cookie sleigh ride, thyme, tilleul, veronica tea.

Roasted Grain Beverage: bambu, barley brew, barley cup, caffix, caro, carob powder, inka, java herb uncoffee, kara kara, organic instant grain, prewetts chicory, roma, spelt kaffee, teeccino, yannah, yorzoh.

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## *Morning Snack*

To help balance your stomach, after eating raw fruit or drinking citrus, wait twenty minutes before eating again.

Fruit: Twenty minutes before lunch have an alkaline fruit: apple, pear, kiwi, mango, pineapple, cherries, grapes, banana.

Fruit dried: Apricot, raisins, mango without sugar, cherries, dates, apples.

Juice: Cabbage-almond, apple, beet-apple, spinach-apple, kale-grape.

Grains: Unsalted organic corn chips, unsalted brown rice cakes, unsalted spelt pretzels, unsalted spelt crackers.

Nuts: (7) almonds unsalted.

Nuts: Young coconut water and enjoy the spoon meat.

Nuts: Roasted chestnuts

Vegetables: Raw carrots, jicama, (5) radish, turnip

Liquids: Enjoy liquids after eating food.

Herb Tea: African nectar, chamomile, chamomile citrus, chocolate mint truffle, hibiscus, honey bush, lemon grass, lemon thyme, lemon verbena, lemon water, lemon zinger, linden flower, milk thistle, red bush, rooibos, rose hips, saffron tea, silymarin, speedwell, sugar cookie sleigh ride, thyme, tilleul, veronica tea.

Roasted Grain Beverage: bambu, barley brew, barley cup, caffix, caro, carob powder, inka, java herb uncoffee, kara kara, organic instant grain, prewetts chicory, roma, spelt kaffee, teeccino, yannah, yorzoh.

Water: Lemon water, mineral water, water that has been standing for 24 hours to dissipate any residual chlorine.

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## *Lunch*

Soup: Turnip, watercress, vegetable, squash, corn, broccoli, black bean, lentil, mung bean, white bean, or flageolet soup. Presoak beans for 2-3 days; by rinsing under running water, this diminishes phytates and makes beans more digestible.

Soup: Lentil soup with brown rice.

Soup: Coconut milk and vegetables with brown rice.

Soup: Sides-spelt toast, spelt crackers, corn tortillas, brown rice crackers.

Salad: Romaine lettuce, sliced radish, diced carrot, purple onion, mushrooms, jicama, turnip, spinach (quick steam with lemon). Salad dressing lemon juice, olive oil, garlic and fresh leaf herbs.

Salad: Wilted Spinach salad with chicory, frisée, red onions, garlic, mint. Flash dip spinach in boiling water and squeeze lemon juice over all to enhance digestibility and decrease oxalates.

Sandwich: Almond vegetable paté spelt, kamut, brown rice or corn. or sliced cucumber used like a bread or cracker.

Sandwich: Vegetable burger without soy, wheat on non-yeasted bread made with spelt, kamut, brown rice or corn.

Sandwich: Almond butter and fruit spread on non-yeasted bread made with spelt, kamut, brown rice or corn.

Sandwich: Avocado and radish sprout on corn tortillas.

Sandwich: Avocado, onion, garlic, radish sprouts with a squeeze of lemon on non-yeasted bread made with spelt, kamut, brown rice or corn.

Sandwich: Walnut vegetable Paté with romaine lettuce, thinly sliced purple onion, and cucumber.

Sandwich: Hummus on a non-yeasted pocket pita made with spelt, kamut, brown rice or corn.

Vegetables: Moroccan vegetable food brown rice and beans.

Vegetables: Steamed chopped vegetables in a spelt pita.

Vegetables: Vegetables wrapped in a romaine lettuce leaf.

Vegetables: Buddha's delight with brown rice.



Liquids: Enjoy liquids after eating food.

Herb Tea: African nectar, chamomile, chamomile citrus, chocolate mint truffle, hibiscus, honey bush, lemon grass, lemon thyme, lemon verbena, lemon water, lemon zinger, linden flower, milk thistle, red bush, rooibos, rose hips, saffron tea, silymarin, speedwell, sugar cookie sleigh ride, thyme, tilleul, veronica tea.

Roasted Grain Beverage: Bambu, barley brew, barley cup, caffix, caro, carob powder, inka, java herb uncoffee, kara kara, organic instant grain, prewetts chicory, roma, spelt kaffee, teccino, yannah, yorzoh.

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## *Afternoon Snack*

Juice: Cucumber juice, vegetable juice freshly made, carrot juice, Perrier mineral water with 100% cranberry juice.

Vegetables: Crudites, cucumber, carrots, jicama, sunchoke.

Vegetables: Corn tortillas wrapped around steamed vegetables or avocado and radish sprouts.

Liquids: Enjoy liquids after eating food.

Herb Tea: African nectar, chamomile, chamomile citrus, chocolate mint truffle, hibiscus, honey bush, lemon grass, lemon thyme, lemon verbena, lemon water, lemon zinger, linden flower, milk thistle, red bush, rooibos, rose hips, saffron tea, silymarin, speedwell, sugar cookie sleigh ride, thyme, tilleul, veronica tea.

Roasted Grain Beverage: Bambu, barley brew, barley cup, caffix, caro, carob powder, inka, java herb uncoffee, kara kara, organic instant grain, prewetts chicory, roma, spelt kaffee, teeccino, yannah, yorzoh.

Water: Lemon water, mineral water, water that has been standing for 24 hours to dissipate any residual chlorine.



## *Dinner*

Fresh Spring Roll with cubed carrots, onions, peas, radish, Thai basil, mint served with rice noodles.

Pasta: Spelt Pasta Fettuccine with vegetables: roasted squash, chard, kale, almonds, spring onions

Pie: Vegetable pie

Pie: Wild Mushroom Shepherd's pie made with root vegetables

Pizza made with spelt and without yeast: fennel, onion, garlic and parsley or basil.

Polenta Fried with Roasted vegetables

Vegetables: Roasted root vegetables: rutabagas, carrots, sweet potatoes, turnips, beets.

Vegetables: Steamed array of vegetables: corn, squash, onion, garlic, celeriac, pumpkin, sunchokes, artichokes.

Vegetables: Brown rice risotto

Vegetables: Vegetables mixed with spelt pasta. To diminish symptoms avoid tomatoes, bell peppers, eggplant, potatoes.

Vegetables: All vegetable Terrines or Paté

Vegetables: All vegetable Tagine chick peas, saffron, cilantro over quinoa

Vegetables: Corn cakes with basil and walnut sauce, braised oxblood carrots with fennel pasta.

Vegetables: Mushroom tart with leeks.

Vegetables: Curries cauliflower and spinach with brown rice

Vegetables: Moroccan vegetable food

Vegetables: Brown rice and beans

Vegetables: Pot-au-feu with all vegetables.

Liquids: Enjoy liquids after eating food; a cup of herb tea or grain beverage or water.

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### *Late Night Snack*

Water: Place water by the bed with a lemon slice if desired.

Juice: Grape juice (all juice) with 2 ounces of Perrier

Juice: Cranberry juice (all juice) with 2 ounces of Perrier

Herb Tea: Chamomile tea with tupelo honey.

Herb Tea: Chamomile citrus, rooibos, lemon thyme, saffron tea, rose hips, veronica tea.

Herb Tea: Saffron tea without honey



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Some recipes are available at:

<http://www.PKDrecipes.com>



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