

# Alkaline Diet Plan

Patient information					
Name:		Date of birth:			
Height:		Weight:			
Age:		Date:			
Goals					
Daily meal recommendations					
<ul style="list-style-type: none"><li>• <b>Increase plant-based intake:</b> Prioritize fruits, vegetables, whole grains, nuts, seeds, and legumes.</li><li>• <b>Reduce animal products:</b> Limit meats, dairy, and eggs.</li><li>• <b>Minimize processed foods:</b> Avoid refined sugars, flours, and artificial additives.</li><li>• <b>Optimize hydration:</b> Drink water and herbal teas instead of caffeinated or sugary drinks.</li></ul>					
Weekly diet plan					
Week 1					
Day	Breakfast	Lunch	Snack	Dinner	Notes
1					
2					
3					
4					
5					
6					
7					

Week 2					
Day	Breakfast	Lunch	Snack	Dinner	Notes
1					
2					
3					
4					
5					
6					
7					
Week 3					
Day	Breakfast	Lunch	Snack	Dinner	Notes
1					
4					
3					
2					
5					
6					
7					

Week 4					
Day	Breakfast	Lunch	Snack	Dinner	Notes
1					
2					
3					
4					
5					
6					
7					
Sample diet plan					
Day	Breakfast	Lunch	Snack	Dinner	Notes
1	Alkaline green smoothie (almond milk, watermelon, banana, spinach)	Quinoa and veggie bowl	Handful of almonds	Grilled tempeh with steamed broccoli	Ensure proper hydration
Shopping list			Additional notes		
Sample diet plan					
Name:			License ID number:		
Signature:			Date:		