

*"Experience A Mouth-Watering Variety Of
Over 75 Gourmet, Alkaline, Vegan, And Raw Recipes
Designed To Satisfy Your Palette, Fulfill Your Cravings,
And Feed Your Hunger, Fast And Easy!"*

Dine Alkaline

Recipes

Simple, Healthful, And Close To Nature

By Jason and Nándi Moore

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Preface

Have you noticed that we're living in a time when we seem to be facing more disease diagnosis' and more invasive surgical and pharmaceutical therapies to treat them than ever before in history?

In fact, what's supposed to be our "*health care*" system, focused on "cause", seems to have become more of a "*disease care*" system, focused on "effect" - which explains why so many, including medical doctors themselves, are now turning toward alternative medicine and holistic nutrition instead.

People may be statistically living "longer", but not necessarily "better", at least when it comes to our health, especially in "modern", "industrialized" nations where the majority of people's lives are high stress and their diets are made up of lifeless animal-based and manufactured foods.

At the same time, there seems to be so much conflicting information out there when it comes to the source of illness (*are germs and genetics the cause of a disease condition or is a disease condition the cause of germs and genetics*), what generates health (*is it pharmaceutical drugs and surgery or lifestyle and environment*), and what constitutes good nutrition and a proper diet (*high carb, low carb; high protein, low protein; high fat, low fat; animal or vegetable*).

In fact, there are so many opinions that it's hard to know what path to take or even to "follow through" after a choice has been made - at least not without getting confused along the way.

In times like these, when the next "animal flu" and "disease epidemic" is breaking news and your told to "beware" of everything from beef and pork to almonds and spinach, you may be afraid of becoming sick or getting sicker no matter what you eat. You may not be clear how to protect yourself and prevent illness, much less handle the annoying symptoms that seem to be mounting up day after day.

You know that *without* "health and vitality" you won't be able to enjoy your life to the fullest, but at the same time you're worried about sacrificing the "joy of living" on the altar of some "extreme diet", having to sacrifice a pleasurable variety of foods, and becoming bored - you want to be "emotionally fed" by your food as well as get health benefits!

Besides, you've tried many diets before that have all failed long-term and you're concerned about going through *another* long and difficult process in order to achieve results, only to end up right back where you started all over *again*.

Over time perhaps you've become overweight, developed annoying and painful symptoms like digestive problems, constipation or irritable bowels, and started to feel emotionally stressed, depressed, and anxious about your life, all of which seems to be worsening as time goes on.

You may notice that your looking and feeling much older and are having a more difficult time "keeping up" with the daily grind and the people in your life.

You want to slow the aging process, recapture some of your youthful effervescence, strengthen your body and immune system, and "disappear" those annoying symptoms. You want it to be fast, easy, satisfying, and fulfilling and it has to taste good and not be too complicated!

What if we told you that you could have all of that and more by learning to eat an "alkaline diet" a least 60% of the time - would you be intrigued?

This book offers a "middle way" to approach your diet and lifestyle that will help you facilitate "health freedom" while still being able to experience a sense of joy, satisfaction, fulfillment and peace of mind about the way you eat and live...after all, if you can't enjoy the journey, why bother.

We'd like to thank our many mentors whose research, combined with our personal experience, provided the information contained within this book, especially our good friend and mentor Dr. Robert O. Young who showed us the way - you saved our lives.

Jason and Nándi Moore
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Introduction

We Were Sick & Tired

Jason

10 years ago, I was struggling with panic attacks, taking antidepressants, and abusing prescriptions and illegal drugs. After trying traditional approaches that made matters worse, I found out how to turn it all around by making changes to my diet and lifestyle and becoming more alkaline - and it worked, for a while.

The problem was that what I was doing too extreme for me, it had too many limits, and was too difficult to maintain in the “real world”. In the face of stress, I began eating for comfort and yo-yo dieting and food became my new drug.

I gained 40 extra lbs, was suffering from indigestion and irritable bowels, overwhelmed with stress and anxiety, unable to sleep, and totally exhausted most of the time - and worse - I was beating myself up about it because I thought “I should know better”!

Then I learned to apply a simple magic bullet strategy - adding alkaline smoothies to my daily regimen while simply incorporating mouth-watering, gourmet, alkaline, vegetarian, vegan, and raw foods into my existing diet, instead of going to extremes, and the alkaline diet not only became livable, but enjoyable, enabling me to eliminate unnecessary stress, disappear my digestive problems, have normal bowel movements, lose 35lbs in 30 days, sleep deep through night, wake up with more energy than I know what to do with...and maintain it long term with ease!

Nandi

When I met Jason, I was 35lbs over weight suffering from depression, migraines, and allergies, having inconsistent and painful menstrual cycles, struggling with constipation, acid reflux, heading for surgery with a severe stomach ulcer and I was taking prescription drugs to treat it all.

Then Jason introduced me to the alkaline diet. I was resistant at first, but decided to suspend my disbelief and try it out. Just by making a few

minor changes and adding a few simple things to my existing diet, I got amazing results.

My digestive problems disappeared, my bowel movements normalized, I lost 35lbs in 30 days, massively increased my energy and concentration, eliminated menstrual pain and reproductive problems, my depression faded away, I had no more migraines, my allergies disappeared, and I was able to get off of my prescription medications within the first 2 weeks because I simply didn't need them anymore. I also experienced many other unexpected benefits like completely clear and vibrant skin after having had horrible acne for years.

And I achieved it all by taking one small step at a time without going to any extremes or even doing any intense "cleansing".

After that, I even went on to experience a virtually pain and symptom free pregnancy - no morning sickness, no cramping, no cravings - gaining only 27lbs and returning to my original weight within 2 weeks of giving birth to a healthy, whole, and complete, bouncing baby boy.

The Big Secret That No One Is Telling You

...the one that's making you tired, fat, and flabby...

...the one that's causing you to suffer from painful digestive problems...

...the one that's keeping you from having normal bowel movements...

...the one that's getting you sick, keeping you sick, and making you even sicker...

...is that **inflammation, caused by an over-acidic diet and lifestyle, is the foundational cause of all sickness and disease.**

In fact, whether you're experiencing:

- Annoying symptoms - like low energy and fatigue...
- Digestive problems, like heart burn, acid reflux, gas, bloating, stomach aches, and nausea...
- Irregular bowel movements - like constipation, diarrhea, and irritable bowels...

- Problems losing weight and keeping it off.
- Problems with your skin...
- Aches and pains...
- And even major disease conditions...

...inflammation from over-acidification is the hidden underlying cause and moving to a more alkaline diet and lifestyle is the solution.

What Does “Alkaline” Mean

To DineAlkaline simply means to consume a diet that emphasizes 60-80% foods and drinks that have an “alkaline pH”.

When you hear the word "alkaline" you probably think of batteries, which sounds toxic to the body, and you probably wonder what being alkaline has to do with diet, or health in general, and why you should care about it in the first place.

Well, think about it, what are alkaline batteries designed to do?

They're designed to energize a machine so it can power on and perform the way it's supposed to.

The better the batteries, the better and longer the machine is able to perform.

And primary batteries, that are alkaline, tend to have the highest energy and longest shelf-life.

So what does this have to do with you, your diet, and your health?

Your body is like a machine and physical health is energy - the more energy you have, the more health and vitality you have!

Therefore, anything that takes away from your body's energy is disease producing and anything that contributes to your body's energy is health promoting.

Acidic foods cause inflammation and make energy withdrawals and alkaline foods are naturally anti-inflammatory and make energy deposits.

Therefore, by switching over to a mostly alkaline diet, you'll start a domino effect that will disappear imbalances beginning with digestion, elimination and weight problems.

You'll say...

“Scat” Fat...

“Adios” Acid Reflux...

“Take A Hike” Heartburn...

“No More” Nausea...

“C-Ya Later” Constipation...

“Bye-Bye” Gas And Bloating...

“Take A Walk” Extra Weight...

And “I Won't Be Missin' Ya” Irritable Bowels...

...and you'll do it fast and easy, without drugs, without surgery, without side effects, and without extremes!

Tastes Great, No Extremes

Now, I know when you hear “switching to a mostly alkaline diet” you probably worry about it being a diet that's too limiting and too extreme and, if you know anything about alkalizing, you probably think of alkaline foods as green, boring, bitter, and unappetizing.

Well, I'm here to tell you that it doesn't have to be that way!

In this book we will show you how to take boring, bitter, unappetizing alkalizing, vegetarian, vegan and raw foods and turn them into delicious, gourmet, mouth-watering meals that look, smell, taste, and feel like the comfort foods you're used to.

And we'll show you how to incorporate them into your existing diet and lifestyle so you can achieve all the proven health benefits of an alkaline diet - while still enjoying food you love and your life!

The variety of gourmet alkaline, vegetarian, vegan and raw foods and recipes in this book were brought together out of our boredom with vegetables, our disappointment and frustration with available alternatives to food we love, and our desire for healthy food that actually looks and tastes appetizing and feeds us spiritually and emotionally at the same time.

The Middle Way

This is your guide to a “middle way”.

Rather than focusing on deprivation and pushing yourself into making drastic and painful lifestyle changes all at once that won't last, you'll make healthier additions to your existing diet one small step at a time.

As your biochemistry and cravings for things change it naturally leads to the “not so good” stuff “giving you up” eliminating the need to force and fight with yourself and waste your will power.

You'll make improvements that match your outcomes, commitment, and lifestyle and only go as far as you want or as far as you need to for results.

One of the fastest and easiest ways to start alkalizing is to simply start practicing deep breathing, proper hydration, and incorporating alkaline green smoothies into your daily approach and we recommend that you begin there.

How To DineAlkaline

Some of the biggest challenges people have when it comes to nutrition and diet are the lack of understanding about the importance of alkalizing as a foundational principle and the confusion over conflicting information and what constitutes good nutrition and a proper diet (high carb, low carb; high protein, low protein; high fat, low fat; animal or vegetable).

Another problem is that most people approach their diet as “a means to an end” rather than “the end itself” which leads to further stress from yo-yo dieting on the wrong foods which produces temporary results - or worse - causes more challenges.

It is very important to make “being healthy” a lifestyle, but because most diets involve deprivation or giving things up as a main focus, when people hear that, they cringe.

That’s why, rather than focusing on giving up what you love and going to extremes, we focus on helping you make healthier additions to your existing diet that naturally lead to the “not so good” stuff giving you up - eliminating the force and fight with oneself and the waste of will power.

Choose The Best Foods

Organic And Whole – Is That All I Need

Are the best foods simply organic and whole - or is it more than that?

Unfortunately, just because something is labeled organic or considered whole food doesn’t necessarily mean that it’s the best for you, or even good for you. You can kill yourself in the health food store just as fast as you can in the convenience store.

Don’t Blindly Jump On The Bandwagon

Also, jumping on the vegetarian, vegan, or raw food bandwagon blindly, and without an understanding of the importance of alkalizing, too often leads to excessive consumption of starchy carbohydrates or sugar (from dairy, rice, pasta, bread, cereal, oats, high sugar fruit and concentrated fruit juice - depending on whether you are vegetarian, vegan or raw) which can be just as destructive as excessive consumption of animal protein.

What Really Makes The Difference

What really makes the difference is “mostly” eating foods that are easy to digest and make energy deposits - which are foods that are live, alkaline, and high in water, fiber, healthy fats, and plant proteins and are also organic, whole, vegetarian, vegan, and raw - these are vegetables (especially greens), fruits (especially low sugar), nuts and seeds.

By “mostly”, I mean 60-80% of your diet, minimum, for maximizing energy, disappearing digestive problems, having normal bowel movements, losing weight and keeping it off, having clear skin, or to create and maintain long-term health. And for accelerated healing from significant imbalances, the percentage may need to be even higher - 90-100%.

“High Net Gain” Foods

According to Vegan Ironman Triathlete, Brendan Brazier, in his book *Thrive Diet* (available from www.DineAlkaline.com/Recommends), “energy must be gained through nourishment and not stimulation” or you risk putting your body under too much stress which leads to imbalanced hormones, poor sleep (no opportunity to repair and rejuvenate), weight gain, and muscle loss - no matter how little you eat or how much you exercise.

It is very important to consume, what he calls, “High Net Gain Foods” which are alkaline foods that are “nutrient dense, yet easy to digest”...meaning they make more “energy deposits” than “energy withdraws”.

What About Calories

He noticed that people assume that “eating more calories (which are a measure of food energy), will equal more energy” - this is NOT the case. Otherwise, as he points out, “people filling up on high calorie fast food would be the people with the *most* energy”.

He believes, as I do, that too much emphasis is placed on “calorie in/calorie out” - when in reality, “calories are almost irrelevant as long as your body receives the nutrition it requires”. Foods that are high in calories but low in nutrients tend to take more energy (to digest) than they give, leaving you with “low net gains”.

Eating For Energy

For a healthy body to build enzymes and digest foods properly, it takes energy. Eating “high net gain foods” actually conserves energy, leaving it available for you to use elsewhere. Again, “just like with investing money, you want a high return on investment when eating foods and taking in nutrients. If you spend energy, it has to go to making you stronger or better, otherwise it’s wasted.”

If you eat too much “condensed”, “hard to digest”, acidic food, blood has to rush into your stomach (to deliver oxygen which provides energy for digestion), and therefore, oxygenated blood can’t be in the extremities (for motion) or in the brain (for concentration of focus) or in the filter organs (for cleaning out acidic wastes and by products) - where you need it the most.

Again, foods that are live, alkaline, and high in water, fiber, healthy fats, and plant proteins that are also organic, whole, vegetarian, vegan, and raw should make up the majority of your diet.

Recipes For Sweet Salvation

Cake

Raw Cashew Cheesecake*

Filling:

3 C Raw Cashews - soaked

1 C Almond Milk

$\frac{3}{4}$ C Raw Agave Nectar

1 tsp Alcohol free Vanilla extract

$\frac{1}{2}$ C Fresh Lemon juice

1 C Coconut Oil

Combine and blend all ingredients in Vita-Mix blender till silky smooth consistency, set aside.

Crust:

1 C Pecans

1 C Almonds

1 T lemon zest

$\frac{1}{4}$ t Sea salt

$\frac{1}{2}$ t Cinnamon

$\frac{1}{2}$ C Date paste (“how to” below)

First combine pecans and almonds in Cuisinart Food Processor and chop fine.

Now add all remaining ingredients and process, a very sticky ball should form.

Continued On Next Page

Raw Cashew Cheesecake* Continued

Black Berry topping:

2 C Blackberries - fresh frozen

¼ C Water

¼ C Raw Agave Nectar

Place all ingredients in Vita-Mix Blender and blend till almost like a sorbet consistency.

Assembly:

Grease a “spring form” cheesecake pan with coconut oil to ensure that the cake lifts out easy.

In the bottom of the pan, spread the crust evenly; do not go up on the sides.

Fill the pan with the cheesecake filling and place in the deep freeze till firm, most likely at least 3 hours for most freezers.

Remove cake from the freezer 10min prior to serving or as long as it takes for coconut oil so melt a bit for you to remove the cake from the pan with ease.

Now you can top the cake with any fresh fruit of your choice, blackberries are my favorite!

You can cut a slice of cake and then spoon fruit topping on each slice or if you are definitely using the whole cake, spread across top of cake.

ENJOY!