Sebian Alkaline Vegans: Transitional Guide

This is a guide to aid you through transitioning into an Alkaline Vegan diet based on the Sebi principles with meal plans, nutrition info, recommended reading, and more. If you have any questions about the diet, or would like personalized support, email us at: alkalizingveganism@gmail.com

Nurah Ikpeama
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Now is the right time to take control of your health. No matter how many times you have tried, you owe it to yourself to continue to work towards healing. At some point you will get it right. I too struggled to change. I saw a picture of myself on Facebook posted by my best friend. I was 220lbs standing only at 5’2” and I was fat, sick, and dying. Yes, I was a vegan most of my life, but I did not make the best healthy choices while observing the lifestyle. I thought, “Well I am not eating meat so I should be ok.” That is one of the lies I would tell myself. I was a dirty vegan, addicted to sugar and needed to make changes immediately or I was going to die young!

We all know that it is not easy to change our old habits. Changing your habits is a process involving several stages. Sometimes it takes a while before changes turn into new habits. You may face challenges along the way. But adopting new, healthier habits may protect you from serious health problems, such as diabetes. New habits may also help you look better and feel more energetic. After a while, if you stick with these changes, they may become a part of your daily routine.

Making the leap from thinking about change to taking action can be hard. Asking yourself about the pros (benefits) and cons (things that get in the way) of changing your habits may be helpful. How would life be better if you made some changes? Think about how the benefits of physical activity or healthy eating might relate to your personal life. For example, suppose your blood sugar is a bit high and you have a brother, parent, or sister who has type 2 diabetes. This means you may develop type 2 diabetes, too. You may find that it is easier to work out and eat healthy knowing that it may help you control your blood sugar and protect you from this serious health problem.

Our bodies are built to handle that natural pollution that’s created by digestion, respiration, and metabolism, yet our bodies are not designed to manage the massive volumes of unnatural pollutants that are brought on by our chemical-filled environment. The best way to improve our bodies to assist it to a healthier state that allows us to naturally self-clean is to detox.
How toxic are you? The following self-assessment will give you an ideal of your present state of health. Answer the question with a simple Yes or No.

## Toxic Assessment

- Do you have trouble falling asleep?
- Do you have trouble focusing?
- Do you experience frequent head pains?
- Do you find yourself irritable often?
- Is your skin dull?
- Do you experience skin outbreaks?
- Do you experience bloating?
- Do you experience constipation, diarrhea, or gas?
- Do you use coffee to wake up in the morning?
- Do you need alcohol to relax at night?
- Do you experience joint pains?
- Have you experience acid reflux?
- Do you experience congestion or sinus issues?

If you have more than a few yes answers, the greater chance your body is burden with toxins. It is impossible to eliminate all toxins, yet we can work to reduce our exposure and balancing out the remainder by improving our diets, restructuring our daily priorities, and humanizing our lifestyle.
Dr. Sebi: Background Check

Dr. Sebi, a pathologist, biochemist and herbalist. He came to the U.S. from Honduras and is on a mission to heal humanity. As it happens, he has been curing some of the most deadly diseases on the planet for almost 30 years. AIDS, cancer, diabetes, lupus and epilepsy are just a few of the ailments he has completely reversed.

“In fact, he is so committed to his work that he took on the Attorney General of New York in a Supreme Court trial — and won...”

Standing Up to the Food and Drug Administration
In the 1980’s, Dr. Sebi ran a variety of ads in newspapers like the New York Post, stating: “AIDS has been cured by the Usha Research Institute, and we specialize in cures for Sickle Cell, Lupus, Blindness, Herpes, Cancer and others.” The ad caught the eye of the Food and Drug Administration (FDA) and the agency subsequently sued Dr. Sebi for false advertisement and practicing without a license.

The judge presiding over the case requested that Dr. Sebi provide one witness for each disease he claimed to have cured. When he instead furnished 70 witnesses to support his argument — showing without a doubt that he did in truth heal all the diseases listed in the ad — the judge declared the doctor not guilty on all counts.

Even with his outstanding victory in court, along with testimonials from celebrities and a multitude of people cured by his method, Dr. Sebi’s protocol is still suppressed to this day.

Healing with Electric Foods and Botanicals
The basis behind Dr. Sebi’s approach is clearing the body of excessive mucous, which is believed to be the root of all disease. He explains: “Our research reveals that all manifestation of disease finds it genesis when and where the mucous membrane has been compromised.

For example, if there is excess mucous in the bronchial tubes, the disease is bronchitis; if it is in the lungs, the disease is pneumonia; in the pancreatic duct, it is diabetes; in the joints, arthritis.” According to Dr. Sebi, blood and starch in the diet are the main reasons we can be overrun with clogging plaque. He believes starch is a chemical that wreaks havoc on health, mainly because it causes acidity within the body. Dr. Sebi recommends fasting, along with taking botanical remedies which detox each cell and replace depleted minerals.
Dr. Sebi’s process of health practices is in observation ancient African Wholistic healthcare called intracellular cleansing. It is a cleansing or cellular rinsing of every cell. This cellular cleansing process ensures proper nourishment and strengthening of the cells, whereas cleansing the entire cellular environment or every cell that makes up the “whole” body systems. Simply stated it is the cellular cleansing of every organ that comprises the human organism. The cells that make up the various organs or body systems are cleansed.

This cellular cleansing is done through his ingenious healing system called the African Bio-Mineral balance. The African Bio-Mineral balance consist of the following vital components; electric cell food compounds and a nutritional food guide that consist of alkaline-forming, plant-based, organic, vegan nutrient dense foods that mainly focus on excluding starch forming foods, processed sugars, soy, canned food, artificial hybrids and microwaves usage.

The African Bio-Mineral balance eclectic cell food compounds break down calcification, toxins, acids and mucus build up that has accumulated in the body over the years. After breaking down of cell debris with the compounds, the cells then undergo a series of rinsing that completes the process. Without completion of this process, and, if toxins are not eliminated, they will be recycled throughout the entire body manifesting in DISEASE OR SEVERE PATHOLOGY.

The herbal compounds have been created to extract, remove, and eliminate, acids, toxins and mucus in any given area of the body. It is necessary for the body to be cleansed “wholistically”. The compounds are unique—they work to cleanse the body as a whole.

To learn more about Dr. Sebi’s Bio-Mineral Eclectic Cell Food compounds visit www.drsebicellfood.com
Humoral Theory - The human body is filled with four basic substances, called humors, which are in balance when a person is healthy. All diseases and disabilities supposedly resulted from an excess or deficit of one of these four humors. Those humors are blood (liver), yellow bile (spleen), black bile (gallbladder), and phlegm (brain/lungs). The Human body contains blood, phlegm, yellow bile and black bile. These are the things that make up its constitution and cause its pains and health. Health is primarily that state in which these constituent substances are in the correct proportion to each other, both in strength and quantity, and are well mixed. Pain occurs when one of the substances presents either a deficiency or an excess, or is separated in the body and not mixed with others.

Dr. Sebi’s understanding is that excess mucus in the body causes the body to be imbalanced which results in inflammation. Chronic diseases are said to be caused by inflammatory-related conditions and “excess mucus is the root of all diseases.” – Dr. Sebi. He also states that the cure for all diseases is by alkalizing the body with an alkaline diet consisting of only vegetables, fruits, nuts, alkaline grains, and legumes will remove mucus from the body.

Mucus (better known as phlegm) is something everyone has, and what is normally secreted by mucosal tissues throughout the body. Mucus-producing tissue lines are in our mouth, nose, sinuses, throat, lungs, and gastrointestinal tract. Mucus acts as a protective in these areas of body, preventing the tissue underneath from drying out. Mucus traps unwanted matter like bacteria and dust before they can enter into the body. It also contains antibodies that actually help your body maintain its balance, prevent inflammation, and reduce food allergy problems. So, when we’re healthy, our body is like a mucus-making machine, creating out about 1/4th gal every day and most of that mucus trickles down our throat and we don’t even notice it. The theory of mucus is derived from the humoral theory which is a base of African science.

Mucus Maximus
A dietary intake of alkaline forming foods emphasizes placing on whole fruits and vegetables and certain whole grains, which are low in caloric density. Healthy Alkaline Diet Foods involve the ideal balance between acidifying and alkalizing foods. The body has a number of organ systems that are skillful at counterbalancing and removing excess acid, but there is a limit to how much acid a healthy body can cope with effectively. The body is proficient at maintaining an acid-alkaline balance provided that the organs are functioning properly as long as a well-balanced alkaline diet is being consumed, and that other acid-producing factors are avoided.

The American diet is extremely acid-forming, which overwhelms the body’s making it difficult for removing excess acid. The staples of the American diet are meat, dairy, corn, wheat, and refined sugars (all acidifying foods). Also, the diet is particularly lacking in alkalizing fruits and vegetables. The alkaline diet greatly reduces this acid load that the body experiences while helping to reduce the strain on the body’s acid-detoxification systems, such as the kidneys.

Examples of Alkalizing Vegetables: Tomatoes, Cucumber, Kale, Lettuce, Onions, Peppers,
Examples of Alkalizing Fruits: Apple, Banana, Berries, Grapes, Melon, Peach, Pear, Limes
Alkalizing Protein: Brazil nuts, Chickpeas, Hemp Seeds
Alkalizing Spices: Ginger, Sea Salt, Thyme, Basil

Note: a food’s acid or alkaline forming tendency in the body has nothing to do with the actual pH of the food itself. Although it might seem that citrus fruits would have an acidifying effect on the body, the citric acid they contain actually has an alkalinizing effect in the system.

Power of Hydrogen (pH)

pH scale measure the potential of Hydrogen (H+) ion in the body. The pH range is between 0-14 with 7.0 being neutral. Anything above 7.0 is Alkaline and anything below 7.0 is acidic. The more acidic the blood is the greater the hydrogen ion are found in the blood which means that the blood’s pH level is lower. A healthy functioning body’s blood pH level will be slightly acid reading between 7.36 and 7.45 pH.
Water is a vital factor in our transitional experience. Our body uses water in all its cells, organs, and tissues to help regulate its temperature and maintain other bodily functions. Because your body loses water through breathing, sweating, and digestion, it's important to rehydrate by drinking fluids and eating foods that contain water. Ideally we should drink a minimum of half our body weight up to 1 gallon a day, yet physical exercise and heat stress can greatly increase daily water needs.

Dr. Sebi urges individuals to consume at least 1 gallon of spring water each day. Spring water is the quintessential nutrient of life. Water (total body water) is the principal chemical component of the human body. Natural spring water has healing benefits due to its mineral content, which is why it is recommended by Dr. Sebi. As the water runs through underground rocks, minerals such as calcium, sulphur and magnesium dissolve into it. When it reaches a layer of water-resistant rock, the water flows out onto the earth’s surface in the form of a spring.

Spring water rich in minerals which can help to improve health. The mineral properties of spring water vary from region to region and even from spring to spring, therefore each type of water has different therapeutic properties depending on its mineral composition.

**Water Consumption Transition Tips.**
- Add Lime to your water
- Set achievable goals
- Mark a gallon jug by ounces
- Drink water upon rising for the day
- Set Alarms to remind you to drink
- Replace other drinks with water
- Drink when you are hungry
- Drink Sprinkling Spring Water
- Add your favorite fruit or veggies
- Make a tea vs plain water

**Recommended Bottled Water**

Crystal Geyser is a great bottled spring water private water company based out of California that produces sparkling and spring mineral water as well as other beverages.

*Learn more about the product and their commitment to the environment visit them at:
http://www.crystalgeyserasw.com/index.html#products*

All plastic bottles are not created equal. Learn more information on page 11.
The best sources of water to drink and **those to avoid**...

So we established that Dr. Sebi encourages us to drink 1 gallon of water each day and most doctors and nutritionist advised 8-10oz of water as a minimum, but we will need to give serious thought to the quality of that water.

**WATER IS EVERYWHERE**

In America many varieties of waters are advertised, yet not all are healthy. It is like water is everywhere but most are fit to consume.

- **Deionized water** has had ionized impurities and minerals removed from it but not bacteria or pathogens.
- **Distilled water** can be any kind of water that has been vaporized and collected, leaving behind any solid residues, including minerals. **Distilled water has no minerals in it at all.**
- **Reverse osmosis** water has been forced through membranes that remove larger particles, pollutants and minerals. **Reverse osmosis water is usually acidic.**
- **Tap water** is municipal water that comes out of the faucets and has been treated, processed and disinfected. It is purified with chlorine and generally has added fluoride. **But one of the byproducts from using chlorine in our drinking water is linked to cancer**

*All of the above waters lack essential minerals* that are necessary for good health. Mineral deficiency can lead to insulin resistance, migraines, high blood pressure, constipation and even heart beat irregularities!

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**Rich Mineral H2O**

The finest water to drink is naturally clean, pure and full of naturally occurring minerals.

1. **Artesian or Spring Water** comes from natural sources, but can be bottled off-site and are sometimes processed and purified.
2. **Mineral Water** could come from a artesian/spring water source typically located from an underground source that contains at least 250ppm (parts per million) of dissolved solids that include minerals and trace elements.
3. **Natural Spring** water flows up to the surface from a natural spring and is bottled at the source.
4. **Well Water** comes from a hole drilled in the ground that taps into a water source. Usually a pump brings it up to the surface.
Rich mineral water sources have essential minerals and nutrients like magnesium, potassium, and sodium. Minerals are important for nearly every function in your body, especially our adrenals.

Adrenal fatigue many times get confused with hypothyroidism, yet the thyroid and adrenals must work together to give us our energy. Our adrenals, two walnut-sized organs that sit on top of your kidneys, are the pillars of your body. If we are exhausted, chances are, our adrenals - AND their partner the thyroid - need attention.

This is why it is essential to consume water that will fuel both the thyroid and the adrenals. Mineral-rich water is the best source of these nutrients, but if you can't get these waters because of cost or your location, then home filters are an alternative option.

- **Absolute 1 micron filtration**
- **Ozonation**

Both filtering methods allow minerals to stay in the water.

Mountain Valley Spring Water Glass Jars

Glass jars is the safest, trusted, and proven packaging for taste, health, and environment and the government placed the highest standard on glass. Glass is 100% recyclable endlessly without loss in quality or purity. Glass also does not interact with the content within its packaging, which helps to ensure that the flavor and benefits still have its strength. Mountain Valley Spring has been bottling spring water over 140 years. Mountain Valley Spring Water is rich in minerals and naturally ionized. The forest surrounding the spring is well protected. Learn more visit: [www.mountainvalleyspring.com](http://www.mountainvalleyspring.com)

Dangers of Plastic Bottles

Plastic bottles are the most convenient and durable way to hold our drinking water. Natural Resources Defense Council has reported that consumers should not assume that bottled water is not any more pure or safe than tap water and reusing those bottles are more dangerous because it increases the changes of bacteria and leaking of toxins found in plastic.

**Bacteria**

All plastic bottles, when reused, are subjected to high levels of bacteria due to contact with hands and mouths, creating moist conditions that encourage bacteria growth. Water bottles can be washed with warm soapy water and allowed to dry before being reused. But the process of washing and agitation has been shown to damage the structure of the bottle, causing release of chemical compounds.

**Leach Toxins**

PET (Polyethylene terephthalate) and BPA (Bisphenol A) plastics are the most common types of containers for water and other drinks. Both PET plastics and BPA plastics have been shown to leach over time. PET plastics tend to leach when exposed to realistic though extreme conditions, such as exposure to sunlight, heat and storage time. BPA can interfere with reproductive development in animals. It has also been linked with cardiovascular disease and diabetes in humans.

**Know Your Bottle Number**

PET (No. 1), HDPE (No. 2), PVC (No. 3), LDPE (No. 4), Polypropylene (No. 5), Styrene (No. 6), and BPA/Others (No. 7). For more information visit [http://naturalsociety.com/recycling-symbols-numbers-plastic-bottles-meaning/](http://naturalsociety.com/recycling-symbols-numbers-plastic-bottles-meaning/)
Are you ready to take the pledge to be health? Now you are armed with knowledge of why you should start, but are you prepared to make a commitment to move forward in the direction that supports a healthier life for you and your family? Do not put “getting healthy” off any longer. It starts one meal at a time. When you are ready speak the following pledge into existence as a symbol that marks your transition…

I pledge to be patience and true to my spirit, my body, my creator and all those who have entered, left and touched my life by fulfilling my growth within self knowledge to be all that I can be in my lifetime.

I pledge to fill my physical vessel (body) with natural substances, pure clean water, alkaline forming foods, positive spirits/thoughts, good rest, no worrying and proliferate my soul so that I can be all that I can and more everyday by taking control of my own life and body.
Ready, Set,…Wait! Where Am I Going?

7-Day Transitional/Elimination Plan

You know why you need to change. You made the decision to change. Now how does one get started on this journey? The journey begins here.

There are many pathways you can take to begin incorporating a healthier lifestyle. Some prefer to gradually change over a fixed period of time. Others prefer to just throw out all the bad foods and start from the beginning immediately. That way works, but most aren’t prepared for the immediate detox experience that come along with a complete diet overhaul. You have to find out what is best for you and create a action plan that will help you reach your goals.

I prefer to recommend an approach that allow a person to experience a smooth transitional experience. Whether you work full-time, been diagnosed with an illness or have a large family this plan offer tips on how to prep, shop, and prepare your meals.

The purpose of this chapter is to help you develop a new perspective that will allow you to begin your transition through a realistic approach vs a quick fix idea. The key is to have patience with yourself so I do not want to overwhelm you with information. Understand, none of us is perfect and you can move along at your own pace – no need to change the diet in a day.

Another important factor in cleaning eating is that most of your meal must be homemade, yet do not feel the need to cook a new meal every night. Nothing has to change in that respect of your prior meal experience in relation to leftovers.

You can prepare meal that can last 2 or more days. You have to find your own happy balance. This plan serves as a guide only not a riged formula that cannot be altered. If you need to change it up…by all means do so.

The idea of this plan is to help you eliminate the foods that trigger negative effects on your health. After a period of eating clean you will immediately know which foods bother you when you try to introduce them back into your life. I love corn and I know it is a starch vegetable. When I attempt to introduce it back into my diet I immediately felt sick. I know now what foods trigger negative effects on my body. Cleaning eating allows us to understand what agrees with us and what does not.

Transitional Plan will help you:
• Boost detoxification of your body
• Reduce your exposure to toxins
• Improve digestive functions
• Reduce mucus/inflammation
• Improve food absorption
• Reboot your metabolism
• Increase energy
**BEFORE YOU GET STARTED**

Before you jump around looking for the meal plan I want you to ask yourself the following questions:

- What foods I consume the most?
- What is my go-to food when I crave?
- What foods/substance give me a pick up when I need it?
- What foods I will have a difficult time eliminating?

I want you to keep a journal during this 7-day transition. Write the answer to these questions in that journal. This will give you insight to the emotional attachment foods has on your body and through this experience you will learn how to respond better.

Once the transitional period has ended you can look back to those answers to learn what has changed. Trust me, your body will not give up so easily in this process. Your brain will send all types of addictive signals that it wants to stay with the process foods. You will think you really need them, but do not allow the process foods to win. Before you know it you will experience better health with clean eating and the addictive signals will die away.

The first phase of transitioning is Elimination which will help you understand what to eliminate, how to replace trigger foods with anti-mucus goodies, and what can be used as a substitute.

**Phase 1: Eliminate the Toxic 15**

If you remove the following from your home this will allow you to have a most enjoyable smooth transition with experienced results.

1. Dairy (Milk, Cheese, yogurt…)
2. Soy
3. Eggs
4. Gluten
5. Corn
6. Refined sugars/Alternatives
7. Alcohol
8. Sea Foods
9. Non-Approved nuts
10. Potatoes
11. White Flours
12. Processed Foods
13. Non-Approved Oils
14. Hybrid Foods/Acid
15. Meats (and byproducts)

I am sure you are thinking that I asked you to throw out everything in your kitchen after reading the list. Do not get discouraged because there are so many tasty foods you can have and we will focus on them in the upcoming pages.

Page 15 is an overview of foods that Dr. Sebi recommends to reverse disease in the body, which will serve as our guide throughout this book.
# Dr. Sebi Recommended Food List

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<tr>
<th>Vegetables</th>
<th>Fruit</th>
<th>Grains/Nuts &amp; Seeds</th>
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<tbody>
<tr>
<td>Amaranth greens,</td>
<td>Apples</td>
<td><em>Grains</em></td>
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<tr>
<td>Avocado</td>
<td>Bananas – the smallest one or the</td>
<td>Amaranth</td>
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<tr>
<td>Bell Peppers</td>
<td>Burro/mid-size (original banana)</td>
<td>Fonio</td>
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<tr>
<td>Chayote (Mexican Squash)</td>
<td>Berries – all varieties</td>
<td>Kamut</td>
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<tr>
<td>Cucumber</td>
<td>Elderberries in any form – no</td>
<td>Quinoa</td>
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<tr>
<td>Dandelion greens</td>
<td>cranberries</td>
<td>Rye</td>
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<tr>
<td>Garbanzo beans</td>
<td>Cantaloupe</td>
<td>Spelt</td>
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<td>Green banana</td>
<td>Cherries</td>
<td>Teff</td>
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<tr>
<td>Izote – cactus flower/ cactus leaf</td>
<td>Dates</td>
<td>Wild Rice</td>
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<td>– grows naturally in California</td>
<td>Figs</td>
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<tr>
<td>Kale</td>
<td>Grapes- seeded</td>
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<tr>
<td>Lettuce (all, except iceberg)</td>
<td>Limes (key limes preferred with seeds)</td>
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<td>Mushrooms (all, except Shiitake)</td>
<td>Mango</td>
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<td>Nopales – Mexican Cactus</td>
<td>Melons- seeded</td>
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<tr>
<td>Okra</td>
<td>Orange (Seville or sour preferred,</td>
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<tr>
<td>Onions</td>
<td>difficult to find)</td>
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<tr>
<td>Poke salad – greens</td>
<td>Papayas</td>
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<tr>
<td>Sea Vegetables</td>
<td>Peaches</td>
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<tr>
<td>(wakame/dulse/arame/hijiki/nori)</td>
<td>Pear</td>
<td></td>
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<tr>
<td>Squash</td>
<td>Plums</td>
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<tr>
<td>Tomato – cherry and plum only</td>
<td>Prickly Pear (Cactus Fruit)</td>
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<tr>
<td>Tomatillo</td>
<td>Prunes</td>
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<tr>
<td>Turnip greens</td>
<td>Raisins –seeded</td>
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<tr>
<td>Zucchini</td>
<td>Soft Jelly Coconuts</td>
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<tr>
<td>Watercress</td>
<td>Soursops – (Latin or West Indian</td>
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<td>Purslane (Verdolaga)</td>
<td>markets)</td>
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<td></td>
<td>Tamarind</td>
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<tr>
<th>Oils</th>
<th>Seasonings</th>
<th>Herbal Teas</th>
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<tr>
<td>Olive Oil (Do not heat)</td>
<td>Basil, Bay leaf, Cloves Dill</td>
<td><em>Allspice, Anise</em></td>
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<tr>
<td>Coconut Oil (Do not heat)</td>
<td>Oregano, Parsley, Savory, Sweet Basil</td>
<td><em>Burdock, Chamomile</em></td>
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<tr>
<td>Grapeseed Oil, Sesame Oil</td>
<td>Achiote Cayenne, Onion Powder, Habanero,</td>
<td><em>Elderberry, Fennel</em></td>
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<tr>
<td>Hempseed Oil, Avocado Oil</td>
<td>Sage, Pure Sea Salt, Powdered Granulated</td>
<td><em>Ginger</em></td>
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<td>Seaweed (Kelp/Dulce/Nori – has “sea taste”</td>
<td><em>Raspberry</em></td>
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<td><em>Tila</em></td>
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### 7-Day Elimination/Transitional Plan

#### Elimination Food Journal

We want to monitor the whole body, not just the foods, so be sure to use the “Note” section to write down important thoughts, such as how much sleep you received, the number of water ounces you consumed, your bathroom experiences, and stress levels, as they relate.

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Phase 2: REPLACE TRIGGER FOODS

So, now we know what the TOXIC foods to avoid and we have been introduced to Dr. Sebi’s food list we see that we still have plenty of great foods to cook with.

Page 18 gives you a quick glance at the option choices. It compares what you should include in your diet against those TOXIC foods to avoid. You can consume all foods in the “Include” column and stay away from the foods in the “exclude” column.

If you find that Dr. Sebi’s food list is still too restrictive and you are not ill then you can add a few items from my anti-inflammatory list in the appendix section of this book. I also will provide tips and tricks in the upcoming pages…so don’t jump to the appendix just yet…smiles.

I believe that once you learn the tricks and tips to healthy eating then this way of eating becomes like second nature. You will get there, just allow yourself to transition one meal at a time.

My question to you is what happens when the cravings strike now that you have eliminated the toxic foods?

When Cravings Strike…

Coffee Drinkers: Dandelion Root Tea is your savior. You should keep this on you at all times (recipe in appendix section).

Sugary Cocktails: Drink seltzer or mineral water with lime with an after work affair.

Company Breakfast: Most deli’s will have avocado and I would recommend you request them to add to toast with tomatoes and sea salt before you walk into the office…there is always fruit available during the company breakfast. This way you can still eat without starving.

Junk Food Junkie: I am guilty of being a excessive snacker. I travel with dried fruits, hummus or avocado. I like to make homemade spelt chips to have with my avocado dip (recipe in appendix section).

Ice cream Sundae: Best to keep bananas frozen for a hot summer’s day of indulgence. You can place frozen bananas in the blender to pulse until creamy then add your favorite approve ingredients (recipe in appendix section).
## 7-Day Elimination/Transitional Plan

This list is not complete, yet it serves as a snapshot into your new way of eating.

<table>
<thead>
<tr>
<th></th>
<th>include</th>
<th>exclude</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit and Veggies</td>
<td>Organic fresh or frozen (w/o additives)</td>
<td>Conventional, canned and all hybrids</td>
</tr>
<tr>
<td>Dairy Substitutes</td>
<td>Hemp, coconut, Brazilian, or walnut milks and butters and any other products that does not include additives or non approved items</td>
<td>Soy, tofu all forms, animals milk, cheese, butter, yogurt, whey protein, tempeh, ice cream, nondairy creamers, cottage cheese, sour cream</td>
</tr>
<tr>
<td>Gluten Free Grains</td>
<td>Pastas, flours, cereals made from Amaranth, Fonio, Kamut, Quinoa, Rye, Spelt, Teff, Wild Rice</td>
<td>Wheat, couscous, bran, farina, corn, cornmeal, white flours, barley etc.</td>
</tr>
<tr>
<td>Proteins</td>
<td>Chick peas, garbanzo beans, hemp protein</td>
<td>Soy products, protein powders, seitan, eggs</td>
</tr>
<tr>
<td>Nuts &amp; Seeds</td>
<td>Raw unroasted and unsalted Brazilian nuts hemp seeds, sesame seeds, and walnuts</td>
<td>All not mentioned on recommended list.</td>
</tr>
<tr>
<td>Oils</td>
<td>Cold pressed organic from Dr. Sebi’s recommended food list</td>
<td>Butter, margarine, shortening, processed oils, mayo, canola, and processed salad dressings.</td>
</tr>
<tr>
<td>Drinks</td>
<td>Rich Mineral H2O (p. 10) raw juice and fresh smoothies</td>
<td>Alcohol, coffee, caffeine, soda, processed fruit juices, tap water</td>
</tr>
<tr>
<td>Sweeteners</td>
<td>Fruit puree, agave, dates (paste/sugar/syrup), dry fruit, coconut flakes</td>
<td>Refined sugar, corn syrup, sugar alternatives, beet sugar, coconut sugar</td>
</tr>
<tr>
<td>Others</td>
<td>Coconut amino acids, tamarind fresh non-hybrid herbs, etc.</td>
<td>Apple cider vinegar, processed fermented foods, processed foods.</td>
</tr>
</tbody>
</table>
7-Day Elimination/Transitional Plan

Phase 3: Substitution is the name of the game

Sugar is the first thing that folks ask to substitute. “How can I get that great taste?” is the question that I hear often by clients. The truth is that our taste of foods aren’t natural as we think. Our taste experiences are artificially generated by the food companies because the more sugar the more dependent our bodies are on that food. We eat to catch that taste not to live healthy anymore. We become slaves to taste and sugar is the owner of our desires.

ALL sugar, natural or artificial is converted into glucose by our bodies and used as fuel, but it is the source of that sugar that deems it beneficial or detrimental to our bodies. Fruit sugars are natural sugars that include vital nutrients like fiber or antioxidants which makes those sugars beneficial to the body.

On the other hand, processed sugars (regardless of the sources) goes through an unnatural process and is void of nutrients and goes directly into the blood stream which aids in increasing the blood glucose levels to extreme points; this is detrimental to the body because it places too much stress on the body’s organ causing overuse, wear and tear, as well as premature aging.

When I was a dirty vegan I believed I was still healthy, because I ate low-fat everything even when I was transitioning from a vegetarian to a vegan. The truth is I was still eating bad because of the hidden sugars that were in these products I grew to love.

Sugar is in everything we consume! READ YOUR LABELS!

Instead of refined/processed sugars use natural sweeteners like date syrups, raw blue agave nectar, date sugar, fruit preserve/syrup, raw honey*, pure maple syrup*, or coconut sugar*.

Keep in mind that we are not attempting to consume the same amounts of sugar, but they are healthier alternatives to sweet recipes

*Indication that it is not included on Dr. Sebi’s Food List.
Undercover Sugars: Beware!

I need to highlight sugar for a second because most of us previously or currently suffer from sugar addictions.

Have you questioned yourself why you cannot let go of certain foods? This is because we eat so many things that include the following hidden sugars:

<table>
<thead>
<tr>
<th>Corn Sweetener</th>
<th>Corn Syrup</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barbados Sugar</td>
<td>Beet Sugar</td>
</tr>
<tr>
<td>Brown Sugar</td>
<td>Butter Syrup</td>
</tr>
<tr>
<td>Cane Sugar</td>
<td>Dextrose</td>
</tr>
<tr>
<td>Maltose</td>
<td>Rice Syrup</td>
</tr>
<tr>
<td>Sorbitol</td>
<td>Turbinado</td>
</tr>
<tr>
<td>Malt Sugar</td>
<td>Sucrose</td>
</tr>
<tr>
<td>Ethyl Maltol</td>
<td>Glucose</td>
</tr>
<tr>
<td>Molasses</td>
<td>HFCS</td>
</tr>
<tr>
<td>Panocha</td>
<td>Galactose</td>
</tr>
<tr>
<td>Sorghum</td>
<td>Invert Sugar</td>
</tr>
<tr>
<td></td>
<td>Maltodextrin</td>
</tr>
</tbody>
</table>

Most of have been eating these sugars unknowingly because they are hidden in the names, which is why it is important to read and research the ingredients on all packaged foods.

Food companies like to add sugars to their foods because it makes the foods taste better, but our bodies tend to intake more sugar that our bodies can handle.

Fact: Americans consume about 130lbs of sugar per year each.

Sugar is a carbohydrate that comes in the form of Simple (monosaccharides) or Complex (disaccharides).

There are sugars that are naturally occurring like glucose that’s found in plants, which our bodies use as energy or converted into glycogen which is the needed fuel for our liver and muscles.

Great thing is that our bodies will automatically create glucose when it needs it. YES, gluconeogenesis is the term in where our bodies goes into fat burning mode usually after a full day of fasting.

Fructose is another natural sugar found in...you guessed it. Fruits. Also you can find it in cane sugar and honey. More complex sugars are Sucrose and Lactose. These sugars are naturally found in some foods and sometimes alongside glucose. The important part to understand is that they are natural if they are naturally occurring. When they are processed they are not natural.
Substituting continues…

We learned in the beginning chapter that mucus forming foods are to be avoid. **Dairy** is the frontline mucus forming food, and more so when a person have an intolerance to milk. Milk is an inflammatory food substance as well, which aid digestive issues and skin eruptions.

**Instead of dairy milk**, you can use any of the approved seeds or nuts from Dr. Sebi’s Food list to make a more nutrient dense substance. Also, coconut milks and butters are ideal replacements (recipes in appendix section).

Lets discuss those that experience a trying time of letting meat go from their diets. **Meat and eggs** are filled with everything we are trying to steer clear from such as antibiotics or growth hormones and any other substances the animal is feed. When we eat the animal’s flesh we eat everything they were feed.

If you chose to still eat animal products after this detox/transition process be sure to consume cage-free/grass-fed organic choices only. Although you may feel okay eating organic animal products, this book only promotes a 100% vegan recipes, tips and suggestions. Feel free to add your own organic animal products, but your results will vary greatly.

**Instead of eggs** you can use garbanzo bean flour or aquafaba, which is the juice leftover from the cooked beans.

**Wheat/ Gluten** of today’s causes too many issues in our bodies from weight gain to joint pains so we will not include in this book. Wheat of today carries certain molecules that the body cannot recognize so therefor it does not get processed by the body. Use ancient grains to make you favorite pastas and breads. It is time for us to get back to the artmaking of cooking wholefoods.

If you would like to purchase a bread for your sandwiches Berlin Natural Bakery is a great online company that offers a sourdough bread. Learn more information: [http://www.berlinnaturalbakery.com/](http://www.berlinnaturalbakery.com/)

**Say no to SOY, period!** There is no benefits in this product and you will not find it in any of the recipes. I recommend you to conduct your own research to learn about the effects it has on our bodies…it would be detrimental not beneficial, but I urge you to learn for yourselves.
Phase 4: Progress Awareness

During the next 7 days you want to be sure to track and monitor your progress during the elimination and transitioning stages.

Everything is relate from how we sleep to how we feel when we wake is an indication of our health level. If we don’t monitor this process we can’t share our experiences good or bad with those who can help.

Use the chart on page 16 to help track your progress or go to SebianTransitionalGuide.com where you can download the chart and make copies. I usually have my clients keep the copies in a binder, a file folder on your computer or upload in Google Docs so you can always have access to the document.

Phase 5: All About ME, MYSELF and I

This is about healing the whole body, not just loosing weight. When we eat and live healthy, weight loss is a byproduct of the healthy lifestyle.

We have to add activities into our life that promotes a healthier self by reducing cravings, stresses, and aiding the detox process naturally.

Coping With the Detox

Mediation: This activity was the biggest help for me during my transition period. I worked a stressful job, lived in the city which is filled with polluted air and both made me crave the wrong foods. I started with 5 mins of breathing sessions then increased until I formed a habit of 30 minutes of mediate each day. Do what is best for you. Set a realistic goal and stay committed to that goal.

Stretching: This is important for individuals that have a sedentary kind of job. You don’t get to move about often, so take a moment in your day and stretch. If you have time sign up for a free yoga or tai chi classes. Most places will allow you to sign up for a small price as a test run. Check out www.groupon.com for specials in your area.

Resting/Napping: I know every busy adult wish they could nap at any given time…well that is if time was available, right? I say make time…during your lunch hour use 15 minutes to nap that way you have 45 minutes still remaining. Do not use this time for no one but you! You deserve it!

There are many other coping activities you can do to aid detoxing such as dry brushing, sun bathing, rebounding, sports to sipping on an herbal tea. Find out what works for you and stick to that.

Remember to increase your water intake on the days you are doing extra physical activities for this helps you to detox.
7-Day Elimination/Transitional Plan

You made it to this point, don’t get discourage – You Got This!

I need to do a quick check-in with you. You are here because you want better for yourself or for a love one or both. You have accepted the idea that healthy living is the only option moving forward. You need to live/eat healthy like you need air to breathe. Change is difficulty – I won’t sugar coat it for you because we already learn the dangers of hidden ingredients…lol. If we look at our new life as if we are “giving up the good things of this life” then yes it will be harder to transition. If you looking at your current bad habits as abnormal it will be easier than you think. We are the pioneers of healthy living for future generations. Keep in mind that the things you choose to do today will benefit a more energized healthier tomorrow for you and your family.

Indeed this is a new way of living that goes against what our society markets, but we are allowing our bodies to have the best chances of a long productive healthy life in the future by starting with one meal at a time. Don’t think you have to buy the most expensive foods or gadgets…use what you have or what you have access to in relations to foods. If you do not have soursop in your area it is okay, you don’t need to have it to get the benefits because there is another foods that have cancer fighting properties. The cool thing about it all…if you do not have cancer you don’t need to worry about getting it (Lightbulb came on).

You have to “Start” to experience the “Finish” of any goal!
Phase 6: Clean then Restock

This is the real test to self readiness. This will require close attention to your habits. I recall placing foods in my mouth I shouldn’t have which was a result to habits, so lets clear those potential threats out asap.

Action 1: Clean the Cabinets

- We already talked about the items to eliminate, right? So we don’t have to review that list, but use that list and go through your cabinets to remove these items as well as remove from your fridge. **Take a before and after picture of your foods.**

Action 2: Design Eating Plan

- Before the new shopping trip to the grocer lets find out what is left that we can use to be sure we don’t rebuy. Notes your favorite recipes in the book with a tab/flag and plan what you will eat for at least 3 days to a max of a week. I would not plan/shop longer because you are using live whole foods and they spoil faster than packaged foods so we do want things to go to waste. Plan out breakfast, lunch, dinner and snacks. Write out all the foods you need to purchase for the recipes you plan to make. The list will seem long when you first shop in this new way, but it will lessen over time. Choose a day out of the week you will dedicate to this process. I learned that Sundays work well for most clients, but choose what works for you. You can change the food choices too. I would create a plan from a few choices vs. many. For example pick 2 ancient grains, four veggies, and five fruits from Dr. Sebi’s Food List and make meal plans with those choices. There are many options you have and this process isn’t iron clad, change it to fit your lifestyle and likes.

Action 3: Professional Shopper

- Clients always ask me to shop and prepare for them and I don’t mind, but more cannot afford that type of service so I want to share a few of my tricks. Understanding how to shop like a pro is just as important as what to buy. Use your common sense, don’t buy quick to spoil foods in bulk. I learned the hard way when I used to purchase organic oranges. They spoil quickly in bulk. Now I buy them and juice them the same day or I just don’t buy them until I am ready to use them. Don’t buy things you don’t like to eat even if they are suggested on the list. If you didn’t like avocado before, chances are you still don’t like them so don’t waste your money. I instruct my clients to create a top eight go-to foods to always keep stocked.

Action 4: Streamline, Flexibility, & Freeze

- Organize our list by food groups such as veggies, fruits, grains, etc. It will ensure you don’t forget anything while keeping you to the list vs. impulse buying. Be flexible with your shopping list. You might have mustard greens on that list, but they are out so use kale instead. Remember the recipes can be altered based on what is available to you. Lastly, if you get a sale on items buy in bulk and freeze.
I don’t have an issue with the grocery store, but they can be overwhelming for someone beginning a clean eating journey. There are too many tempting options in my opinion and if we can avoid them let do so.

**Head to the farmers market instead:** You get to see what is in season and the farmers have a wealth of knowledge that serves to be valuable to everyone going through the transitional process. Farmers would love for you to visit and learn hands on. This is the best way to know where your food is coming from and how it is grown.

**Online Shopping is great!** Can’t get the soursops locally then order them from a place that grows them. This is a great way to ensure that you have what you need for those delicious cooking practices you are about to experience. I like to research companies before buying online. Check other reviews from customers to learn about their services. Best online resources is Amazon.com, Thrivemarket.com, Vitacost.com and EdenFoods.com. Online ordering can save us time indeed. Just don’t order if you are pressing for a particular ingredient because we are still dependent on mail services.

**Herbs can be grown indoors:** You don’t need a full garden to plants herbs. You can grown in your kitchen in a hanging pot. Cool things is you don’t have to have a green thumb. Nothing like fresh thyme in a veggie stew.
I believe reading labels is an important skill all vegans or healthy eaters need to develop. Food companies pay top dollars to marketing companies to help sell their products. They understand that most people want natural choices that are full of nutrients to nourish our bodies, but the bottom-line is the bottom-line, making money for the company’s shareholders. This means cost low sell price high. For example a food company selling organic raisin vegan cookies will include organic raisins, but use fillers in the other ingredients because it is cheaper to make and they can get top dollar because the raisins are organic. What does the labeling mean?

- **All Natural or Natural** – means some of the ingredients may be “derived” from nature, but understand the USDA does not regulate this term. “Natural” doesn’t mean “Organic” in relation to food labeling.
- **USDA Certified Organic** – means it is regulated, defined by government and requires 3-party certification in the USDA organic logo. When you see the logo (green/white) means 95% organic ingredients (grown, processed, and handled) according to certain guidelines. All “Certified Organic” products are non-GMO, yet a product can be non-GMO and non-organic.
- **Made with Real Fruit** – means there is no regulation on the amount of real fruit use to make the product. It could be as little as a splash.
- **Free Range/Cage-Free** – means the animals spend a period of time outside, but again it is not regulated as to how long they are not caged.
- **Non-GMO** – means the product has not been genetically modified through genetic engineering (GE) in a laboratory. A GMO (genetic modified organism) is a living organism whose genetic material has been artificially manipulate in a laboratory through genetic engineering (GE). Genetically modified foods typically are used in animal feed, but in recent years have entered the consumer marketplace.

***According to the U.S Department of Agriculture the top five crops that consist of GMO sold in US are: Corn, Soybean, Cotton, Canola, and Sugar Beets and 98% of all foods on the supermarket shelves contain most if not all these products.
Most of us have NEVER been in the kitchen and cooking is foreign as changing the oil in our cars. What can be more strange is cooking vegan meals.

Just Relax, cooking doesn’t equate to fancy. Less is more in this area. The key is to build flavor by starting with whole foods. Invest in quality ingredients because you don’t have to use much to build flavor. Cook seasonally which is economical as well. I cannot say this enough, but alter ingredients by swapping in what you like to any recipe. Your food may not taste like mine, but that is okay it is not suppose to taste just like mine just close enough with your own favor.

No Calorie Counting Needed!
Yes you read correctly. When you eat clean there is no need to count calories. You will eat one serving of the suggested meal plan recipes five times a day for breakfast, lunch, snack, dinner and a bonus dessert option if you have the room. I designed the plan to be nutrient dense to help remove toxins, gas, bloating, arthritis, acne and mucus. The goal is to reset your body by removing the foods that cause inflammation and introducing the foods that are nutrient dense. Be sure to visit www.SebianTransitionalGuide.com for more helpful tips and resources.
# 7-Day Transitional Vegan Meal Plan

<table>
<thead>
<tr>
<th>Time of the Day</th>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
<th>DAY 5</th>
<th>DAY 6</th>
<th>DAY 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>RISING</td>
<td>Sea Moss Cleansing Tea or warm spring water with lime</td>
<td>Dandelion Tea to detox liver or warm spring water with lime</td>
<td>Sea Moss Cleansing Tea or warm spring water with lime</td>
<td>Dandelion Tea to detox liver or warm spring water with lime</td>
<td>Sea Moss Cleansing Tea or warm spring water with lime</td>
<td>Dandelion Tea to detox liver or warm spring water with lime</td>
<td>Sea Moss Cleansing Tea or warm spring water with lime</td>
</tr>
<tr>
<td>BREAKFAST</td>
<td>Walnut Quinoa Skillet</td>
<td>Alkaline Licious Greeny Green Juice</td>
<td>Coconut Mango Cream Parfait</td>
<td>Wild Rice Veef Breakfast Tacos</td>
<td>Raw Walnut Brazilian Blueberry Crumble</td>
<td>Quinoa Breakfast Puddling</td>
<td>Chickpea Kale Scramble Bowl</td>
</tr>
<tr>
<td>LUNCH</td>
<td>Creamy Chayote Basil Soup</td>
<td>Hide Your Veggies Smoothie</td>
<td>Spicy Walnut Kale Salad w/Fresh Juice</td>
<td>Zucchini Basil Noodles</td>
<td>Strawberry Mango Smoothie</td>
<td>Quinoa Basil on the Go</td>
<td>Lettuce Boats w/Fresh Juice</td>
</tr>
<tr>
<td>DINNER</td>
<td>Wild Rice Buddha Bowl</td>
<td>Spaghetti Squash Lasagna Bake</td>
<td>Avocado Chickpea Molie Salad</td>
<td>Spicy Coconut Squash Soup</td>
<td>Mushroom Quinoa Burger w/Green Fries</td>
<td>Chickpea Shawarma w/Dill Sauce and Fresh Juice</td>
<td>Veef Sliders w/side of Stir-Fry Veggies</td>
</tr>
</tbody>
</table>

Recipes are located on the following pages.

Also, you can create your very own recipe using the alkaline vegan recipe generator using foods from the Dr. Sebi’s Food List: [http://www.vegweb.com/](http://www.vegweb.com/)
### Sea Moss Cleansing Tea (Warm)
This is a great morning pick up and your cells will thank you afterwards.

- 2 cups of warm spring water
- 1 teaspoon fennel powder
- ½ teaspoon coriander powder
- 1 tablespoon sea moss powder
- 1 teaspoon of vanilla exact
- 2 teaspoon of agave

In a small saucepan bring water, fennel, coriander and sea moss to a quick boil over medium heat. Transfer to glass or ceramic mug and then add the vanilla and agave and drink warm.

*You can add some nut Vilk if desired.

### Dandelion Liver Detox Tea (Warm)
This is a great morning way to aid the detoxing process of your liver.

- 2 cups of warm spring water
- 2 tablespoons dandelion root (or 2 tea bags)
- ½ teaspoon Allspice powder
- Freshly squeezed juice of a lime
- 2 teaspoon of agave

In a small saucepan bring water, Allspice and dandelion root to a quick boil over medium heat. Then reduce to simmer for 10 mins. Transfer to glass or ceramic mug and then add the lime and agave and drink warm.

*You can add some nut vlk if desired.

### To Thai Not to Chai (Cold)
This drink puts you in the mind of chai but without the caffeine experience.

- 2 cups of your choice of nut vilk
- 1-1/2 teaspoon pure vanilla extract
- 1 teaspoon freshly grated orange zest
- 1 tablespoon allspice
- ¼ teaspoon of pure walnut extract
- 2 teaspoon of agave
- pinch of salt

Place all ingredients in a blender and blend until smooth. Transfer into a storage container and chill for 2 hours. Serve over ice. Can stay in fridge up to 4 days.

### Ginger Stomach Relief (Warm)
This drink aid proper digestion. When your tummy aches this is the perfect drink.

- 2 cups of water
- ¾ inch of fresh ginger, peeled and grated
- 1 teaspoon freshly grated orange zest
- 1 teaspoon of lime juice
- agave to taste

Place water in a pot and bring to boil. Put the ginger in a cup and then fill it up with the hot water and let stand for 10 mins. Add the zest, lime juice and agave then sip away the tummy ache.
Juices Recipes

Licious Greeny Green Juice
2 organic cucumbers
2 green apples
4 cups of baby kale
1 romaine heart
1 lime squeeze
1 cup fresh parsley

Run all items through a juicer, but be sure to peel the rime from the lime before you juice it. Best to serve over ice.

*This is not a meal replacement because there is no fiber.

Parsley Cucumber Refresh
1 cucumber
1 pear
1 cup of parsley
1 lime
2 cups of romaine

Run all items through a juicer, but be sure to peel the rime from the lime before you juice it. Best to serve over ice.

*This is not a meal replacement because there is no fiber.

Cherry Limeade
1 bunch of baby kale
1 bell pepper
1 apple
2 cups of pitted cherries
2 limes

Run all items through a juicer, but be sure to peel the rime from the lime before you juice it. Best to serve over ice.

*This is not a meal replacement because there is no fiber.

Juju Wanna Juice
2 apples
1 bell pepper
1 bunch of parsley
2 cucumbers
½ lime

Run all items through a juicer, but be sure to peel the rime from the lime before you juice it. Best to serve over ice.

*This is not a meal replacement because there is no fiber.

Sunrise Shot Juice
1 bitter melon
1 orange
1 lime

Run all items through a juicer, but be sure to peel the rime from the lime before you juice it. Best to serve over ice.

*This is not a meal replacement because there is no fiber.

C2 Love Juice
1 romaine hearts
2 apples
½ lime

Run all items through a juicer, but be sure to peel the rime from the lime before you juice it. Best to serve over ice.

*This is not a meal replacement because there is no fiber.
Vilks Recipes

Walnut Nut Vilks

1 cup California walnut halves, rinsed
3 cups spring water
1 tablespoon agave nectar
1 teaspoon pure vanilla extract
Pinch of sea salt

**Directions:**

Place walnuts in a bowl and fill with enough water to cover by 1 inch. Cover and set aside at room temperature to soak at least 1 hour to 12 hours. Drain walnuts and rinse thoroughly. Combine walnuts, 3 cups water, agave, vanilla, and salt in the blender then blend on low until very smooth, at least 2 minutes. Serve as is, or if you desire a smoother milk, pour through cheesecloth or a coffee filter to strain. Last up to 5 days.

Brazilian Nut Vilks

2 cup Brazilian nuts, rinsed
4 cups spring water
2 tablespoon agave nectar
1 vanilla bean
Pinch of sea salt

**Directions:**

Place nuts and vanilla in a bowl and fill with enough water to cover by 1 inch. Cover and set aside at room temperature to soak at least 8 hours. Drain nuts and bean and rinse thoroughly. Combine nuts, bean and 4 cups water, agave, and salt in the blender then blend on high until very smooth. Pour through cheesecloth or a coffee filter to strain. Pulp can be saved for another use. Last up to 5 days.

Hemp Seed Vilks

1 cup of raw shelled hemp seeds
3 cups of spring water
5 pitted dates
1 tablespoon pure vanilla extract

**Directions:**

Combine hemp seeds dates and water in blender on high for about 30-60 seconds. Strain the vilks through a nut bag or cheese cloth. Place the strained vilks back into blender and add vanilla and blend. Will last up to 4 days.
Pre-heat oven to 375 degree. Lightly coat cast iron 12 inch skillet with 1 teaspoon of oil.

Place the hemp seeds in a small bowl and add water and chickpea juice. Stir and set the bowl to the side.

In a medium bowl, combine the quinoa flakes, cherries, allspice, and salt. Then in a separate bowl put the walnut milk, butternut puree, and 2 tablespoon of date syrup, vanilla, and the hemp seed mixture. Whisk together, then stir the walnut mixture into the quinoa mixture and mix well. Spoon mixture in the skillet

In a small bowl, combine the walnuts and the remaining date syrup, and the remaining oil. Sprinkle over the mixture in the skillet. Let bake in the oven for 30 minutes or until golden brown. Once you remove from oven let stand for 10-15 minutes to cool. Serve warm.

Butternut Puree — For butternut puree you can use this for a variety of recipes. Remove the outer skin of the butternut squash, remove the seed, then cut into chucks. Place the butternut squash on a baking sheet and roast at 350 degrees for 45-1hr or until the chucks slide off the fork with ease. Remove from oven then let cool then place in food processor until smooth. You can store in freezer bags laid flat up to a year.
Breakfast Recipes

Coconut Mango Cream Parfait

1 large ripe mango, peeled, seeded, sliced
2 tablespoons of coconut oil, melted
2 medium navel oranges, peeled, seeded, segmented
½ cup of sliced Brazilian nuts
2 tablespoons of unsweetened coconut flakes
2 teaspoons of agave walnuts

Directions:

Puree the mango and coconut oil in a blender or food processor.

Place oranges in a bowl then top with the mango mixture. Place the bowl in frig for 30 minutes.

While mango is chilling, place the Brazilian nuts in a small dry skillet on the stove and toast for 2 minutes over medium heat. Then transfer to plate then toast the coconut flakes for 2 minutes in skillet.

Once parfait is chilled, top with half of the toasted nuts and coconut flakes and walnuts. Enjoy.

Quinoa Breakfast Pudding

½ cup of quinoa cooked
¼ cup of hot water
2/3 cup of walnuts
6 large pitted dates, pre-soaked
½ teaspoon of allspice
1/8 teaspoon of ginger
½ teaspoon of pure vanilla extract
Sea salt

Optional Toppings

1 cup of fresh berries or bananas

Directions:

Blend the water and the quinoa in a blender until smooth then set aside.

Then separately blend the nuts, dates, allspice, ginger, vanilla, and salt until puree like smooth. Place the puree mix in a bowl and then stir in quinoa and add your desired toppings.
Breakfast Recipes

Wild Rice Veef Breakfast Taco

1-1/2 cooked wild rice
⅛ cup of chopped parsley
Spelt tortillas (see appendix)
1 tablespoon of lime juice
veef recipe (see appendix)
portabella and red peppers sautéed
1 ripe avocado sliced
romaine, shredded
onions sliced thin
paprika
coriander
salt
cayenne pepper
Brazilian nut cream sauce (see appendix)

Directions:
Mix rice, parsley, lime juice, salt, coriander, pepper and set aside.
Place tortillas on baking sheet in 350 degrees or warm in skillet on stovetop.
Assemble, place tortilla on a plate then add romaine, rice, veef, mushrooms/pepper blend, avocado, onions, cream sauce then sprinkle on the paprika and enjoy.

Raw Walnut Brazilian Blueberry Crumble

⅜ cup of dates
½ cup of walnuts
½ cup raw Brazilian nuts
2 tablespoons of shelled raw hemp seeds
3 cups of blueberries
¼ teaspoon pure vanilla extract
pinch of ginger, sea salt
¼ teaspoon allspice
⅛ teaspoon of pure vanilla extract
Agave
Brazilian nut cream (see appendix)

Directions:
Add dates, nuts, hemp seeds, vanilla, allspice, ginger and salt to food processor and pulse to a crumble. Then place mixture in a bowl.
In a bowl place the blueberries and drizzle with agave then spoon the crumble on top and top with the Brazilian nut cream.
4 servings.
Breakfast Recipes

Chickpea Kale Scramble Bowl

1 tablespoon of grapeseed oil
4 cups of cooked chickpeas
2 cups of cooked quinoa
2 cups of baby kale
2 ripe avocados
sautéed onions
¼ teaspoon cayenne pepper
¼ teaspoon sea salt
1 tablespoon sesame seeds
½ tablespoon basil
¼ cup of water

Directions:

Heat up the oil in skillet and place in the chickpeas and mash them up partly with a fork. Next add in all spices and cook until the spices perfume. Then add in the kale and water and cook until tender.

Once cooked add quinoa to bowl then add kale chickpea mix and top with avocados and onions and then sprinkle on sesame seeds.

Enjoy, serves 4.
Lunch Recipes

Creamy Chayote Basil Soup

2 tablespoons of grapeseed oil
3 chayote, cubed
1 cup of chickpeas, cooked
2 tablespoons of arlic sauce (see appendix)
1 small red onion, diced
5-1/2 cup of veggie broth (see appendix)
2 tablespoons of dried basil
½ tablespoon of coriander
sea salt
cayenne pepper
½ - 1 cup of coconut milk

Directions:

Large pot, heat oil then add chayote, onions and allow to cook for 3 minutes. Next add the arlic sauce and cook for another 3 minutes. Add chickpeas and spices, cover and cook until chayote and peas are tender for about 20 minutes.

Let the soup cool down to the point it can be handle to transfer to the blender and add coconut milk and blend until smooth. Use a little water to thin out the soup if it is too thick. Add additional spice to taste, then add back to pot to warm.

Serves 4.

Hide Your Veggies Smoothie

2 cup of frozen mixed berries
1 ripe burro banana
1 handful of baby kale
1 cup of nut vilk
¼ cup of hemp seeds

Directions:

Place all ingredients in a blender and blend until they are smooth.

Enjoy, serves 2.

Spicy Walnut Kale Salad w/Fresh Juice

½ cup of walnuts
2 tablespoons of grapeseed oil
¼ teaspoon of chili powder
pinch of cayenne pepper
2 large oranges, segmented
1 bunch chopped dinosaur kale, remove stems
2 tablespoon fresh lime juice
1 tablespoon coconut amino acid
¼ teaspoon sea salt
½ ripe avocado, sliced

Directions:

Preheat oven to 350 degrees to cook nuts on a baking sheet for 15 mins. After they bake place in skillet add 1 tbsp of oil and chili powder and pepper and cook for 2 minutes max.

In a bowl combine kale, lime juice, 1 tbsp oil, amino acid, salt and toss mix until kale softens. Toss in nuts, oranges, and avocado.
Lunch Recipes

Zucchini Basil Pasta

2 large zucchinis
2 cups of fresh basil
cerry tomatoes
sea salt
2 teaspoons fresh lime juice
½ cup of walnuts
1/3 cup of olive oil

Directions:

Using a julienne peeler or veggie spiral to slice the zucchini, set aside.

In a food processor or high power blender combine basil, nut, salt and lime juice then slowly add olive oil. Be sure to stop the machine to scrap down mix with rubber spatula. Continue to add salt to taste.

In a bowl combine zucchini and pesto and toss to make sure it is well coated. Top with cherry tomatoes and serve room temperature or cold.

Serves 4.

Strawberry Mango Smoothie

1 cup of coconut vilk
1 burro banana frozen
1 cup of frozen mango
5-7 frozen strawberries

Directions:

Combine in blender until smooth.

Enjoy, serves 2.

Quinoa Basil on the Go

1 cups cooked quinoa
3 tablespoons olive oil
5 heirloom cherry tomatoes, sliced in halves
1 cucumber, diced
½ small red onion, diced
¼ cup fresh basil chopped
½ tablespoon sesame seeds
raisins

Directions:

Toss cooked quinoa in 1 tablespoon olive oil.

In large bowl mix quinoa, tomatoes, cucumber, onion, and basil. Drizzle in the remaining oil, raisins, and hemp seeds. Serves 4.

Lettuce Boats

1-1/2 cup of walnuts
½ cup of mushrooms
½ small red onion
cerry tomatoes, cut in halves
1 cucumber, diced
½ red pepper, sliced thin
sea salt, coriander, sage to taste
Brazilian cream sauce (see appendix)
1 head of butter lettuce

Directions:

Pulse walnuts, onions, spices and mushrooms in food processor. Scoop walnut mix into lettuce and garnish with tomatoes, cucumbers, peppers and cream sauce.

Enjoy, serves 3.
Dinner Recipes

Wild Rice Buddha Bowl

1 cup cooked quinoa
1-1/2 cup cook chickpeas
1 red bell pepper
¼ cup of fresh cilantro
1 avocado
olive oil
sea salt
½ tablespoon lime juice
½ teaspoon oregano, dried
1 teaspoon chili powder
½ teaspoon paprika
1 cup of mixed greens of choice

Directions:

Preheat to 425 degrees. In bowl toss cooked chickpeas, oil and spices then place in oven on baking sheet for 15 mins. Set aside to cool down to warm state.

Make pepper dressing by adding red pepper, 2 tbsp olive oil, lime juice, ½ tsp salt, ½ paprika, and ¼ cup of cilantro to blender until smooth.

In a bowl add rice, chickpeas, avocados, and your choice of green and drizzle over pepper dressing and enjoy, serves 2.

Spaghetti Squash Lasagna Bake

2 large spaghetti squash (~3-4 pounds each)
3-4 Tbsp (45-60 ml) extra grape seed olive oil, plus more for squash
Sea salt + cayenne to taste (~1/2 tsp each), plus more for squash
2 lime, juiced (~1/3 cup or 80 ml)
12 ounces extra firm Chickpea tofu (see appendix)
½ cup (30 g) fresh basil, packed
1 Tbsp (3 g) dried oregano
¼ cup vegan parmesan cheese, plus more for serving
Vegan nut cheese of your choice.

Directions:

Preheat oven to 400 degrees F and line a large baking sheet with foil.

Carefully halve your spaghetti squash lengthwise using a sharp knife. Use an ice cream scoop (or sharp spoon) to scrape out the seeds and most of the stringy parts. It should appear pretty clean.

Brush the interior with oil and sprinkle with a little salt and pepper. Place cut-side down on baking sheet. Roast for 45 minutes, or until a knife easily pierces the skin and flesh. Remove from oven and set aside to cool slightly. Also reduce oven heat to 375 degrees F.

Add all chickpea tofu filling ingredients to a food processor or blender and pulse to combine, scraping down sides as needed. You are looking for a semi-pureed mixture with bits of basil still intact.

Once fully baked and slightly cooled, use a fork to scoop out spaghetti squash into fine strings. Set aside. Lightly grease a 9x13-inch (or similar size) baking dish and lay down 1/3 of the squash. Top with several spoonful of chickpea tofu ricotta, then pour on a layer of marinara sauce. Repeat until all ricotta filling and marinara is used up - about 3 layers. Make sure the top layer is sauce.
Loosely cover the dish with foil and bake for 20 minutes at 375 degrees F. Then remove foil and bake for an additional 10-15 minutes, or until the sauce is bubbly and the top is golden brown. Cover with foil if the squash is browning too quickly. Let cool down to handle.

Serve warm.

**Avocado Chickpea Mole Salad**

3 Avocados, chunks  
1 Large Red Onion, coarsely diced  
2 Cups of Chickpeas (coarsely chopped)  
Juice of 1 lime  
Sea Salt to taste  
10 cherry tomatoes, halves  
1/8 cup of fresh chopped basil  
Romaine Lettuce

**Directions:**

Combine ingredients into bowl and mash together. Build plate with romaine then spoon on the guacamole then add desired topping.

**Spicy Butternut Squash Soup**

3 Tbsp grape seed oil  
4 shallots, thinly diced  
ginger minced  
4 cups of cook butternut squash, diced  
Pinch each sea salt, plus more to taste  
3 Tbsp basil  
1/2 tsp ground allspice  
14-ounce can light coconut milk  
2 cups vegetable broth  
2 tablespoon date syrup or agave  
1-2 tablespoons of chili paste  
pinch of cayenne pepper

**Directions:**

Heat a large pot over medium heat. Once hot, add oil, shallots, and ginger. Sauté for 2 minutes, stirring frequently. Add butternut squash and season with a pinch each salt and pepper, basil and ground allspice. Stir to coat, then cover and cook for 4 minutes, stirring occasionally.

Add coconut milk, vegetable broth, date syrup or agave and chili paste. Bring to a low boil over medium heat and then reduce heat to low, cover, and simmer for 15 minutes, or until butternut squash is fork tender.

Use an immersion blender, or transfer soup to a blender, and purée on high until creamy and smooth. If using a blender, return soup back to pot. Taste and adjust seasonings, adding more curry powder, salt, or sweetener as needed. Continue cooking for a few more minutes over medium heat.

**Mushroom Quinoa Burgers w/Green Fries**

3/4 cup of quinoa, cold cooked  
1/2 cups of water  
1/2 tsp of fine sea salt  
1 brown onion, peeled and diced  
ginger minced  
1 cup porcini mushrooms, finely chopped  
2 tsp fresh thyme leaves, roughly chopped  
1 tbsp basil finely chopped  
1/2 cup of spelt breadcrumbs  
4 tablespoon of chickpea juice (aquafaba)
Dinner Recipes

salt and cayenne to taste
grapeseed oil for frying
1 cup of spelt of chickpea flour
green bananas, peeled and sliced
dill

Directions:
Combine the ingredients in bowl and mix well and form into patties. Let patties stand in frig for 30 minutes before cooking in skillet.

Heat skillet and coat with oil and cook patties on each side for 6 mins.

Once all patties are cooked add oil to skillet and toss in green bananas. Once they are removed from skillet toss in salt and dill.

Chickpea Shawarma Dill Sauce w/Fresh Juice

2 cups chickpeas, cooked
2 Tbsp grape seed or avocado oil
2 tsp each coriander and ginger powder
1 tsp each sea salt, cayenne and smoked (or regular) paprika
1/2 tsp each ground coriander and allspice
1/2 cup tahini
juice of 1 lime
1-1/2 - 2 tsp dried dill (or sub 2-3 tsp fresh)
ginger, minced
2-3 Tbsp unsweetened nut milk to thin
Sea salt to taste

Directions:
Preheat oven to 400 degrees F and line a large baking sheet on parchment paper. In a small mixing bowl toss rinsed and dried chickpeas with oil and spices and spread on baking sheet. Bake for 25 minutes, or until slightly crispy and golden brown.

Once slightly cooled, sample and adjust seasonings as desired (I added a bit more sea salt, coriander and ginger powder for extra flavor). While the chickpeas are roasting, prepare your sauce by adding tahini, lime juice, dill and ginger to a mixing bowl and whisking to combine. Add enough nut milk to thin so it’s pourable.

Taste and adjust seasonings as needed. Add more ginger for more zing, salt for savory flavor, lime juice for freshness, and dill for a more intense herb flavor. I found mine didn’t need anything else. To serve, warm pitas (or the still warm oven for 1 minute) and top with desired amount of chickpeas, sauce, and vegetables of choice.

Veef Sliders w/Veggie Stir-Fry

1/2 red onion, finely diced
6 baby portabella mushrooms, diced
2 cups of cooked chickpeas
3/4 cup cooked quinoa
½ cup of fine chopped walnuts
1 tablespoon of chili powder
salt, sage and coriander to taste
2 small zucchini, julienne
½ small red onion, julienne
1 small red pepper, julienne
grapeseed oil

Directions:
Sauté onions heated skillet with 1 tbsp oil.
Directions continued…

Once the onions are cooked add mushrooms and continue to cook for an additional 2 minutes or until they are brown. Remove from heat and add to bean and roughly mash.

Transfer mixture into bowl and add cooked quinoa, chili powder, salt, and coriander. Then add the walnuts a little at a time until mix is thick then place in frig to chill for 15 mins then preheat oven at 375 degrees.

Once mix is cool form them into small slider patties and place on lightly oil baking sheet. Brush tops of patties with oil and sprinkle on any leftover walnut crumble.

Bake patties in oven for 40 mins making sure to flip them at the first 20 minute mark.

While the patties are baking you can prepare the veggies by stir-frying the zucchini, peppers and onions in a skillet using grapeseed oil and salt to taste. You will want to prepare the veggies during the last 15 minutes baking time of the patties.

You will serve the patties on lettuce instead of a bun and add any fresh vegetable toppings e.g. cucumber tomatoes, onions or avocado.


You will have to omit the garlic and substitute the lemon for lime to keep it 100% Sebi Vegan.
It is going to be critical that you create a list of foods that you will always keep in your kitchen. These foods will be your road map to meal planning.

These foods are for you to decide, yet we will provide you with an outline of the areas of food, but it is up to you to decide which food from each area you would like to be in your Top 8 Go-To Food List. You can switch up at any time.

Now we pass the vegan baton to you. You are in control of your success and we are always here to support you in this journey. Use the following space to elect your favorite Top 8 Go-To Foods based on Dr. Sebi’s List.

- Vegetable -
- Fruit -
- Grains -
- Nuts -
- Oils -
- Spices -
Appendix

Spelt Tortilla Recipe

3 cups of spelt flour
1 ¼ teaspoon sea salt
½ - 1 teaspoon baking powder
¼ cup grapeseed oil
1 cup water, plus more as needed

Directions:
Mix together the flour, salt, and baking powder. Cut in the olive oil (the mixture should be 'pebbly' in texture). Stir in the water, starting with ½ cup, ¼ cup, and one tablespoon, as needed to mix everything together. The dough should be moistened, but NOT sticky to the touch (see picture below). Knead the dough for 1-2 minutes, until all of the ingredients are well combined. Break the dough into about 12 equal-sized balls. Place the balls of dough onto a plate and cover with a clean dish towel for 30 minutes. Heat a good non-stick pan over medium heat. On a well-floured surface, roll out each ball of dough into a tortilla, trying to make the disc as thin as possible without ripping. Place the tortilla onto the pre-heated pan. Cook until you begin to see bubbles form (about 30-60 seconds). Flip the tortilla and heat the other side for about 20 seconds. Carefully place the tortillas into a large glass dish and immediately cover them with a clean dish towel, keeping the heat inside the dish.

Recipe from: http://www.oatmealwithafork.com/2015/01/19/5-ingredient-soft-and-pliable-spelt-tortillas/

Vegetable Broth Recipe

Take all your leftover vegetable pulp from juicing and place in a pot along with parsley, onions, and mushrooms, grapeseed oil, thyme and salt.

Directions:
Heat pan with oil and allow to cook until soften. Then add water and salt to the pot and bring it to a boil. Then lower and simmer for 30 minutes, remove veggies and allow to cool down. Store in container until later use.
Arlic Sauce

1 large yellow onion, chopped
1 large piece of ginger, grated and chopped
½ cup of grapeseed oil
sea salt

**Directions:**

Add onions and ginger to processor and slowly add in oil and salt until you get a thick puree consistency like garlic. Can store up to 8 days.

Veef Recipe

1 carton of cremini mushrooms, chopped
1 large onion, chopped
2 cups of walnuts, chopped

**Directions:**

Place all ingredients in a processor and coarsely pulse. Heat skillet over medium heat and add 1 tbsp of oil. Cook mix and continue to stir with a fork to help keep separated until the mix has browned.

Brazilian Nut Cream Sauce

1 cup of Brazilian Nuts
2 cups of cold water
sea salt
2 tablespoon lime juice
2 tablespoons of agave

**Directions:**

Soak the Brazilian nuts overnight. Drain them and add them to a food processor. Pulse a few times to grind them up. With the motor still running, drizzle in 1 cup of fresh water, stopping a few times to scrape the bowl of the food processor down.

You can continue to add more water depending on how thick or thin you’d like the cream to be; you may want it as thick as whipped cream, or you may want it to be closer to the texture of coconut milk.

Keep adding water until you like the consistency. Alternately, you can add the nuts and the water to a high speed blender and blend, adding water as needed, till you reach the desired consistency. For a savory cream, add the lemon and sea salt. For a sweet cream, add the maple syrup, cane juice, or sugar.

For an extra smooth cream, pass the mixture through a filter lined with cheesecloth.

Vegan Parmesan Veese

½ cup of hemp seeds
½ cup berlin bakery spelt bread crumbs
1 teaspoon of sea salt
¼ teaspoon of ginger powder
½ teaspoon of onion powder

**Directions:**

Toast hemp seed and bread crumbs on stovetop until brown. Add the mix and spices to food processor until the pieces are broken into sandy texture.
Appendix

Quick Vegan Cheese Recipe

1-½ cups raw Brazil nuts
¼ cup lime juice
4 Tbs. olive oil, divided
1 tsp. salt

Directions:

Soak nuts overnight. Once soaked, drain water from nuts and place them in the food processor along with lime, oil and salt. Blend until creamy smooth ready to use or you can bake to form in a preheated oven at 300 degree for 30 minutes or place in the frig overnight.

Chickpea Tofu Recipe

1 cup chickpea flour
1 tsp salt
3 cups of water (divided)

Directions:

Grease an 8x8 baking dish. In a medium bowl, mix together chickpea flour and salt. Add 1 cup water and whisk until smooth. Bring 2 cups of water to a boil over medium heat. Add the chickpea mixture and whisk, heating, until the mixture is thick and glossy, 5-7 min. Pour the smooth, thick mixture into the greased baking dish and cool to room temperature. Once the mixture is cool, refrigerate it, uncovered 1 hour (up to overnight). To serve the tofu, upturn the baking dish and let the mixture slide out. Cut it into the desired shapes for your recipe.

Recipe from: http://www.curiouscuisiniere.com/burmese-tofu-soy-free-chickpea-tofu/
We would like to thank the many supportive members of the Dr. Sebi Inspired Alkaline Recipe Facebook Group. Your support motivated us to continue our effort to complete this guide. We understand that the road to a healthier ‘you’ is not easy, but we want you to know that you are not alone in this journey.

If have any questions about this lifestyle, meal planning or personalized support email us at alkalizingveganism@gmail.com.

I would like to directly thank my family, friends, and our Facebook family for all their contributions and patience with us throughout this project.

One Meal At a Time!