

5-Day Alkaline Meal Plan (Cherry/Plum Tomato Focus)

Day 1

- **Breakfast:** Sliced papaya with key lime and a handful of walnuts.
- **Lunch:** **Cherry Tomato & Avocado Salad** with fresh basil.
- **Snack:** Fresh figs or dates.
- **Dinner:** Wild rice with sautéed mushrooms, steamed callaloo, and sliced cherry tomatoes on the side.

Day 2

- **Breakfast:** Smoothie with mango, burro banana, and hemp milk.
- **Lunch:** **Roasted Cherry Tomatoes with Quinoa** (serve with a side of steamed zucchini).
- **Snack:** Handful of Brazil nuts.
- **Dinner:** Amaranth patties with avocado dip and a side salad of cucumbers, onions, and cherry tomatoes.

Day 3

- **Breakfast:** Chia pudding made with date syrup and topped with chopped plums.
- **Lunch:** **Cherry Tomato & Zucchini Pasta** with oregano and thyme.
- **Snack:** Fresh soursop or grapes.
- **Dinner:** Stuffed sweet peppers with quinoa, plum tomatoes, and herbs (basil + oregano).

Day 4

- **Breakfast:** Teff porridge with dates and sliced apples.
- **Lunch:** **Plum Tomato & Cucumber Gazpacho** (raw soup) with hemp seed crackers.
- **Snack:** Handful of fresh berries.
- **Dinner:** Spelt flatbread with avocado spread, cherry tomatoes, and arugula.

Day 5

- **Breakfast:** Smoothie with mango, blueberries, and a pinch of cayenne.
- **Lunch:** **Cherry Tomato & Chickpea Skillet** (seasoned with diced sweet peppers, basil, and thyme).
- **Snack:** A few dates or figs.
- **Dinner:** Quinoa bowl with roasted plum tomatoes, sautéed kale, and avocado slices.

Source: ital is vital (www.italisvital.info)