

# A Week-Long Meal Plan for Health & Longevity



We all want to stay healthy both today and long-term, which means doing our best to avoid diseases like diabetes, Alzheimer's, and heart disease.

That health and longevity starts with what we eat. Foods that support brain and heart wellness and keep blood sugar stable go a long way toward minimizing risks, along with a healthy lifestyle of regular exercise, not smoking, and avoiding drugs and alcohol.

Today, I want to make it easy to eat the foods that nourish your body. I've compiled a 7-day meal plan with some of my favorite recipes. These are all alkaline, clean keto recipes that utilize ingredients you already use all the time.

For each day, I've got a breakfast recipe and a dinner recipe, with the idea being that you can eat leftovers for lunch or a simple salad using what's in your fridge. Snacks can include green apple and almond butter, [spicy roasted chickpeas](#), or [alkaline trail mix](#).

Prepare to feel more energy, fewer aches and pains, and healthier in general!

## Day 1

### Breakfast: Strawberry Coco Chia Quinoa Breakfast

Ingredients (serves 2)

- 1 cup cooked quinoa
- 5 tbsp. chia seeds
- 1½ cup almond, coconut, or hemp milk
- ½ cup quartered strawberries
- 4 sliced strawberries
- 2 pitted dates
- 2 tbsp. sliced almonds
- 2 tbsp. unsweetened shredded coconut flakes

Directions

The night before, cook quinoa and prepare strawberry chia by combining the strawberries, almond milk, and 2 dates in a blender and pureeing until smooth. Pour

the mixture into a jar and add chia seeds. Mix well until all chia seeds are covered with the liquid. Cover with lid and refrigerate overnight.

In the morning, place chia seeds in bowl, add the quinoa and strawberry slices, almonds, and shredded coconut and enjoy!

### **Dinner: Sweet and Savory Salad**

Ingredients (serves 2)

- 1 large head butter lettuce
- ½ cucumber, sliced
- 1 pomegranate, seeded or 1/3 cup pomegranate seeds
- 1 avocado, cubed
- ¼ cup shelled pistachios, chopped



Dressing Ingredients

- ¼ cup apple cider vinegar
- ½ cup extra virgin olive oil
- 1 garlic clove, minced
- Sea salt (Celtic Grey, Himalayan, or Redmond Real Salt) and black pepper to taste

Directions

Blend salad dressing ingredients. Hand tear the butter lettuce into a salad bowl. Add the rest of the ingredients and toss with the salad dressing.

## **Day 2**

### **Breakfast: Red Velvet Smoothie**

Ingredients (serves 1)

- 1 cup unsweetened almond milk
- 1 tbsp. almond butter
- 1 medium beet, shredded
- 1 cucumber
- 1 scoop Alkamind Creamy Chocolate Organic Daily Protein or other chocolate plant-based protein powder

Directions

Blend and enjoy!



## **Dinner: Savory Avocado Wrap**

Ingredients (serves 2)

1 collard leaf bunch  
½ Hass avocado  
1 tsp. chopped basil  
Small handful of spinach  
1 tsp. cilantro, chopped  
¼ red onion, diced  
1 tomato, sliced or chopped  
Sea salt (Celtic Grey, Himalayan, or Redmond Real Salt) and black pepper to taste

Directions

Spread avocado onto collard leaf and sprinkle with basil, cilantro, red onion, tomato, salt, and pepper and add spinach. Fold in half and enjoy!

## **Day 3**

### **Breakfast: Almond Butter Crunch Berry Smoothie**

Ingredients (serves 1-2)

2 cups fresh spinach  
2 cups almond milk, unsweetened  
1 cup frozen mixed berries or strawberries  
1 banana (peeled and frozen)  
4 tbsp. raw almond butter  
1 tbsp. chia

Directions

Blend spinach and almond milk first. Then add remaining ingredients except chia, and blend. Add chia once all is smooth – then blend on a very low speed to mix. If you don't have a variable speed blender, mix chia in with the rest of the ingredients by hand. Let sit for a few minutes for the chia seeds to expand, then enjoy.

### **Dinner: Kale Pesto Pasta**

### Ingredients (serves 2)

1 bunch kale  
2 cups fresh basil  
1/4 cup extra virgin olive oil  
1/2 cup walnuts  
2 limes, fresh squeezed  
Sea salt (Celtic Grey, Himalayan, or Redmond Real Salt) and black pepper to taste  
1 zucchini, spiralized  
Optional: garnish with sliced asparagus, spinach leaves, and/or tomato



taste

### Directions

The night before, soak walnuts to improve absorption. Put all ingredients in a blender or food processor, and blend until you get a creamy consistency. Add to zucchini noodles, top with sliced asparagus, spinach leaves, and/or tomato, and enjoy!

*You can find hundreds more recipes in my [seasonal alkaline recipe e-books](#).*

## Day 4

### Breakfast: Big Green Smoothie

#### Ingredients (serves 1)

1 cup coconut or almond milk  
green apple  
2 beetroot leaves  
4 kale leaves (stems removed)  
1/2 avocado  
1/2 cucumber  
1/4 tsp. cinnamon  
Optional: Handful ice cubes  
Optional: One scoop of Daily Greens for additional chlorophyll boost  
Topping: 1 tbsp. of hemp or chia seeds



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### Directions

Blend until smooth. Top with hemp or chia seeds to garnish and enjoy!

### Dinner: Green Goddess Bowl with Avocado Cumin Dressing

### Ingredients (serves 2)

3 cups kale, chopped  
½ cup broccoli florets, chopped  
½ zucchini, spiralized  
½ cup kelp noodles, soaked and drained  
1/3 cup cherry tomatoes, halved  
2 tbsp. hemp seeds

### Ingredients for Avocado Cumin Dressing

1 avocado  
1 tbsp. cumin powder  
2 limes, fresh squeezed  
1 cup filtered water  
¼ tsp. sea salt (Celtic Grey, Himalayan, or Redmond Real Salt)  
1 tbsp. extra virgin olive oil  
Dash cayenne pepper  
Optional: ¼ tsp. smoked paprika

### Ingredients for Tahini Lemon Dressing

¼ cup tahini (sesame butter)  
½ cup filtered water (more if you desire thinner, less for thicker)  
½ lemon, fresh squeezed  
1 clove minced garlic  
¾ tsp. sea salt (Celtic grey, Himalayan, Redmond Real Salt)  
1 tbsp. extra virgin olive oil  
Black pepper to taste

### Directions

Lightly steam kale and broccoli for 4 minutes, set aside. Mix zucchini noodles and kelp noodles and toss with a generous serving of smoked Avocado Cumin Dressing. Add cherry tomatoes and toss again. Plate the steamed kale and broccoli and drizzle them with Lemon Tahini Dressing. Top kale and broccoli with the dressed noodles and tomatoes.

## Day 5

### Breakfast: Berry Good Spinach Power Smoothie

#### Ingredients (serves 1-2)

2 cups fresh spinach

2 cups unsweetened almond milk  
1 cup frozen mixed berries  
1 frozen banana  
1 tbsp. coconut oil  
½ tsp. cinnamon  
2 tbsp. raw almond butter

#### Directions

Blend spinach and almond milk first, then add remaining ingredients and blend.

### **Dinner: Quinoa Burrito Bowl – a [7-Day Alkaline Cleanse](#) favorite!**

#### Ingredients (serves 2)

1 cup quinoa  
2 15-oz cans of black or adzuki beans  
4 green onions (scallions), sliced  
2 limes, fresh juiced  
4 garlic cloves, minced  
1 heaping tsp. cumin  
2 avocados, sliced  
Small handful of cilantro, chopped



#### Directions

Cook quinoa according to directions. While cooking, warm beans over low heat. Stir in onions, lime juice, garlic and cumin and let flavors combine for 10-15 minutes. When quinoa is done cooking, divide into individual serving bowls. Top with beans, avocado, and cilantro.

## **Day 6**

### **Breakfast: Quinoa Morning Porridge**

#### Ingredients (serves 2)

½ cup rinsed quinoa  
1 15 oz. can of coconut milk  
1 tsp. cinnamon  
1 tsp. chia seeds  
1 tsp. hemp seeds

#### Directions



Combine all ingredients except hemp seeds and simmer for 10-15 minutes until liquid is absorbed. Sprinkle with hemp seeds.

### **Dinner: Thai Quinoa Salad**

Ingredients (serves 2)

1 cup of quinoa, steamed  
1 large handful of arugula  
1 tomato, sliced  
¼ red onion, diced

Ingredients for dressing

¼ cup + 2 tbsp. filtered water  
1 tbsp. sesame seeds  
1 tsp. chopped garlic  
1 tsp. lemon, fresh juiced  
3 tsp. apple cider vinegar  
2 tsp. tamari, gluten-free  
¼ cup tahini (sesame butter)  
1 pitted date  
½ tsp. sea salt (Celtic Grey, Himalayan, or Redmond Real Salt)  
½ tsp. toasted sesame oil

Directions

In a small blender, add the dressing ingredients and blend. Steam 1 cup of quinoa in a steamer or rice cooker, then set aside. Combine quinoa, arugula, sliced tomatoes, and diced red onion in a serving bowl, add dressing, and hand mix with a spoon and serve.

## **Day 7**



## **Breakfast: Alkamind Warrior Chia Breakfast**

Ingredients (serves 2)

1 cup unsweetened almond or coconut milk  
4 tbsp. chia seeds  
½ tsp. vanilla  
½ tsp. cinnamon  
1 tbsp. unsweetened shredded coconut flakes  
¼ cup chopped raw almonds, cashews, or hemp seeds

Directions

The night before, combine milk and chia seeds in a mason jar. Add vanilla, cinnamon, and chopped nuts. Cover with lid and shake the mixture until it's combined. Refrigerate overnight. The next morning, shake or stir the mixture and divide into 2-3 bowls. Top with optional fresh fruit, pomegranate seeds, coconut shreds, or more chopped nuts.



## **Dinner: Asian Sesame Dressing and Noodles**

Ingredients for noodle salad (serves 2)

Kelp noodles (1 bag) or 1 zucchini, spiralized  
1 scallion, chopped  
1 tbsp. raw sesame seeds (topping)  
Optional: sliced red bell pepper and/or carrot

Ingredients for Asian Sesame Dressing

2 tbsp. tahini (sesame butter)  
2 tsp. tamari (gluten-free)  
½ tsp. liquid coconut nectar (I use Coconut Secrets brand)  
½ tsp. lemon, fresh squeezed  
1 clove garlic, minced

Directions

In a mixing bowl, combine all the dressing ingredients and thoroughly mix with a spoon. Make your zucchini noodles with a spiralizer or, if using kelp noodles, place in warm water for 10 minutes to rinse off the liquid they are packaged with, allowing them to separate and soften. Add the Asian Sesame Dressing to the noodles and scallions, and mix thoroughly. Add sesame seeds on top, and serve.



I hope you enjoy these alkaline recipes! Do this for one week, and if you are like most of my clients, you are going to feel so good you are not going to want to go back to your normal way of eating.

### **Don't destroy your progress with your morning coffee!**

Adding sugar, artificial sweeteners, creamer, and other junk to your coffee fills your body with acid and wipes out some of the effort you make the rest of the day.

That's why we created [Acid-Kicking Coffee Alkalizer](#), a powder supplement that turns creamy and slightly sweet when you add it to your coffee, but it does so much more than that.

It delivers plant-based, clean keto fats, acid-fighting minerals, pure Himalayan pink mineral salts, and enzymes to optimize brain-boosting energy, suppress hunger, and burn body fat throughout your day.

Plus it tastes delicious in 3 yummy flavors – Salted Caramel, Mocha, and Vanilla! Try it today or [Subscribe & Save 15%](#)!

*GET OFF YOUR ACID!*

Dr. Daryl