

CHARLIE'S FAVORITES

ALKALINE GROCERY LIST

A great place to start is figuring out how you can adjust some of your favorite meal recipes to be vegetarian and dairy-free.



FRUITS

blackberries, strawberries,
raspberries, blueberries,
currants, fresh cherries, seeded
grapes, apples, grapefruit,
oranges, tangerines, clementine,
melons, seeded watermelon,
pears, small banana with seeds,
peach, nectarine, persimmon,
lychee, rambutan, mangosteen,
mango, avocado, key lime

*Buy fruits in season, they will likely be sweeter.



VEGGIES

The background features a light green gradient with various vegetable and herb illustrations. In the top right, there are green leafy branches. In the middle right, a bowl of green peas is visible. In the bottom right, there are yellow bell peppers, one sliced, and a slice of orange. In the bottom center, there are sprigs of thyme and rosemary. On the left side, a silver fork holds a piece of broccoli, a red tomato, and some green leafy vegetables.

Okra

Snow Peas

Green Beans

Edamame

Bok Choy

Zucchini

Morrow

Capsicum

Onions

Cabbages

Eggplant

Kale

Swiss Chard

*All Leafy & Field Greens

GRAINS

& Legumes

quinoa, kamut, spelt, barley
wild rice, black rice, red rice
chickpeas, red beans, pinto
beans, black beans, lentils
rye or spelt bread

pastas made from spelt,
chickpea, kamut or
black bean

