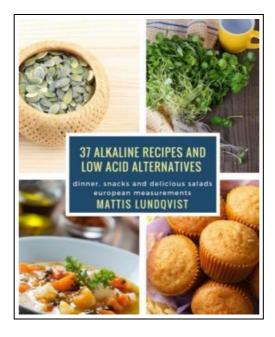
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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand ******. From pizza and ginger soup to papaya salad. . 37 alkaline recipes and low acid alternatives for everyday use. The recipes are designed for the average citizen who wants to eat more basic food, but does not rule out the consumption of acidic products. So if you like to eat a steak at a barbecue and drink a glass of sparkling wine at a family celebration, you will find enough inspiration here to feed yourself as basic as possible. Recipes: Apple and celery salad artichoke salad Alkaline Pizza Alkaline couscous Alkaline chili dressing Bean-Avocado Sandwich Bean stew Plain bean-cucumber salad Simple pomegranate salad Simple beet salad Simple vegan burger Simple sweet potato curry Strawberry spinach salad Fine sweet potato wedges Vegetable paella Grapefruit avocado salad Cucumber salad Ginger soup Carrot and tomato soup Coconut Macaron Tasty sweet potato broth Light tomato salad Flax Seed Chia Dessert Papaya salad Paprika hummus Quick Quinoa Bowl Black Bean Tacos Homemade vegan Majonaise Summer vegetable salad Spinach with avocado salad Spinach soup of basic kind Sweet potato cake Sweet potatoes Thai style Thai cabbage-salad basic type Tofu in black bean sauce Tomato soup for connoisseurs Courgette noodles with pesto To eat basic food as an average citizen does not mean to do without acidic products completely, but to reduce them significantly. For this you will learn some recipes, for example how to stop acidification with green tea, without having to give up the (acid-forming) caffeine altogether.

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