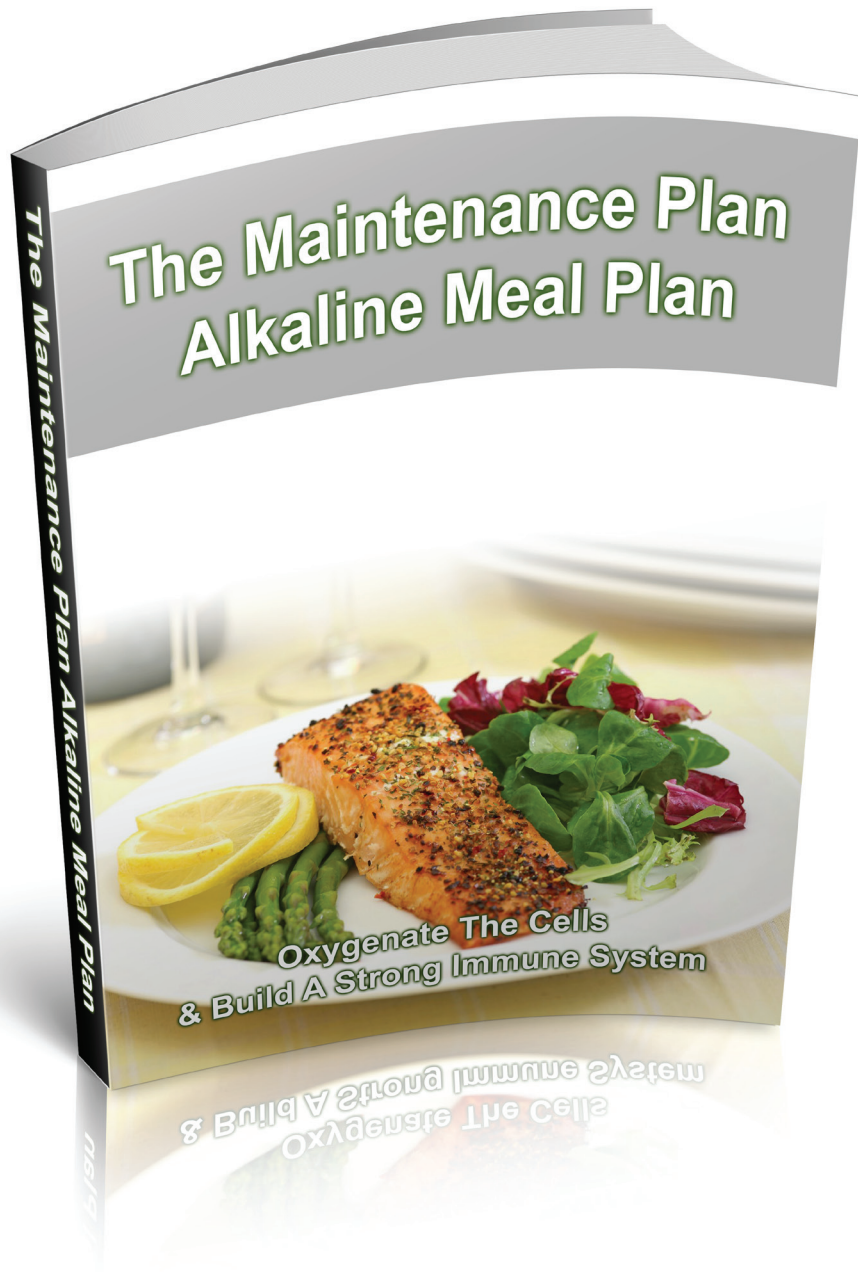


THE ALKALINE MEAL PLAN



FOR THE MAINTENANCE PLAN

THE MAINTENANCE PLAN ALKALINE DIET

IMPORTANT...READ EVERYTHING!!! DO NOT SHARE THIS WITH ANYONE!

This is aggressive oxygen therapy and you must follow directions exactly. This therapy is not harmful, but be aware of the positive effects that may take place in your body.

Required Alkaline Meal Plan To Rebuild and Strengthen Immune System

“Disease is anaerobic it can only thrive in a acidic environment”

DO NOT Consume:



- * Sodas
- * Anything that contains high-fructose corn syrup
- * Artificial sweeteners of any kind
- * Anything labeled “fat free” except all-natural foods
- * Anything labeled “sugar free” except all-natural foods
- * Margarine
- * Anything that is hydrogenated, or worse partially hydrogenated
- * Anything that contains “shortening,” disguised as partially hydrogenated oil
- * No vegetable oils (except cold-pressed extra virgin olive oil(monounsaturated) virgin olive oil, coconut oil, and palm oils. Any vegetable oils becomes rancid after a few hours, even when refrigerated.
- * Chocolates of any kind
- * Nuts of any kind
- * Whole wheat
- * Microwave Foods, or anything prepared in it.
- * Protein shakes of any kind
- * Peanut butter of any kind
- * No Condiments
- * Salt Of Any Kind
- * Tomatoes
- * NO EATING OUT AT ALL FOR 2 MONTHS!!

DO Consume:



- * Consume as little natural cane sugar, or stevia sugars but no refined white sugar, or artificial sugar NONE.
- * Lemon juice, or olive oil on salads
- * Eat as much organic fruits and green vegetables raw daily but be careful not to consume too much natural fruit sugars
- * Consume alkaline, low-GI fruits and green vegetables in abundance
- * Use plant base Stevia, or organic cane sugar in organic tea
- * Prepare meals on the stove, grill, or oven

Remember to chew foods thoroughly. Food becomes more alkaline the longer you chew it.

The Glycemic Scale 50-65

Foods listed here have a glycemic ratio of 50 or lower. They are extremely nutritious and associated with longevity and should be a mainstay of any diet. These types of foods starve the parasites that causes viruses, and diseases. Foods listed with a GI of 51-65 should be consumed occasionally.

Flourless Products:

* Ezekiel Live Sprouted Flourless Bread

<http://foodforlife.com/our-products/sprouted-grain/ezekiel-49>

Breakfast Cereals

* Oatmeal, regular old fashion-49

* Organic Kellogg's Flakes-41

Root Vegetables

* Carrots-49

* Carrots juice-45

Fresh Vegetables

* Peas, green-48

* Peas, dried-22

* Green raw vegetables, all-30



Legumes

* Pinto beans-39

* Navy beans-38

* Garbanzo beans-33

* Split peas-32

* Lima beans-32

* Butter beans-31

* Kidney beans-29

* Lentils-29

Note: Eat fresh no canned foods

Fruits

* Apples

* Pears

* Watermelon

* Grapefruit-25

* Strawberries

Note: Due to the natural sugars don't consume too much fruit. And no "GMO" fruits that don't have seeds that normally do.

Soups

* All natural vegetable soup made fresh No tomatoes

Beverages

Organic Only

Consume 1 gallon of alkaline, or distilled water per day

Remember, a diet that can combat any disease contains a little natural sugar, but no refined sugars. It is low in carbohydrates in combination with mostly alkaline diet.

Alkalizing Vegetables eat 80% of this daily

- * Alfalfa
- * Barley Green
- * Beet Greens
- * Broccoli
- * Cabbage
- * Carrot
- * Cauliflower
- * Celery
- * Chard Greens
- * Chlorella
- * Cucumber
- * Dandelions
- * Dulce
- * Edible Flowers
- * Eggplant
- * Fermented Veggies
- * Garlic
- * Green beans
- * Green peas
- * Kale
- * Kohlrabi
- * Mushrooms
- * Mustard Greens
- * Onions
- * Peas
- * Spinach
- * Pumpkin
- * Radishes
- * Rutabaga
- * Spirulina
- * Sprouts



- * Sweet Potatoes
- * Watercress
- * Wheat Grass
- * Wild Grass
- * Maitake
- * Shitake

Note: Whatever you eat make sure you consume a raw organic salad every time you eat.



Menus Options

BREAKFAST MEAL PLAN 1

2-3 organic scramble eggs with spinach, Boars Head low sodium deli sliced chicken, alkaline organic veggie drink with spinach, apples, celery

BREAKFAST MEAL PLAN 2

Original regular oatmeal, 3 boiled eggs, turkey bacon, bowl of original old fashion oatmeal, alkaline organic veggie drink with spinach, apples, celery

BREAKFAST MEAL PLAN 3

3 Gluten Free Waffles- no syrup use 1-2 organic strawberries
 2-3 Organic scramble eggs mixed with Boars head deli chicken sliced no cheese
 use lemon pepper only, and cook with olive oil only
 Green food smoothie with spinach, 1/2 organic apple, 3-4 organic carrots
 use in the blender with 1/2 cup of alkaline or distilled water make 2-3 cups

BREAKFAST MEAL PLAN 4

3 boiled eggs plain, 3-5 strips of low sodium or organic turkey bacon, or turkey links,
 green food smoothie with spinach, 1/2 organic apple, 3-4 organic carrots
 use in the blender with 1/2 cup of alkaline or distilled water make 2-3 cups

BREAKFAST MEAL PLAN 5

3 egg omelet with spinach, few onions lemon pepper, and cook it in a little olive oil
 3 turkey links, or turkey bacon
 2-3 cups Green food smoothie with spinach, 1/2 organic apple, 3-4 organic carrots
 use in the blender with 1/2 cup of alkaline or distilled water

Snack Foods

- 1.) Popcorn prepared on the stove using olive oil no salt or Microwave
- 2.) Carrots, chopped apples, & Broccoli

LUNCH & DINNER

Organic Meat Options

Lamb, ground turkey natural 98% fat free, grilled chicken, baked chicken, grilled or baked salmon, grilled or baked tilapia, baked or grilled turkey wings, grilled turkey sausage

No Pork or Beef



Lunch & Dinner Option 1

Pick one meat, baked sweet potato, or corn on the cobb, alkaline organic veggie drink with spinach, apples, celery, and raw organic spinach salad

Lunch & Dinner Option 2

Pick one meat, baked sweet potato, or corn on the cob alkaline organic veggie drink with spinach, apples, celery, and a raw organic broccoli salad

Lunch & Dinner Option 3

Pick one meat, baked sweet potato, alkaline organic veggie drink with spinach, apples, celery, and raw a organic green leafy salad

Comfort Foods

- Turkey Hotdog

Turkey hotdog on gluten free bun with a raw organic salad

NO CONDIMENTS!

- Grilled Turkey Burger
- Turkey burger made with 94% or 98% fat free lean ground turkey.

Use lemon pepper, olive oil, and garlic powder to season the meat. Take the ground turkey, spread the meat out, and season the inside. Then make your burger. You want the seasoning to be inside the meat not just the front and back of it. Place it on your inside or outside grill. Let it cook with the top up for inside grills, and top down for outdoor grills. Prepare it on gluten free or flour-less bun using only spinach, tomatoes, and onions. **NO CONDIMENTS!**

Cooking Condiments:

Olive Oil, Garlic powder, Lemon pepper, Thyme, Basil, or any fresh herbs! Nothing spicy, hot, or sweet! Prepare all meats, and fish using olive oil. Make an investment in a George Foreman grill.

Drinking Water

Alkaline Only! Alkaline water contains an abundance of alkaline elements such as magnesium, calcium, potassium, and sodium that the body needs.



You will not find these elements in bottled water, or tap water. These waters are considered dead!

You can make your own alkaline water by adding fresh lemon juice to your water, using an ionizer, or purchasing Kangen water machine.

The Hunza people of northern Pakistan located in the mountains of the Himalayas have the longest life span of humankind, averaging well over 100 years, Many live to age 140 at this time! The water and food they consume comes from the glacial ice. It oxygenates the bodies deprived cells, and is highly alkaline.

Contact Us at: www.theundergroundcure.com to purchase a Kangen Water Alkaline machine.

Consumption Ratio

You should consume a eating regime that's 80% alkaline 20% percent acidic to prevent diseases, and viruses. The Hunza people do not experience disease. They have never had one case of cancer, heart disease, arthritis, diabetes, tuberculosis, high blood pressure, asthma, multiple sclerosis, autoimmune disease, liver disease, acne, cavities, or polio- conditions that plague the Western world. There are no hospitals, jails, drug stores, alcohol, tobacco, or police. At the age of 120 the Hunzakut's still play water polo.

Research

Take time to research Ed Mccabe he's responsible for spreading the good news about Oxygen Therapy in the 80's which is the suppressed cure for all diseases, viruses, and pathogens. This information has been kept a secret by the FDA, Government, and the entire medical community for over 100 years! His book entitled "Flood The Body With Oxygen revealed these natural healing secrets big "Pharma" don't want you to know about. Then you'll clearly understand everything about this eating regime, and more.