

## THE SAVING 7 REGENERATE ALKALINE SHOPPING CHART

VEGETABLES	FRUITS	MISCELLANEOUS
<b>Most Alkaline</b>	<b>Most Alkaline</b>	<b>Fats</b>
<input type="checkbox"/> Artichoke	<input type="checkbox"/> Avocados	<input type="checkbox"/> Cold Pressed Olive Oil
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Lemons	<input type="checkbox"/> Almond Oil
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Limes	<input type="checkbox"/> Coconut Oil
<input type="checkbox"/> Brussels Sprouts	<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Flaxseed Oil
<input type="checkbox"/> Cabbage - Green	<input type="checkbox"/> Raspberry	<input type="checkbox"/> Grapeseed Oil
<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Tomato	<input type="checkbox"/>
<input type="checkbox"/> Carrots	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Celery	<input type="checkbox"/>	<b>Seasoning</b>
<input type="checkbox"/> Cucumbers	<input type="checkbox"/>	<input type="checkbox"/> Herbs & Spices
<input type="checkbox"/> Collard Greens	<b>More Alkaline</b>	<input type="checkbox"/> Sea Salt
<input type="checkbox"/> Endive	<input type="checkbox"/> Coconut	<input type="checkbox"/> Himalayan Pink Salt
<input type="checkbox"/> Garlic	<input type="checkbox"/> Watermelon	<input type="checkbox"/> Apple Cider Vinegar
<input type="checkbox"/> Ginger	<input type="checkbox"/> Pomegranate	<input type="checkbox"/>
<input type="checkbox"/> Grasses (alfalfa, Wheatgrass)	<input type="checkbox"/> Green Apples	<b>Beverages</b>
<input type="checkbox"/> Kale	<input type="checkbox"/>	<input type="checkbox"/> Almond Milk
<input type="checkbox"/> Parsley	<input type="checkbox"/>	<input type="checkbox"/> Green Tea Herbal Teas
<input type="checkbox"/> Sprouts	<input type="checkbox"/>	<input type="checkbox"/> Water infused w/Super Greens
<input type="checkbox"/> Spinach	<input type="checkbox"/>	<input type="checkbox"/> Water infused w/Lemon / Lime
<input type="checkbox"/> Artichoke	<b>Mildly Alkaline</b>	<input type="checkbox"/> Water infused w/Ningxia Red
<input type="checkbox"/>	<input type="checkbox"/> Apples	<input type="checkbox"/>
<b>More Alkaline</b>	<input type="checkbox"/> Pears	<b>Grains</b>
<input type="checkbox"/> Arugula	<input type="checkbox"/> Blueberries	<input type="checkbox"/> Chia
<input type="checkbox"/> Beets	<input type="checkbox"/> Melons	<input type="checkbox"/> Quinoa
<input type="checkbox"/> Basil	<input type="checkbox"/> Peaches	<input type="checkbox"/> Wild Rice
<input type="checkbox"/> Peppers	<input type="checkbox"/>	<input type="checkbox"/> Millet
<input type="checkbox"/> Chives	<input type="checkbox"/>	<input type="checkbox"/> Amaranth
<input type="checkbox"/> Ginger	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Green Beans	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Leeks	<input type="checkbox"/>	<input type="checkbox"/>

<input type="checkbox"/> Lettuce (all varieties)	<b>Other</b>	<b>Nuts/Legumes</b>
<input type="checkbox"/> Mustard Greens	<input type="checkbox"/>	<input type="checkbox"/> Almonds
<input type="checkbox"/> Red Cabbage	<input type="checkbox"/>	<input type="checkbox"/> Soybeans (steamed)
<input type="checkbox"/> Red Onion	<input type="checkbox"/>	<input type="checkbox"/> Chickpea / Humus /Tahini
<input type="checkbox"/> Turnip	<input type="checkbox"/>	<input type="checkbox"/> Sunflower seeds
<input type="checkbox"/> Zucchini	<input type="checkbox"/>	<input type="checkbox"/> Lentils
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Chestnuts
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Pumpkin seeds
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Sesame seeds
<b>Mildly Alkaline</b>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Leeks	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Mushrooms	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> New Baby Potatoes	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Pumpkin	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Onion	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Squash	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Sweet Potato	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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