



CHINNY'S 10 DAYS ALKALINE MEAL PLAN



☎ 096220606 📞 0276507816

✉ support@chinny.co.nz | info@chinny.co.nz



DAY 1

Pre Break Fast

Lemon slice (1slice)
In Cup of hot water
(Make sure to squeeze the
lemon

Break Fast

Smoothie
Blend 1/2 Avacado
1 Apple
Spinach/kale (1 cup)
Blend with 1/2 of
Water or Almond milk
1 teaspoon honey to Taste

Lunch

Smoothie
Pineapple (1 cup)
1 Apple
1 banana
Blend with 1/2 cup of
water or Almond milk

Dinner

Paw paw smoothie
Blend with 1/2 cup of
water
(If you don't like paw paw
pick from one of the above
smoothies for Dinner)

Snacks allowed for the
Day

Cucumber
Apricot
Water melon
Cashew Nuts
Almond Nuts
(Pls Note you can snack in
between meals) to avoid
Hunger

*Tip of the day (I chew 1/2
bitter Kola
After breakfast on cleanse
Day, to help curb hunger.*



DAY 2

Pre Break Fast

Lemon Slice (1slice)
In Cupid hot water
(Make sure to squeeze the
lemon)

Break Fast

Smoothie
Blend 1/2 Avocado
1 teaspoon fresh bitter leaf
1 Apple
Blend with 1/2 cup of
water Only
1 tablespoon honey to
taste

Lunch

Salad bowl
(Options)
Lettuce/cucumber/ car-
rots/green bell pepper/-
cabbage/ grapes/ onions
(Pls make sure your salad
bowl is filing)
No salad Cream
Make your Salad dressing
with
1 olive oil 2 tablespoons
Squeeze of lemon
1/2 tablespoon of Red dry
pepper

Pls: Remember to drink 1 litre of water after lunch

Dinner

Paw paw smoothie
1 banana
1 Apple
Blend 1 Cup of Paw paw
With 1/2 cup of water
1 teaspoon honey to Taste

Snacks allowed for the Day

Cucumber
Apricot
Water melon
Cashew Nuts
Almond Nuts
(Pls Note you can snack in between
meals) to avoid Hunger

*Tip of the day (I chew 1/2 bitter Kola
After breakfast on cleanse Day, to help curb
hunger.*

Drink 1 litre of water after Dinner



DAY 3

Pre Break Fast

Lemon Slice (1 slice)
In cup of hot water
(make sure to squeeze
the lemon)

Break Fast

1 slice of whole wheat
bread
Toasted
Spread 1/2 avocado as
topping
Serve with Water melon
bowl

One litre of water after
breakfast

Lunch

1/2 cup brown Rice
Or buglur wheat
Or Quinoa
Serve with seasoned stir
fried vegetables
(Season your vegetables
to taste)

Dinner

Salad bowl
(Options)
Lettuce/cucumber/
carrots/green bell pepper/cab-
bage/ grapes/ onions
(Pls make sure your salad bowl
is filing)
No salad Cream (NO tomato)
Make your Salad dressing with
1 olive oil 2 tablespoons
Squeeze of lemon
1/2 tablespoon of Red dry
pepper

*Pls :Remember to drink 1 litre of
water after lunch*



DAY 4

Pre Break Fast

Pre breakfast

Lemon Slice (1slice)

In Cupid hot water

(Make sure to squeeze the lemon)

Break Fast

Smoothie

Blend 1/2 Avocado

1 teaspoon fresh bitter leaf

1 Apple

Blend with 1/2 cup of water Only

1 tablespoon honey to taste

Lunch

Salad bowl

(Options)

Lettuce/cucumber/ carrots/green bell pepper/cabbage/ grapes/ onions

(Pls make sure your salad bowl is filling)

No salad Cream

Make your Salad dressing with

1 olive oil 2 tablespoons

Squeeze of lemon

1/2 tablespoon of Red dry pepper

Pls :Remember to drink 1 litre of water after lunch

Dinner

Paw paw smoothie

1 banana

1 Apple

Blend 1 Cup of Paw paw

With 1/2 cup of water

1 teaspoon honey to Taste

Snacks allowed for the Day

Cucumber

Apricot

Water melon

Cashew Nuts

Almond Nuts

(Pls Note you can snack in between meals) to avoid Hunger

Drink 1 litre of water after Dinner



DAY 5

Pre Break Fast

Lemon slice (1slice)
In Cup of hot water
(Make sure to squeeze the
lemon

Break Fast

Smoothie
Blend 1/2 Avacado
1 Apple
Spinach/kale (1 cup)
Blend with 1/2 of
Water or Almond milk
1 teaspoon honey to Taste

Lunch

Smoothie
Pineapple (1 cup)
1 Apple
1 banana
Blend with 1/2 cup of
water or Almond milk

Dinner

Paw paw smoothie
Blend with 1/2 cup of water
(If you don't like paw paw
pick from one of the above
smoothies for Dinner)

Snacks allowed for the Day
Cucumber
Apricot
Water melon
Cashew Nuts
Almond Nuts
(Pls Note you can snack in
between meals) to avoid
Hunger



DAY 6

Pre Break Fast

Lemon Slice (1 slice)
In hot Cup of water
(Make sure to squeeze the
lemon)

Break Fast

1 Boiled egg
1/2 Avocado spread on
toasted Whole wheat
bread
(1 slice of Bread)

Serve with 1 Sliced Green
Apple)

*Pls: (Don't forget to drink 1
litre of water After break-
fast)*

Lunch

Grilled Fish
Serve with Steamed vegeta-
bles

*Tip: Did you know you can
snack in between meals ??
check Out your snack List
Below*

Snack

*Dried or Fresh fruits today
No Banana
Cashew Nuts
1 Cucumber
3 Garden Egg. (Peanut Dip)*

*Tip I normally chew 1/2 bitter
kola to Curb Hunger (option-
al)
Pls if you suffer from Ulcer
confirm if bitter Kola is ok!!*

Dinner

Smoothie
1/2 Avocado
1 cup pineapple
Water to Blend



DAY 7

Pre Break Fast

Lemon slice (1 slice)
In Cup of hot water
(Make sure to squeeze the lemon)

Break Fast

Smoothie (Keep going you are almost there)

1 kiwi
1/2 cucumber
Teaspoon lemon
1 banana
Mint
Blend with 1/2 cup of water
or Almond milk
(1 tablespoon of honey to taste)

Lunch

Grilled Fish (2 pieces)
Serve with Steamed vegetables

Pls: Don't forget to drink 1 litre of water after lunch.

Snack

Don't forget to snack in between meals

Dinner

Salad Bowl of Your choice
(Don't forget No salad Cream
(Make your salad dressing with
Olive oil 2Tbs
Chilli
Salt to taste
Squeeze of lemon/ lime



DAY 8

Pre Break Fast

Lemon Slice (1 slice)
In hot Cup of water
(Make sure to squeeze the lemon)

Break Fast

Blend 1 banana
1 cup of spinach
1 Apple

One litre of water after
breakfast

Lunch

2 boiled eggs
(If you don't eat egg)
2 slices of Mackerel or Titus fish is ok
Serve which Steamed vegetables
My Options
Cabbage/carrots/broccoli/spinach
Green pepper/mushroom/leafy greens/
(You can create your own vegetable Option)

Pls: Remember you can snack in
between meals,

Drink between 2 to 3 litres of water
today

Tip: supplements
Vitamin C
Lysine
Black seed oil
Well woman

To curb Hunger : I chew on 1/2 bitter kola (If you are fine No need)

Dinner

Smoothie
1 banana
Cup of spinach or Kale
1 cup of Pineapple
Blend with 1/2 cup of water or
Almond milk

Snack List
Cashew Nuts
Almond Nuts
Dried mango fruit
Cucumber
Water melon
Carrot slices

*Pls ensure you do not eat snacks
up to one hour before you Sleep*



DAY 9

Pre Break Fast

Lemon slice (1slice)
In Cup of hot water
(Make sure to squeeze the
lemon

Break Fast

Smoothie
Blend 1/2 Avocado
1 teaspoon fresh bitter leaf
1 Apple
Blend with 1/2 cup of
water Only
1 tablespoon honey to
taste

Lunch

Salad bowl
(Options)
Lettuce/cucumber/ car-
rots/green bell pepper/-
cabbage/ grapes/ onions
(Pls make sure your salad
bowl is filing)
No salad Cream
Make your Salad dressing
with
1 olive oil 2 tablespoons
Squeeze of lemon
1/2 tablespoon of Red dry
pepper

*Pls :Remember to drink 1
litre of water after lunch*

Dinner

Paw paw smoothie
1 banana
1 Apple
Blend 1 Cup of Paw paw
With 1/2 cup of water
1 teaspoon honey to Taste

Snacks allowed for the Day
Cucumber
Apricot
Water melon
Cashew Nuts
Almond Nuts
(Pls Note you can snack in
between meals) to avoid
Hunger

*Tip of the day (I chew 1/2 bitter
Kola
After breakfast on cleanse Day,
to help curb hunger.*

*Drink 1 litre of water after
Dinner*



DAY 10

Congratulations you
made it
(I definitely feel lighter)

Pre Break Fast

Lemon Slice (1 Slice)
(Make sure to squeeze the
Lemon)

Break Fast

Smoothie
1 Apple
1 cup of pineapple
1 banana
Blend with 1/2 cup of
water

Lunch

Soups □(pick one soup)

- 1)Okra
 - 2)Vegetable
 - 3)Afang
 - 4)Nsala
 - 5)Pepper soup
 - 6)Carrot Soup
- (All soup should be prepared with seafood)

Don't forget to reduce the oil
Swallow Option

- 1)Cabbage fufu
- 2) unripe plantain fufu

(Carrot soup Recipe)

2 tablespoons of oil of choice
1 large white onion, chopped
2 pounds carrots, peeled and chopped
3 clove garlic, chopped
1 teaspoon dried thyme
1/2 teaspoon salt
1/2 teaspoon dry pepper, optional
Fry Onions in pot
Add Garlic
Thyme
Carrots
1 cup of water
Season to taste with pepper and seasoning
cubes
Bring to boil until the carrot is very soft.
Now you can blend the whole mixture
Serve Hot

Don't forget to drink between 2 to 3 litres of
water Daily

Dinner

Something light
Salad bowl of your Choice

Congratulations you have
completed your Plan