

South Shore Wholistic Weight Loss

"The HCG Coaches"



The Most Comprehensive HCG Weight Loss Solution

Ellen's Grocery List Guide to Alkaline and Acid Foods

For VIP Members

Listed on the next page is an alkaline/acid worksheet for you to use. Just follow these easy steps:

1. List the alkaline/acid foods you have eaten in any given day (Refer to the food list on pages 13-19 to help guide you).
2. Total up the number of foods in each column.
3. Divide the small number by the larger number. This will give you the percent of that category of food in your diet. Need to make some changes?

For questions about this guide or further inquiries about our Ultimate HCG Weight Loss Solution give us a call to schedule your free VIP Member's complimentary consultation:

(516) 897-0369

GROCERY LIST

Alkaline Foods

Almonds	5.00	Coriander	5.00	Peppers	5.50
Amaranth	4.50	Dates (dried)	7.00	Pickles (made naturally)	5.00
Apples	6.00	Daikon	5.50	Parsley	7.00
Apricots	6.00	Dandelion Greens	6.00	Potatoes (only with skin)	5.50
Avocados	6.00	Dill	5.50	Pumpkin	6.00
Artichokes	6.00	Egg Yolks	4.50	Papaya	7.00
Asparagus	6.50	Eggplant	5.00	Passion Fruit	6.50
Arrowroot Flour	6.00	Endive	6.50	Peaches	6.00
Alfalfa Sprouts	6.00	Escarole	6.50	Pineapple	6.50
Agar	7.00	Essene Bread	4.50	Pomegranate	5.50
Bananas	6.00	Figs (dried)	7.00	Peas	6.00
Blackberries	6.00	Figs (fresh)	6.00	Pignolias	4.50
Broccoli	5.50	Grapefruit	6.00	Paprika	5.00
Bamboo Shoots	5.50	Grapes	6.00	Radishes	5.00
Berries (all varieties except blueberries and cranberries)	6.00	Ginger	5.50	Raisins	6.50
Breadfruit	6.00	Garlic	6.00	Raspberries	5.50
Brown Rice Syrup	5.00	Guava	6.00	Rhubarb	4.50
Barley Malt Sweetener	5.00	Green Beans	5.50	Rutabaga	6.00
Basil	5.50	Horseradish	4.50	Rosemary	5.50
Cabbage	5.50	Honey Alfalfa, Clover, Eucalyptus	5.00	Strawberries	5.50
Cauliflower	5.50	Honey (Sourwood and Tupelo)	5.50	Sauerkraut	4.50
Celery	6.00	Kiwi	6.50	Seaweed	7.00
Cucumbers	5.00	Kale	5.50	Spinach	6.00
Corn	5.50	Kelp	7.00	Squash	5.50
Coconut (fresh)	5.00	Kohlrabi	5.50	Swiss Chard	5.50
Cayenne	7.00	Kudzu Root	7.00	Soybean Products	4.50
Cherries	5.00	Lemons	7.50	Sugar Snap Peas	6.00
Carob	5.50	Lima Beans	5.50	String Beans	5.50
Currants	6.00	Limes	7.00	Sage	6.00
Cactus	6.00	Leeks	5.00	Spearmint	6.00
Cantaloupe	6.00	Lettuce (all varieties)	6.00	Sea Salt	5.00
Citron	6.00	Mushrooms	5.00	Soy Sauce	4.50
Carrots	6.00	Mango	7.00	Sprouts	6.00
Chard	6.00	Melons	7.00	Tamarind	6.00
Chicory	5.00	Mustard Greens	5.50	Tangerines	6.00
Collards	5.50	Millet	4.50	Taro	5.00
Chestnuts	4.50	Maguey (Cactus Juice)	5.00	Tomatoes	5.00
Chia Sprouts	6.00	Marjoram	6.00	Tumips	5.50
Clover	6.00	Mayonnaises (natural, homemade)	4.50	Tofu	4.50
Comfrey	6.00	Miso	5.00	Tempeh	4.50
Chives	6.00	Nectarines	6.00	Tarragon	5.50
Cloves	5.00	Onion	5.00	Thyme	5.50
Caraway Seed	5.50	Oranges	5.50	Tamari	5.50
Cinnamon	4.50	Olives (sundried)	5.00	Umeboshi Plums	6.50
Cumin	5.00	Okra	5.00	Vinegar (Apple Cider)	5.50
Curry	5.00	Oyster Plant	6.00	Vanilla Extract	5.00
		Oregano	5.00	Watermelon	7.50
		Parsnips	5.50	Water Chestnuts	5.00
				Watercress	7.00
				Yeats (Brewers)	4.50

Acid Foods

Artificial Sweetener	0.50	Mayonnaise (Refined, Sugared)	2.50	Wine	2.00
Alcohol	1.50	Molasses (Blackstrap)	3.00	Wheat Germ	2.00
Adzuki Beans	3.50	Molasses (Sulphured)	2.00	Whey	4.00
Bacon	1.00	Mustard (Natural)	3.00	Yogurt (Plain)	4.00
Barley	3.00	Mustard (Processed)	1.50	Yogurt (Sweetened)	2.00
Blueberries	3.50	Mung Beans	3.50		
Brown Rice	2.50	Macadamia Nuts	3.00		
Buckwheat	2.50	Navy Beans	3.50		
Black Beans	3.50	Oats	2.00		
Bran	3.00	Oysters	2.00		
Brazil Nuts	3.50	Pinto Beans	3.50		
Beef	1.00	Pasta (Refined)	1.50		
Butter	3.00	Pasta (Whole Grain)	2.50		
Barley Malt Syrup	3.00	Pasta (Whole Grain with Artichoke Flour)	3.00		
Beer	1.50	Popcorn	3.00		
Cranberries	3.00	Peanuts	2.50		
Corn Meal	3.00	Pecans	3.50		
Corn Bread	2.00	Pistachio Nuts	3.00		
Cream of Wheat	2.00	Pheasant	1.50		
Cashews	3.00	Pork	1.00		
Coconut (dried)	3.50	Plums	3.50		
Chicken	1.50	Prunes	3.50		
Cheese	3.00	Pinto Beans	3.50		
Cream	3.00	Pumpkin Seeds	3.00		
Canola Oil	4.00	Rye	2.00		
Corn Oil	4.00	Rice	1.50		
Castor Oil	4.00	Red Beans	3.50		
Coconut Oil	4.00	Rabbit	1.50		
Coffee	1.50	Salmon	2.00		
Coffe Substitutes	3.00	Sardines	2.00		
Crackers	3.00	Shrimp	2.00		
Deer	1.50	Scallops	2.00		
Egg Whites	2.50	Spelt	3.50		
Fish	2.00	Sesame Oil	4.00		
Fructose (processed)	3.00	Sunflower Oil	4.00		
Flour	2.00	Soy Oil	4.00		
Filberts	3.00	Safflower Oil	4.00		
Garbanzo Beans	3.50	Soda	1.00		
Goat Meat	1.00	Salt (Table, Refined)	1.50		
Gelatin (Plain)	3.00	Soy Sauce (Processed)	2.50		
Gelatin (Sugared)	2.00	Sausage	1.00		
Honey (Processed)	3.00	Sunflower Seeds	3.00		
Kidney Beans	3.50	Turkey	1.50		
Ketchup (Refined, Sugared)	2.50	Tapioca	2.50		
Lamb	1.00	Turbina do Sugar	3.00		
Lentils	3.00	Tea	1.50		
Lobster	2.00	Vinegar	1.50		
Milk	3.00	Veal	1.00		
Margarine	4.00	Walnuts	3.00		
Maple Syrup	2.50				

Just remember the rule-of-thumb:
eat **75% alkaline** and **25% acid**.

Happy shopping! :)