

THE GREEN NOTEBOOKS · N° 2

The Alkaline Kitchen

90 plant recipes: juices, smoothies, salads, soups, bowls and sweet things — with honest notes

90
PLANT
RECIPES

The Alkaline Kitchen

90 plant recipes: juices, smoothies, salads, soups, bowls and sweet things — with honest notes on what food really does



2

Servings or how much it makes



20 min

Approximate total time

oven

How it is made: no-cook, stovetop, oven, blender, make-ahead

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Link to another recipe: number and page



Tip: swaps, storage, seasonal ideas



Honest note: what the food really does, and what is just a nice story

1. Morning glasses

2. Smoothies

3. Salads

4. Dressings, sauces and dips

5. Soups

6. Bowls and warm plates

7. Sides

8. Snacks

9. Sweet things

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Foreword



This is a kitchen book for people who want more plants on the plate and less noise in the head. It grew out of the alkaline teaching, a way of eating built on fruit, greens, juices and raw food, which promises clean blood, boundless energy and a body that heals itself. Some of those promises are beautiful poetry. Some are simply good cooking advice. Here you get the cooking.

Every recipe in these pages is made from whole plants: vegetables, fruit, herbs, nuts, seeds, grains and pulses. Nothing needs a specialist shop, and nothing needs a machine you do not already own, apart from a blender for the glasses and smoothies. The quantities are real, the times are honest, and every dish has been written so that it works on an ordinary weekday evening.

Each recipe ends with two short notes. The tip tells you how to swap, store or stretch it. The honest note tells you what is really true about the food on your spoon, and where the teaching says more than science can. You will not find claims that a smoothie changes the pH of your blood. You will find that a bowl of lentil soup is one of the best things you can eat on a cold day.

The book opens with four short chapters: what the alkaline plate is, what to keep in the cupboard through the seasons, and how to wash, soak and chew. Then come ninety recipes, a five-day menu and three pages to print and pin on the fridge. Cook one thing this week. Then another. That is how every good kitchen begins.

KITCHEN BASICS

The alkaline plate

What the teaching says

The alkaline teaching divides food into two camps. On one side stand the "alkaline-forming" foods: ripe fruit, leafy greens, cucumbers, melons, sprouts, herbs, avocado and coconut. On the other side stand the "acid-forming" foods: meat, fish, eggs, dairy, coffee, alcohol, refined sugar, refined oils and anything that comes out of a factory. The purist version goes further and also rejects grains, beans, nuts and almost all cooked food.

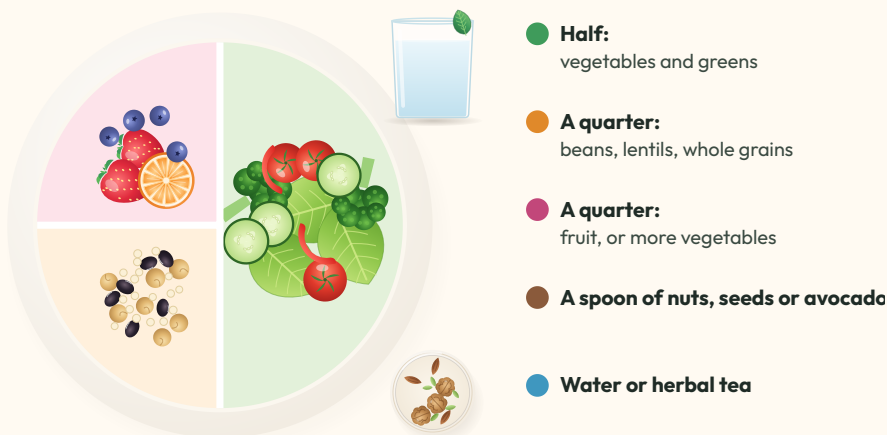
The idea behind it is that acid-forming food leaves acid waste in the body, the body pulls calcium out of the bones to neutralise it, and over time the tissues become tired, inflamed and ill. Alkaline food, the teaching says, restores the balance, cleans the blood and gives back your energy.

What is really true

Your blood does not care what you had for breakfast. The body keeps blood pH between 7.35 and 7.45 all day, every day, with the help of the lungs and the kidneys. If food could push it outside that range, you would be in hospital, not in the kitchen.

What food does change is the work the kidneys have to do and the pH of your urine. Nutrition scientists measure this with a number called PRAL, the potential renal acid load. Think of it as a simple scorecard. Protein and phosphorus add points, because they leave acids for the kidneys to clear. Potassium and magnesium take points away. Most fruit and vegetables have a negative score. Cheese, meat and eggs have a positive score. Bread and rice sit slightly above zero, and beans sit close to zero. PRAL is useful for kidney doctors, but for a healthy person it says nothing about "acid blood".

Still, the plate the teaching draws is a good plate. People who eat plenty of vegetables, fruit, pulses and whole grains, and little processed meat and sugar, have lower rates of heart disease, type 2 diabetes and bowel cancer. The reason is fibre, potassium, vitamins and less salt, not pH. The result is similar. The explanation is different.



A plate that works every day

Seven rules of this kitchen

1. ● Half of every plate is vegetables and fruit.
2. ● Food stays as whole as possible: peel only when you must, and read short ingredient lists.
3. ● Grains and pulses are welcome. The purist teaching avoids them, but oats, rye, quinoa, buckwheat, lentils, chickpeas and beans are some of the best-studied foods on earth.
4. ● Sweetness comes from fruit, dates, honey or maple syrup, never from refined sugar.
5. ● Fat comes from olive oil, avocado, nuts and seeds.
6. ● Cooking is allowed. Heat makes the carotene in carrots and the lycopene in tomatoes easier to absorb, and it makes beans safe to eat.
7. ● If you eat only plants, take vitamin B12. There is no reliable plant source of it, and a lack of it slowly damages nerves and blood. In northern winters, think about vitamin D as well, and use iodised salt or seaweed for iodine.

KITCHEN BASICS

Pantry and seasons



A plant kitchen is fast when the cupboard is full. Keep the base stocked and let the season decide the rest.

The cupboard

- **Grains:** rolled oats, quinoa, buckwheat, brown rice, rye flakes.
- **Pulses:** red and green lentils, chickpeas, black beans, split peas, and a few tins or jars for busy days.
- **Nuts and seeds:** almonds, cashews, walnuts, sunflower and pumpkin seeds, hemp seeds, chia seeds, ground flaxseed, tahini.
- **Oils and vinegar:** extra virgin olive oil, cold-pressed rapeseed oil, coconut oil, apple cider vinegar.
- **Flavour:** sea salt, black pepper, ground turmeric, cumin, cinnamon, smoked paprika, chilli flakes, Dijon mustard, tamari, nutritional yeast.
- **Sweet:** dates, honey, maple syrup, raw cacao powder.
- **Drinks:** coconut water and an unsweetened almond or oat drink.

The freezer

Frozen fruit and vegetables are picked ripe and frozen within hours, so they keep their vitamins very well. Keep bags of mixed berries, mango, spinach, peas, sliced banana (peel before freezing) and chopped herbs. A frozen banana is the secret to every thick smoothie and every bowl of banana ice cream.

The seasons

This book was written in Latvia, where the year turns sharply. Wherever you live, cook with what is fresh and cheap near you.

- **Spring:** young nettles, sorrel, radishes, spring onions, rhubarb, the first herbs.