



The Alkaline Tracker™

How to Track and Score Your Diet For Maximum Health

The **Alkaline Tracker™** was designed to help you track your daily diet by scoring what you eat and drink on a simple scale to show you how close you are to achieving an alkaline body chemistry.

Here's how it works:

1. List what you eat and drink at each meal, as well as any snacks. Be honest – it's only your health!
2. Assign a simple score for each food:
-1 for acid-producing foods
+1 for alkaline-producing foods

Be sure to download your acid-alkaline food charts.

3. Add the number of acid and alkaline foods, and arrive at a total for the day. You'll quickly see how well you're doing by the end of each week! You may also be surprised at what it takes to have an alkaline body!

Three Simple Rules to Remember

- Animal protein is acid-forming.
- Nuts (except almonds and Brazil nuts), seeds and grains (except millet and quinoa), are acid-forming.
- All vegetables and most fruits are alkaline-producing.

Follow the sample **Alkaline Tracker™** on the following page . . .



Sample *ALKALINE TRACKER*™

Alkaline Foods are shaded

Meal	Mon.			Thurs.			
Breakfast	Orange Juice	+1		Royal Flush®	+2	Each drink & each capsule counts!	
	Toast w/ Butter	-1		Juice Plus+®	+2		
	2 eggs	-2	Each egg counts!	Fruit caps.			
	Coffee	-1					
Lunch	Tuna Salad	-2	Tuna and bread each count as one!	Big Salad w/ Almonds	+2		
	Sandwich			Hummus	+1		
	Potato Chips	-1		on Crisp-bread	+1		
	Apple	+1			-1		
Dinner	Green Beans	+1	BIG salads could count as 2! Each piece of Chicken counts!	Power Shake PLUS+™	0	The shake is neutral	
	Salad	+1		w/berries	+1		
	Chicken	-1		Almond Butter	+1		
	Coffee	-1		w/apple JP+® veggie caps.	+1		
Snacks	Apple	+1	Coffee and Tea count!	Water-melon	+1		
	Coffee	-1		Crisp bread	-1		
	Cookies	-1		w/Boursin cheese & sprouts	-1		
	Pop Corn	-1			+1		
Acid (-1)		-9			-3		
Alkaline (+1)		+5			+15		
TOTAL SCORE		-4			+12		

My ALKALINE TRACKER™

Meal	Mon.	Tues.	Weds.	Thurs.	Fri.	Sat.	Sun.
Breakfast							
Lunch							
Dinner							
Snacks							
Acid (-1)							
Alkaline (+1)							
TOTAL SCORE							