



# Alkaline Vegan Diet for Beginners in 2024

Alkaline vegan diet for beginners in 2024.

Ready to **start an alkaline vegan diet**? On this page you'll find my **Alkaline Vegan Diet for Beginners Guide** with links to all my blog posts about starting a plant based alkaline diet in 2024. Keep reading to get inspired and get started!

***Note:** Some links in this PDF contain affiliate links. If you click on these links and make a purchase it may generate a commission for Dailey Foods at no additional cost to you. These commissions help us offer this free PDF and other this information at no cost to you. Thank you for supporting Dailey Foods!*

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**Note:** *Prior to making any changes to your diet based on the information provided in the PDF or at DaileyFoods.com, please consult your physician.*

## Alkaline Vegan Diet Beginners Guide

Below you'll find basic information for each topic along with links to blog posts on this site with more detailed information:

### *What is an alkaline vegan diet?*

- An **alkaline diet** is basically a diet which focuses on consuming mostly or all alkaline forming foods. These are foods which do not overburden the kidneys.
- A **vegan diet** is a diet which includes only plant based foods.
- An **alkaline vegan diet** is a diet which focuses on consuming plant based alkaline forming foods.

### *Why choose an alkaline vegan diet?*

There are many reasons to choose this type of diet, here's six common reasons:

1. Overall better feeling
2. Weight loss
3. Weight gain
4. Maintain a healthy weight
5. Focus on eating more alkaline forming foods and less acidic forming foods
6. Break food addictions

### *Vegan alkaline diet vs Meat alkaline diets*

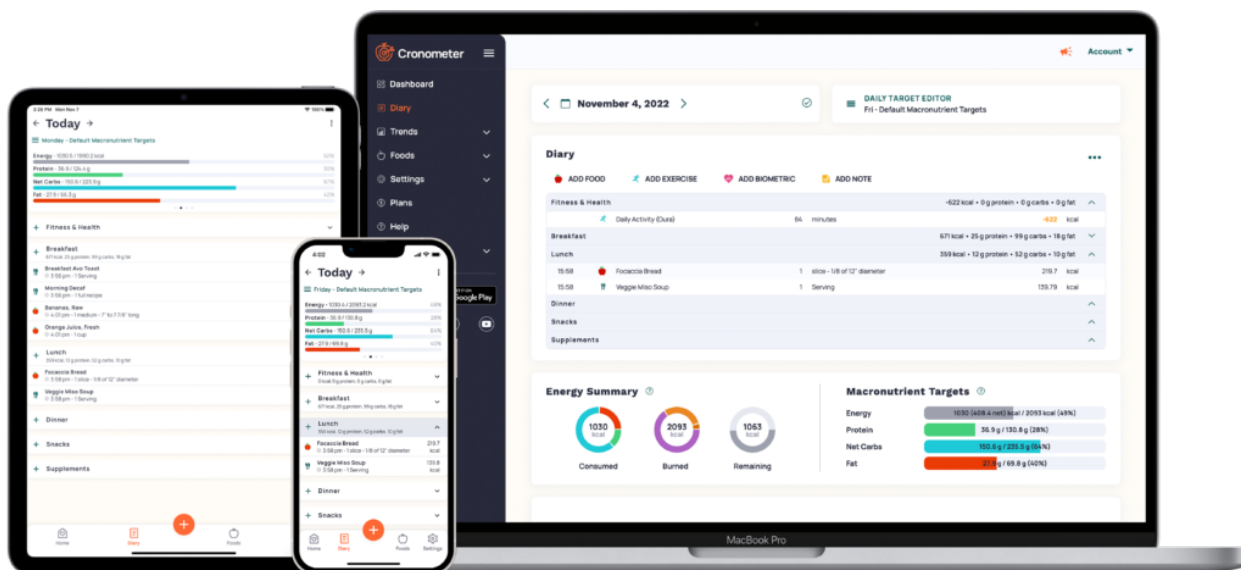
Overall, **plant based foods are generally alkaline forming**. Not all plant based foods, but most. The ones which are acidic forming are generally less acidic than animal products which is why many people choose an alkaline vegan diet instead of an alkaline diet including meat, dairy, and eggs.

### *Best high alkaline foods*

**Most plant based foods can be consumed in large quantities** and are generally alkaline forming when combined properly. Most animal products are acidic forming so these need to be consumed generally sparingly. It can be more difficult to feel satiated if you're focusing on an alkaline diet which includes animal products because of the need to limit intake to not over burden the kidneys.

## Best Alkaline Diet App

Using an **alkaline diet app** is very helpful for monitoring your acidic forming foods intake. I recommend the [Cronometer app](#) with the Gold Membership. This upgrade from the free membership offers a tool specifically for tracking the alkalinity of foods.



Ad: Example of nutrition facts generation using [Cronometer app](#).

### *Alkaline diet calculating*

Here's a basic overview:

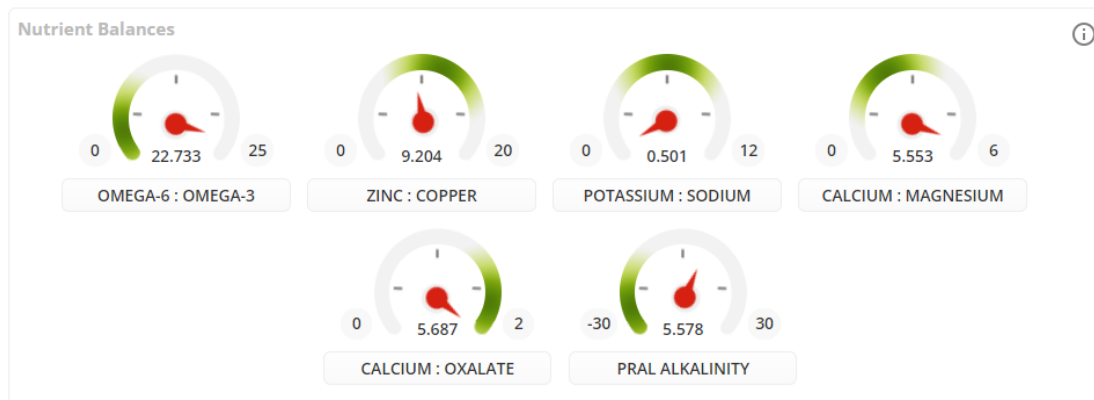
1. The kidneys process foods after consumption.
2. Foods which are alkaline forming do not overburden the kidneys.
3. Foods which are acid forming tend to overburden the kidneys.
4. There is a simple calculation called **PRAL** (potential renal acid load) which is used to determine which foods overburden the kidneys.
5. Calculating PRAL for foods is done by using a simple mathematical formulation, which is:

$$\text{PRAL (mEq/day)} = (0.49 \times \text{total protein (g/day)}) + (0.037 \times \text{phosphorus (mg/day)}) - (0.021 \times \text{potassium (mg/day)}) - (0.026 \times \text{magnesium (mg/day)}) - (0.013 \times \text{calcium (mg/day)})$$

- Foods and meals with a **negative score** are **alkaline forming**.
- Foods and meals with a **positive score** are **acid forming**.

### *Cronometer app is a gamechanger for alkaline dieting*

When you set the Cronometer app to **track PRAL Alkalinity** you can easily see if your daily diary is trending alkaline or acidic. Here's an example of the Nutrition Balances section in the Gold Cronometer membership section:



Ad: [Best alkaline diet app in 2024, Cronometer.](#)

The Gold Membership is regularly \$54/year or **\$9.99/month**. You can **save 10%** using my affiliate link below:

- Signup to [Cronometer.com](https://Cronometer.com) and save 10% on gold subscriptions.

### *Calculating alkaline diet with Cronometer app*

Below is a link to a quick tutorial video on YouTube where I describe what an alkaline diet is, how to determine which foods are alkaline forming, and my favorite app for tracking my alkaline diet.

Watch video on YouTube: [Best Alkaline Diet App in 2024](#)

To determine the nutrition facts of certain foods and recipes, I like to use the [Cronometer app](#). This app allows me to input specific foods from specific brands, and gives nutrition facts in detail for each item. I can also input several foods to create a recipe and get the nutrition facts for the recipe.

## How to Start an Alkaline Diet

Starting an alkaline diet is easy, you just need to do a few things. Here's a list to get started:

### *Learn about the best foods to eat for alkaline dieting*

Here's a quick overview of plant based alkaline foods to get you started:

- [20 plant based alkaline foods and drinks](#)
- [7 alkaline vegan snacks](#)
- [11 best alkaline food supplements](#)

### *Alkaline vegan meal plans*

Using a meal plan is a great way to stick to an alkaline diet. I have a few free printable PDF meal plans available on this site for beginners.

Here's links:

- [Big list of free printable meal plans](#)
- [Free 7 day Daniel Fast plant based meal plan PDF](#)

### *Get the Cronometer app*

The free version of Cronometer will give you detailed nutrition information, including the vitamins, minerals and protein content values of specific foods which are needed to calculate PRAL Alkalinity of foods.

The Cronometer Gold Membership has a tool which calculates PRAL Alkalinity for you. I recommend upgrading so you can use this tool if you don't want to have to use your calculator each time you want to check if a food is alkaline forming.

- Signup to [Cronometer.com](https://cronometer.com) and save 10% on gold subscriptions.

### *Clear out your pantry*

Once you have a plan for what you are going to eat for the first 7 days alkaline dieting, it's a good idea to clear out your pantry and refrigerator. Get rid of foods you aren't going to be eating so you are not tempted in your first week of alkaline vegan dieting.

Here's a list of some foods to discard:

- Meat
- Dairy
- Eggs
- Fish
- Shellfish
- Overly processed foods
- Overly acidic forming foods
- Junk foods
- Candy
- Cookies
- Foods which contain animal products

### *Grocery shop*

Once you know what you are going to eat for the first week of your alkaline vegan diet, you'll want to grocery shop. I recommend purchasing foods at the following retailers:

- Natural food stores
- Organic section of the grocery store
- Farmer's market
- Farm stands
- Amazon

I recommend purchasing food in bulk if possible if it is shelf stable. Some staple ingredients I purchase in bulk on Amazon include:

- [Z Natural Foods Organic Raw Cacao Powder](#)
- [Micro Ingredients Organic Nonfortified Nutritional Yeast](#)
- [Bob's Red Mill Organic Whole Wheat Flour](#)
- [Lundberg Organic Brown Rice](#)

### *Meal prep*

Once you've cleared your pantry and gone grocery shopping, I recommend meal prepping your food for the next few days. Some foods you can make easily in big batches for quick reheat and serve. The more ingredients you have already prepared,

the more likely you are to eat them. This is very helpful for sticking to your new alkaline vegan diet.

Here's my beginners guide to alkaline vegan meal prep:

- [Beginners guide to alkaline meal prep](#)



## Alkaline Vegan Meals

I recommend finding a few recipes you enjoy and are easy to prepare. Rotate these recipes throughout the first 30 days of your alkaline diet. This will help you get accustomed to new foods and make it easy during meal times. It's also helpful for meal prep because you can batch prep the basic ingredients.

- [5 alkaline herb seasoning mix recipes](#)
- [11 Trader Joe's Mirepoix recipes](#)
- [3 Daily Dozen Meals: Breakfast, Lunch and Dinner](#)

Here's links to some great alkaline vegan meal ideas on this website to get you started:

### *Alkaline vegan breakfast ideas*

- [8 Vegetable Hashbrowns recipe](#)
- [Easy alkalizing green drink](#)
- [Daniel Fast breakfast scramble recipe](#) with spinach
- [Daniel Fast smoothie recipe](#)

### *Vegan lunch ideas for alkaline diet*

- [Easy homemade bread without yeast recipe](#)
- [Indian Potatoes and Peas with 6 green veggies](#)

### *Plant based alkaline dinner ideas*

- [Easy freezable spaghetti sauce](#) with pasta
- [Meatless tortilla soup recipe](#)
- [No chop meatless stew recipe](#)
- [Daniel Fast queso sauce recipe](#) with, guacamole, veggies, beans and rice

Sincerely,

Veronica

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