

10 Easy Ways to Eat Light When It's Hot Outside (Plus My Thoughts on La Croix!)



Are you getting tired of the heat yet or is it just me?

By the time August rolls around, I don't think I'm the only one getting nostalgic for crisp fall nights, cozy sweaters, and mugs of hot tea.

Until the weather catches up, let's talk about the best ways to stay cool and eat light while we feel as though we've walked into an oven each time we walk outside.

These are my 10 favorite ways to eat fresh and light, and you can bet they are all alkaline. Best of all, they are easy too. The last thing you need right now is a challenge in the kitchen, right?

Let's dive right in...

1. **Forget the oven! Go raw!**

This is absolutely my favorite tip during the summer. Who needs to stand in front of a hot oven or toil away over the hot stove? Not you!

Step away from the stove and go light and easy.

Dinners don't need to be a big production during the summer. A quick and tasty dinner using raw foods can be just as satisfying. Since so many delicious foods are in season, it's easy to eat raw.

Here are a bunch of raw recipes and ideas. Combine a couple of them and you have an easy dinner everyone is happy with:

- [Savory Avocado Wrap](#)
- Raw veggies with hummus
- [Italian Marinated Zucchini with Sundried Tomatoes](#)
- Green apple slices with raw almond butter
- Half an avocado with a squeeze of lime and sea salt (Celtic Grey, Himalayan or Redmond Real Salt)
- Raw almonds (in moderation, as they are 30% Omega 6, and high in protein), macadamia nuts, Brazil nuts, pecans,



walnuts (in moderation because high Omega 6 count)

- Homemade trail mix with your favorite alkaline ingredients (raw almonds, cashews, unsweetened coconut flakes, macadamia nuts, Brazil nuts, cacao nibs, goji berries, sunflower seeds, flaxseeds, hemp seeds, etc.)

2. **Cut out gluten and dairy foods.**

Now as you know, I'm a big believer in moderation, not deprivation! So I normally don't tell you to completely cut out whole categories of food.

But if you want to lighten up, this simple shift in the way you're eating will make a world of difference.

Many, many Americans are sensitive to dairy products and gluten (at least the way it's produced here in the US). They clog up your digestive track, and you're likely to feel bloated for days at a time after consuming either of them.

In fact, all that clogging up means that on average, gluten makes up 38% of the total acid load for an entire body (as written in the book 'Wheat Belly' by Dr. William Davis).

Try removing them from your diet and see how you feel after about a week. Even better, try a month and see if it makes a difference.

Imagine how much lighter you could be feeling by Labor Day if you make this simple shift!

3. **A salad a day keeps the acid away!**

Salads aren't just a quick and easy way to eat a nutrient-dense lunch or dinner, they also add a ton of alkalizing foods into your diet.

Organic greens have lots of chlorophyll and water, which is great for helping to alkalize your body. Salads can be super healthy and so versatile, and help you get the most nutritional bang for your buck.

Try using as many different fresh fruits and vegetables that grow near you as you possibly can. My favorite toppings for organic romaine, spinach, kale, or watercress include cucumbers, red bell peppers, basil or other herbs, jalapeno, avocado, tomatoes, and slivered almonds.

One thing that's important to note about salad dressing is this... Avoid ALL vinegars except apple cider vinegar because balsamic and vinegars made with wine are very high in yeast and sugars. Instead, simply use lemons, extra virgin olive oil, and sea salt.

4. **Beware of "light" acid-filled foods.**



A lot of summery foods claim to help you look swimsuit ready, but in reality, they are full of acid and they won't help you lose weight and keep it off. Always beware of anything that claims to be "diet" or "light" or "no calorie" because they usually contain [artificial sweeteners, the #1 most acidic, poisonous ingredient on the planet.](#)

One that I want you to be especially aware of this summer is La Croix sparkling water. It's sugar free and the one thing it does have going for it is that it does not contain artificial sweeteners, so I've got to give it credit for that.

But that's part of the problem. People think they're making a good choice when they drink sparkling water instead of soda or diet soda.

However, La Croix, like all carbonated drinks, is acidic. It takes around 20 glasses of water to neutralize the acid in ONE sparkling water!

If you are going to drink the occasional La Croix, make it a special treat as part of the 80/20 lifestyle, not a regular thing, and follow it up with a dose of **Alkamind Daily Minerals**. An instead of needing 20 glasses of water (who is going to do that?), 1 glass of Daily Minerals will neutralize all that acid, plus leave you with some mineral reserves!

5. **Do a makeover takeover of heavy summer foods.**

Unfortunately, a lot of summer favorites are anything but light. Burgers, hot dogs, BBQ, heavy sides, ice cream, and "salads" that are anything but healthy are your typical summer fare.

You can still enjoy summer dining without all the acid! Try a fresh take on your next summer meal. Here's my alkaline makeover on a July 4th BBQ that you can enjoy through Labor Day and beyond:

[Alkaline BBQ Makeover](#)

6. **Chill out with cold soups.**

What's the opposite of all of those heavy summer foods we just talked about? Chilled soups like gazpacho! They're packed with nutrients, highly alkaline, totally delicious, and you won't ever have that bloated, too-full feeling after having one of these for dinner:

- [Watermelon Gazpacho](#)
- [Creamy Avocado Gazpacho](#)
- [Creamy Chilled Spinach Soup](#)



7. **Ditch the alcoholic drinks.**

Although a glass of chilled white wine or rosé sounds refreshing in the summer, I want you to really think about how you feel after drinking. If you're like most people, you probably feel warmer than before you drank, and while you might feel good for a little while, you know a headache is on its way.

Why? It's simple. Alcohol – even a single glass of white wine that seems harmless – is highly acidic. And here's a rule of thumb for you to follow... The darker the color alcohol, the more yeast and sugar, which means MORE ACID!

If you do have the occasional glass of wine, avoid that headache by taking your **Alkamind Daily Minerals** before going to bed.

8. **Enjoy cold treats the alkaline way!**

Nothing says keeping it light during the summer like sweet frozen treats. But you don't have to ingest all of the acid that comes with your typical ice cream, popsicles, and slushy drinks.

These alkaline treats taste just as delicious as their chilly acidic counterparts, while leaving you with a lighter, guilt-free feeling.

- [Strawberry Alkaline Ice Cream](#)
- [Alkaline Sesame Sweet Treats](#)
- [Chocolate Banana Fro-Yo](#)

[Watch your inbox for another frozen treat later this week.]

9. **Prep ingredients in advance.**

This is another one that makes your life so much easier, while helping you get off your acid at the same time.

A great way to ensure you eat light instead of resorting to grilling heavy meats or ordering a pizza is to take a little time to do the prep work in advance.

When you come home from the farmer's market or grocery store on the weekend, spend an hour getting ingredients ready to go. During that amount of time, you can make a big batch of quinoa, prepare a salad dressing that can be used throughout the week, and wash and chop lettuce and veggies.

Then light and tasty weeknight meals will be a snap to throw together in minutes. And they'll taste much better than ordering Chinese!

10. **Get your smoothie on!**



Last but not least, frozen smoothies and fresh green juices are a perfect way to cool off and keep it light.

Remember my ultimate green smoothie formula – if you got at least one food from each of these categories, you'll have a delicious, alkaline smoothie:

- Greens – kale, spinach, watercress, or other dark leafy greens
- Liquid – go for coconut milk or water, almond, hemp, or cashew milk
- Fruit for taste – bananas, berries, citrus, or tropical fruits
- Healthy fats – avocado, coconut oil, flax, or chia seeds
- Plant-based protein – raw almond or cashew butter, hemp seeds, and/or organic, vegan protein powder

The great thing about our **Alkamind Organic Daily Protein** is that it not only supplies a full serving of organic plant-based protein from the best possible sources, it also includes coconut oil in both delicious flavors – creamy chocolate and vanilla coconut.

So try **Alkamind Organic Daily Protein** today!

You can buy one jar or [subscribe & save 20%](#).

