

Alkaline Diet Recipe: Avocado, Cucumber, And Watermelon Salad



If you follow any celebrities like Gwyneth Paltrow, Gisele, or Kate Hudson on social media, you know they often post pictures of their nutritious, beautiful meals. So if you want to [look as fit and healthy as they look](#), take a look at my last post for 5 celebrity alkaline tips.

Today's recipe is a great example of the kinds of foods celebrities eat to stay looking the way they do. It's a simple salad that tastes as good as it looks.

And of course it's highly alkaline. If you ever find yourself getting tired of salads that are lettuce-based, this is a great alternative because you don't need to use lettuce at all unless you want to.

Plus, a few of these ingredients are all over the farmers' markets right now. So give it a try and let me know what you think over on [Facebook](#).

Avocado, Cucumber, And Watermelon Salad

Serves 2

INGREDIENTS

2 avocados, cubed or sliced
1 small or personal watermelon, cubed
2 cucumbers, peeled and cut in 1-inch pieces
1 tomato, diced
1 tbsp. extra virgin olive oil
2 tbsp. lime juice, fresh squeezed
1/3 cup cilantro, chopped
Sea salt to taste (Celtic Grey, Himalayan, or Redmond Real Salt)
Black pepper to taste
Optional: Handful of arugula



DIRECTIONS

In a large bowl, add avocado and drizzle with olive oil and lime juice and give a gentle stir to coat.

In a separate bowl, stir watermelon, cucumber, and cilantro together, then add the avocado mixture on top. Season with salt and pepper, serve, and enjoy!

I've got a ton of quick and tasty salad recipes like this one in my [Get Off Your Acid 7-Day Alkaline Cleanse](#) that are perfect for you if you want to shed extra pounds, eat healthier than ever before, and GET OFF YOUR ACID!



To quote cleanse participant and patient, Kelly Ripa...

“Dr. Gioffre put me on this cleanse. It’s an antacid, highly alkaline cleanse, and it has changed my life.”