

## Alkaline Diet Recipe: Savory Avocado Wraps



If you're ever on the hunt for new lunch inspiration that's alkaline and easy, today's recipe is perfect for you. (You'll also want to watch for my Thursday blog post, [A Complete Month of Alkaline Lunch Ideas](#).)

This recipe is similar to a Vietnamese spring roll, but much easier and better for you. Simply roll these up for a quick lunch, share them when entertaining, or pack them up to take on the go. If

you're going to pack these, roll tightly and store in a container without a lot of excess air to keep the avocado from browning.

Feel free to add extra ingredients like more crunchy veggies and change them up each time. They're super versatile, so they work well for the whole family.

In fact, this is a staple lunch for my son Brayden – quick, easy, and he LOVES it and your kids will too!

Give them a try and let me know what you think over on [Facebook](#).

### Savory Avocado Wraps

#### INGREDIENTS [Serves 1]

1/2 Hass avocado, sliced  
1 lettuce leaf (butter lettuce or romaine best)  
1/2 tomato, diced  
1 tsp. cilantro, chopped  
1/4 red onion, diced, or to taste  
1/2 tsp. cumin  
Sea salt (Celtic Grey, Himalayan, or Redmond Real Salt) and pepper to taste  
Small handful of spinach  
Green jalapeño pepper, to taste (optional)  
Alfalfa sprouts (add some alkaline power) (optional)



#### DIRECTIONS

Smear the avocado on the lettuce leaf and sprinkle with diced tomato, red onion, cilantro, cumin, sea salt, and pepper. Add the spinach. Fold in half and enjoy!

This recipe comes from my new book, [Get Off Your Acid: 7 Steps in 7 Days to Lose Weight, Fight Inflammation, and Reclaim Your Health and Energy](#). It's full of recipes, tips, and ideas to take you from sluggish and in pain to healthy, energetic, and slim.

**Kelly Ripa, who wrote the Foreword, had this to say:**

“What I like most about Dr. Daryl’s method is that it’s not a ‘diet’ but more of a lifestyle change. There’s no counting calories or limiting portion sizes, only a new awareness of ‘alkaline eating.’ Once you learn the difference between alkaline and acidic ingredients, you will know what to eat and will be able to benefit from keeping this balance in your bodies.



“Whether your goal is to lose weight, sleep deeper, feel more rested, think more clearly, or boost your energy, this plan will get you there...”

