

Avocado, Tomato, & Red Onion Salad

Dr. Daryl Gioffre

<http://www.GetOffYourAcid.com>

Starting any new diet or way of eating can seem overwhelming, especially when you don't know where to begin. If you're considering an alkaline diet, it's important to understand which foods and beverages have an alkaline effect and which have an acidic effect on your body.

There are a few staple foods you want to always have on hand and incorporate every day to help you GET OFF YOUR ACID. You can find these staple ingredients in the Avocado, Tomato, & Red Onion Salad, one of my favorite quick and easy alkaline recipes!

Did you know that guacamole isn't the only thing avocados are good for? [Avocado](#), often referred to as 'Gods Butter', is a versatile, highly alkaline food. They are naturally nutrient-dense and contain nearly 20 vitamins and minerals that can be used in smoothies, salads, soups, wraps, and even desserts like my famous [Chocolate Mousse](#)!



Almost anything and everything alkaline will be delicious and nutritious if you make a habit of eating an avocado every day. They have lots of soluble and insoluble fiber that keep your digestive system running smoothly.

And don't worry about their fat content – Avocados will NOT make you fat! They have a high content of some of the healthiest monounsaturated fats that will actually help you burn fat off your body.

Avocados also contain oleic acid, a fat that activates the part of your brain that makes you feel full. This special group of fats has been also shown to provide important anti-inflammatory benefits to your body, including your cardiovascular and digestive system.



Cilantro is as alkaline as you can get, and is well known for its ability to cleanse your body of ACIDS, which is why I chose this as one of the major ingredients in AlkaMind Daily Greens. Cilantro is most often cited as being effective for heavy metal cleansing and rightfully so! This herb is a powerful, natural cleansing agent. The chemical compounds in cilantro bind to toxic metals and loosen them from the tissue.

Red and yellow onions have the richest dietary source of quercetin, a powerful antioxidant flavonoid that has been shown to thin the blood, lower cholesterol, ward off blood clots, and fight asthma, chronic bronchitis, hay fever, diabetes, atherosclerosis and infections, and is even linked to inhibiting certain types of cancer...WOW!

Onions are also naturally anti-inflammatory, antibiotic and antiviral. That, of course, is when you eat them!

[Tomatoes](#) are in my Top 5 Alkaline Fruits, and I've shared with you before how great they are for you because of their high content of Vitamins A & C. They are also great for converting glucose into energy, helping you to control blood sugar levels.

So go out and support your local farmer's market and get some fresh tomatoes, onions, and herbs, and mix up one of my FAVORITE go-to Alkaline salads, and enjoy!

Avocado, Tomato, & Red Onion Salad

[Serves 2]*

INGREDIENTS

- 2 haas avocados
- ½ red onion diced
- 1 tomato diced
- ¼ cup cilantro finely chopped (or parsley)
- 2 tbsp. extra virgin olive oil
- 1 tbsp. freshly squeezed lime juice
- 1 tsp. cumin
- Celtic Sea Salt and pepper to taste
- ½ jalapeno (diced, more or less to taste)



Dice avocados into small pieces and season with salt and pepper. In a small bowl, combine tomatoes, onion, cilantro, and cumin; season with more salt and pepper and arrange over avocados. Drizzle olive oil and lime juice over top, and gently mix all. Add jalapeno for a kick!

Enjoy this recipe plus 75 NEW delicious alkaline recipes by joining me in my [Get Off Your Acid Do-It-Yourself 7-Day Cleanse Program!](#)