



CeCe's Healthy Tip ✓

This alkaline salad listed below is a preeerfect after-a-fast Day-2 meal. It has been my experience to not consume any solid food immediately after you complete any type of liquid fast. When determining a broth-ie soups for after your fast, try to stick with fresh organic vegetable (if possible) to make into soup, homemade. This is best. Try to stay away from canned or packaged soups after a fast, those soups contain just too many preservatives and other stuff not even listed on the label. :(

Rule of thump: If your food comes from a can, box or in the middle isles of your local grocery store, preservative are in there...

Alkaline Healing Salad

Salad Ingredients

- 1 bushel of Broccoli
- 1 head Cauliflower
- 2 small Tomatoes
- 1 large Onion
- 1 Avocado

Salad Mix Instructions:

Cut and mix all salad ingredients into 1 bowl. Cut and mix the avocado last and then mix with all.

Dressing Ingredients

- 1 fresh Lemon
- 1 very small bag of Fresh Basil
- 1 Tablespoon of Olive Oil
- 2-3 pinches of Sea Salt, add to taste

Dressing Instructions:

Squeeze fresh lemon into a small cup and chop up fresh basil into small pieces. Add olive oil into other ingredients and mix well

