



## Peak Performance Eating

**NAME:**

**DATE:**

This worksheet is a supplement training guide to “Peak Performance Eating” video published on April 6, 2016.

What you eat and how you live affects your acid alkaline balance. Almost all foods that we consume after being metabolised, release either an acid or an alkaline base into blood. Over the long haul, those who do not balance their diet become prone to weak muscles, bones, diabetes, kidney disease, and heart disease. You may have heard about pH or the acid-alkaline balance before. I’ve covered this topic in my book, but I realize that I haven’t made a video about it. Since some of you are unfamiliar with this, while some could use this as a little nudge, I thought I’d tackle acid-alkaline balance and pH again today. So, what are you waiting for? Check out my Humpday Hustle video about Peak Performance Eating right now. Let’s rock! Download our free worksheet of this video here: <http://journeytopersonalgreatness.com/greatness-training-guide/>.

### ***Understanding pH***

The pH is a measurement of the acidity or alkalinity of a solution. It is measured on a scale of 0 to 14—the higher the pH the more alkaline the solution, while the lower the pH the more acidic the solution. PH 7 is considered neutral. As with most health-related things, balance is everything.

### ***Acidic V.S. Alkaline foods***

Your pH balance can be tied to one factor – your food choices. Everything hinges on this balance including your health, longevity, and even risk for diseases. Sticking to an healthy diet may seem overwhelming at first, but the real direct benefits are worth it. Figuring out how to make better choices for your pH — with food choices and lifestyle — is a great start. It’s beneficial to know which ingredients to consume and which ones to avoid, as well as identifying the alkalinizing super foods that can help you regain balance quickly. Although you don’t have to test your pH, it’s a handy tool to measure your success on this diet. Testing urine pH is a simple way to monitor the effects of your acid alkaline diet. It’s not absolutely necessary, but readings can help you tailor the acid alkaline diet to your needs. Testing daily, in the early morning, is recommended. Check out our handy guide on the next page on what foods to consume more and what foods to avoid.

Our JTPG and peak performance programs begin soon. Sign up to our website and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to optimal health, peak performance and your personal greatness.

### **Alvin Brown**

CEO and Founder (THCPP)

Integrated Peak Performance and Greatness Coach

Author and Speaker - Journey to Personal Greatness: mind, body and soul.

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Acidic				Alkaline			
Very Low	Low	Moderate	High	Very Low	Low	Moderate	High
amaranth	Aged cheese	Chestnut oil	Artificial sweeteners	Avocado oil	almonds	apples	Baking soda
Brown rice	alcohol	chicken	beef	Blueberry	Apple cider vinegar	apricots	lemons
dates	Almond oil	coffee	Brazil nuts	Brussel sprouts	avocado	broccoli	lentils
Dry fruit	Black tea	corn	bread	celery	Bell pepper	cantaloupe	onion
figs	buckwheat	Cottage cheese	Brown sugar	cilantro	cabbage	carrots	pineapple
fish	Cow milk	cranberry	cocoa	Coconut oil	cauliflower	cashews	Pumpkin seed
gelatin	Goat milk	Egg whites	flour	cucumber	cherry	chestnuts	Raspberry
guava	elk	fructose	Fried foods	currant	eggplant	dandelion	Seaweed
honey	Lima beans	ketchup	Jam/jelly	Duck eggs	Green tea	citrus	Sweet potato
millet	rice	lard	Ice cream	Flax oil	leeks	garlic	Tangerine
vinegar	turkey	mussels	pasta	Ginger tea	mushroom	ginseng	Watermelon
zucchini	vanilla	mustard	Processed food	grapes	papaya	grapefruit	Vegetable juices
Pine nuts	wheat	Oat bran	Soft drinks	Hemp seed oil	peach	Herbal tea	
Maple syrup	White beans	popcorn	sugar	lettuces	pear	herbs	
Wax beans		pork	Table salts	okra	potato	kale	
organs		rye	White vinegar	oats	pumpkin	kiwi	
Pumpkin seed oil		Soy milk	wine	Olive oil	Rice syrup	mango	
		squid	yeast	orange	Quail eggs	Mustard green	
			Sweetened yogurt	quinoa	sake	Peas	
				raisin	Sesame seeds	Sweet corn	
				strawberry	sprouts	Turnips	