
PLANT-BASED · ALKALINE · DR SEBI STYLE

Markinch Plant Kitchen

Alkaline recipes gathered by a local lad from Fife

22 EVERYDAY RECIPES



Welcome to Markinch Plant Kitchen

I'm a local lad from Fife, and this book is a collection of plant-based recipes I've gathered and adapted for my family to cook at home. They aren't original recipes of mine: they're inspired by alkaline and Dr Sebi-style cooking, by OSU Biofood, and by the books listed on the **Further Reading** page.

OSU Biofood runs street-food stalls across London and an online shop that delivers across the UK. OSU are what made me want to change my diet. I started ordering from them during lockdown in 2020. Where a dish here is inspired by one of theirs, it says so.

Nothing here is complicated. Stock up with the **Alkaline Pantry** list, pick up the fresh bits with the **Easy Shopping** lists at the back, and keep the two **Basics** handy: the cheesy squash-tahini sauce and pico de gallo turn up all through the book.

Cook, share and enjoy.

a local lad from Fife

These are recipes, not medical advice. If you have a health condition or are changing your diet, please speak to your GP or a qualified health professional.

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Approved Shops

Local shops we know and trust for fresh, quality produce. This list will grow as we find more.

APPROVED SHOP

Macauley's Fruit & Veg Merchant

172 High Street, Burntisland, Fife KY3 9AP

Independent greengrocer, open since 2015. Fresh fruit and veg sourced daily from Scotland's fruit market, local farms and organic growers, mostly plastic-free, plus wholefood staples. Fruit and veg boxes to order online for click and collect (no delivery).

Phone: 01592 873524

Open: Mon, Tue, Thu, Fri 9am–5pm · Wed 9am–1pm · Sat 9am–4.30pm · Sun closed

macauleys.co.uk · [Facebook](#)

More approved local shops coming soon.

Opening hours can change, so check before you go.