

# **10 Day FREE Alkaline Challenge**

To download the challenge material just click on the orange headings below.

**Welcome to the challenge.**

**Day 1            Getting started**

**Day 2            Menu                Ingredients**  
**Recipes**

**Day 3            Menu                Recipes**

**Day 4            Menu                Recipes**

**Day 5            Menu                Recipes**

**Day 6            Menu                Recipes**

**Day 7            Menu                Recipes**

**Day 8            Menu                Recipes**

**Day 9**

**Menu**

**Recipes**

**Day 10**

**Menu**

**Recipes**