



10 Day Alkaline Challenge

Menu Plan - Day 4 - Recipes

Breakfast

Supercharged Tomatoes on Toast

INGREDIENTS:

3-4 tomatoes, finely chopped
1/2tbsp flaxseed oil
1 garlic clove, crushed
1tbsp red pesto (optional)
sea salt & pepper to season
2 slices of gluten free bread
pinch of pumpkin seeds
pinch of flaxseed
pinch of chai seeds

METHOD:

1. Mix the tomatoes with the oil, garlic and pesto until a chunky mixture forms. Season well with sea salt & pepper
2. Grill or toast the bread
3. Spread the tomato mixture onto the toast & top with the mixed seeds to serve

NOTE: Add some fresh chillies to the tomato mixture to accelerate your metabolism and tingle your taste buds

