



## 10 Day Alkaline Challenge

### Menu Plan - Day 2 - Recipes

#### Breakfast

##### Super Simple Avocado Eggs

###### INGREDIENTS:

Large ripe avocado - de-stoned  
2 egg yolks  
1 tsp flaxseed oil  
sea salt & pepper to season  
1 tsp flaxseed  
freshly chopped flat leaf parsley to serve



###### METHOD:

1. Preheat the oven to 180C/Gas mark 4
2. Place each avocado half on a baking tray and add an end yolk into the small hole where the avocado seed would have been
3. Drizzle the flaxseed oil over the avocado & eggs and season with the sea salt and pepper
4. Place in the oven and cook for 15 minutes
5. Remove from the oven and top with the flaxseeds and freshly chopped parsley to serve.

OR

## Green Smoothie

### INGREDIENTS:

1 bunch of any leafy vegetable such as swiss chard, spinach, kale, romaine lettuce or pak choi or a combination of some or all of these

1-2 ripe bananas

handful of frozen berries (strawberries, blueberries or peaches)

half a ripe mango (optional)

2 cups water (filtered if possible)



### METHOD:

1. Remove any hard stems from your greens, especially if you are using mature leaves of plants such as kale, swiss chard or collard greens. Tear the leaves into pieces. You can use a variety of leaves if you want. This is what I do.
2. Place a handful of leaves, all of the fruit and the water into a blender and blend until liquefied. Continue by adding more greens, a handful at a time, stopping the blender in between the additions and then blending as you go. These steps will allow you to fit in as many greens as possible. When the greens are all in, blend until completely smooth. The consistency should be creamy and resembling a milkshake. If the shake seems too watery, add more greens or fruit. If it too thick, add water, a few tablespoons at a time. It make a few tries to get the recipe to how you like it, but using different combinations, you will make it into your own blend.

**Note:** You may want to freeze some of the ingredients if you want a cold drink. Personally thats what I do as I like the refreshing taste in the morning.

You can choose to have one of these choices or you can make the smoothie as well as enjoying the avocado and eggs and drink it throughout your day. You can also make enough and store it in an airtight bottle and keep in the fridge to enjoy the next day.