



## 10 Day Alkaline Challenge

### Day 2 Ingredients List

Here are the list of ingredients that you will need for Day 2. I have ensured that some of the ingredients featured on this list can be used again for several other recipes throughout this challenge to keep costs down and to make the challenge as versatile as possible. So if this list seems like a lot, just remember that you will be using a lot of them for the remainder of the challenge. Some of this list you may already have due to the fact that they are store cupboard ingredients.

#### INGREDIENTS:

Lemons	Flaxseed Oil / Olive Oil
Turmeric Powder or Fresh Turmeric	Flaxseed - milled
Ginger Powder or Fresh Ginger	Frozen berries
Honey - preferably raw	Mango
Peaches	Red Peppers
Blueberries	Garlic
Banana's	Tomato Puree
Mango	Chilli Powder
Spinach	Cayenne Pepper
Kale	Paprika
Bok Choy	Brown Rice and/or Quinoa
Coconut Milk	Fresh Red Chilli or flakes
Coconut flakes	Tomatoes - fresh
Vanilla extract NOT essence	Kidney bean - tinned is fine
Onion's	Butter beans - tinned is fine
Carrot's	Nutritional Yeast Flakes
Celery	Parchment Paper
Pearl Barley	Vegetable stock
Dried Red Lentils	Parsley (flat leafed)
Chai Seeds	Cucumber
Eggs	Avocado's

