



## 10 Day Alkaline Challenge

### Menu Plan - Day 2

#### *Breakfast*

Super Simple Avocado Eggs *or* Green Smoothie

#### *Lunch*

Chunky Winter Vegetable Soup

#### *Dinner*

Vegetable Bean Chilli

#### *Dessert*

Chai Seed Pudding

#### *Snacks*

Zesty Green Crisps

#### *Drinks*

Turmeric Ginger Tea

