



10 Day Alkaline Challenge

Menu Plan - Day 3 - Recipes

Lunch

Mango & Avocado Salad

INGREDIENTS:

- 1tbsp olive oil
- 1/2tsp freshly squeezed lime juice
- 1/2tsp freshly squeezed lemon juice
- 125g fresh baby leaf salad or a salad of your choice
- 1 ripe mango
- 1 ripe avocado, peeled, de-stoned and chopped
- 1tbsp pine nuts
- 1tbsp chai seeds



METHOD:

1. Mix the oil with the lime and lemon juice to make a dressing then set to one side
2. Toss the salad leaves, mango and avocado in a bowl ready to serve
3. Drizzle over the dressing and sprinkle across the pine nuts and chai seeds to serve