



## 10 Day Alkaline Challenge

### Menu Plan - Day 4

#### Breakfast

Supercharged Tomatoes on Toast

#### Lunch

Grilled Chicken & Pesto Wrap

#### Dinner

Beef or Vegetable Casserole

#### Dessert

Apple Crumble

#### Snacks

Hummus & Oat Cakes

#### Drinks

Turmeric Ginger Tea



