



10 Day Alkaline Challenge

Menu Plan - Day 5 - Recipes

Lunch

Kale & Lentil Soup

INGREDIENTS:

600ml vegetable stock
1 medium potato, peeled & chopped
1/2 onion, diced
1 celery stick, chopped
125g kale
1tbsp lentils
1tbsp yellow split peas
sea salt & pepper to season
pinch of chilli flakes



METHOD:

1. Bring the vegetable stock to the boil
2. Add the potato, onion and celery and simmer for 10 minutes
3. Add in the kale, lentils and split peas and cook for a further 15 minutes or until the kale has softened to tender
4. Season with salt & pepper then use a hand blender or food processor to blend until you have a smooth, lump-free texture
5. Pour into a bowl and sprinkle the chilli flakes on top to serve

NOTE: You can put this into a thermos flask and take it to work. I do this and drink it throughout the day.

Nutritional Note: Kale is a good source of fibre, helping you to feel fuller for longer and is packed with vitamins and minerals key for aiding digestion, health & well-being.