



10 Day Alkaline Challenge

Menu Plan - Day 6

Breakfast

Melon & Berries

Lunch

Warm Roasted Beetroot Salad

Dinner

Fillet Steak with Garlic Butter

Dessert

Carrot Cake Bites

Snacks

The Beetroot Queen

Drinks

As snack above, Fruit Tea's, Water infused with Lemon & Lime



