



## 10 Day Alkaline Challenge

### Menu Plan - Day 7

#### Breakfast

Smashed Avocado Bruschetta

#### Lunch

Beetroot & Ginger Soup

#### Dinner

Tomato Pesto Pasta - with either Chicken, Fish or Vegetables  
with Homemade Green or Red Pesto

#### Dessert

Dairy-free Baked Rhubarb Custards

#### Snacks

Hemp Protein Squares

#### Drinks

Fruit Tea's, Water infused with Lemon & Lime



