



## 10 Day Alkaline Challenge

### Menu Plan - Day 10 - The Final Day

#### Breakfast

Banana Pancakes

#### Lunch

Spiced Butternut Squash Soup

#### Dinner

Shepherds Potato

#### Dessert

Non Dairy Berry Parfait

#### Snacks

Paprika Roasted Almonds

#### Drinks

Turmeric Power Shots



