



## 10 Day Alkaline Challenge

### Menu Plan - Day 4 - Recipes

#### Lunch

##### Grilled Chicken & Pesto Wrap

###### INGREDIENTS:

2 gluten free wraps  
1tbsp green pesto  
2 handfuls baby leaf salad  
small handful of alfalfa sprouts  
1 chicken breast, grilled & chopped  
1tsp pine nuts  
1tsp flaxseed  
splash of freshly squeezed lime juice



###### METHOD:

1. Spread the green pesto across the wraps and place the salad and sprouts to one side
2. Lay on top the grilled chicken pieces
3. Sprinkle on top the pine nuts and flaxseed and add a splash of fresh lime juice and roll to serve

**NOTE:** For an occasional treat, add a light sprinkle of fresh parmesan

