

January wk 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	You have breakfasts aplenty to get you fired up for the day.						
Lunch	Perky Turkey Soup	Chunky slice of cold fritatta & olives, toms, cucumber, avocado.	Baked potato with leftover chicken curry.	Chicken liver pate , oat cakes coleslaw and large green salad.	Nigella's Hot & Sour Soup (I love this!)	Quick stir fry with rice noodles.	Gammon & egg with grilled tomato and homemade oven chips.
Dinner	Nigel Slater Lamb Tagine Use the honey as suggested. Choose best you can afford. Serve with sliced, stir-fried Brussel sprouts (make the most of them being in season!)	Homemade chicken curry, mushroom rice and spinach.	Pesto covered cod (2 tblsp red pesto, large tblsp sunblush tomatoes, chopped, grated rind of lemon, 85g ground almonds) Mix topping together and spread on fish before baking. Lots of veggies	Turkey, chestnut and leek pie (topped with mashed potato) Roasted vegetables to accompany (tomatoes, onions, carrots, swede, parsnips)	Risotto Fruit salad to finish.	Baked salmon and buttered rice with mini sweetcorn, mushrooms and leeks. Apple & mincemeat flan.	Roast chicken (sat on 6-8 carrots, sliced into long batons, 2 crushed cloves garlic, juice of 1 lemon and 2 teaspoons honey. Juiced lemons and 5-6 cloves of garlic put in the cavity) Add new potatoes to pan too. Serve with kale, leeks and parsnips. Rhubarb 'crumble'
Snacks if hungry	Satsumas & Brazils Hummus and celery.	Pear and walnuts. Peanut butter on celery sticks.	Nakd bar. Guacamole and corn cakes.	Crudités and salsa dip. Piece of fruit	Olives Apple and almonds	Oat cakes and peanut butter. Smoothie	Fruit salad with slivered nuts.

Seasonal foods this month: venison, sea bass, goose, wild mushrooms, sprouts, kale, cabbage, leeks, chestnuts, swede, turnips, pears, satsumas, forced rhubarb, Brazil nuts...