

**\*\* 17 – 23 February is National Chip Week \*\***

February wk 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b> <i>(you don't need to have something different each day, this is for info!)</i>	Porridge made with milk replacement or water cooked with raisins and pear. Sprinkle with cinnamon.	Grilled smoked mackerel fillet with grilled tomatoes.	<a href="#">Homemade Granola</a> and milk replacement.	Poached egg on a piece of poached smoked haddock with a pile of rocket and a tomato.	Fruit salad, sprinkled with nuts and seeds and cinnamon.	Scrambled eggs, bacon, mushrooms, tomatoes.	<a href="#">Oat pancakes</a> , bananas and coconut.
<b>Lunch</b>	<a href="#">Winter vegetable soup</a>  No bread but a side salad of rocket, baby tomatoes, peppers and cucumber.	As much salad as you can bear...add in something like cold meat, eggs, tuna avocado. Drizzle with olive oil and lemon juice and chuck over some mixed seeds.	Spinach and mushroom omelette with sliced tomato and olives.  Pile of mixed leaves and cucumber.	Rice salad: spring onions, red/orange peppers/cherry toms/ cucumber/sweetcorn/beansprouts/chopped cold chicken.  Dressed with olive oil and lemon, salt and pepper.	Jacket potato with <a href="#">homemade baked beans</a> with added chorizo sausage.	Homemade burgers, <a href="#">homemade healthy potato wedges</a> , grilled tomatoes and peas.	Turkey stir fry with as many vegetables as you can squeeze into your pan.
<b>Dinner</b>	Oven baked chicken legs in homemade curry sauce with lots of vegetables to cook altogether.  Quick fried garlic spinach in coconut oil and rice.	Tamari marinated pork tenderloin. Stir fried vegetables. Rice noodles (optional)	Turkey, leek and mushroom 'pie'  Top with mashed butternut squash rather than potato.  Roasted, sliced Brussel sprouts.	Homemade curry of choice (not a jar sauce)  <a href="#">Homemade bhajis</a> OR rice.	Steak or chump chop of choice. <a href="#">Homemade healthy chips</a> (cooked in coconut oil or goose fat) Purple sprouting broccoli and carrots.	Bolognese sauce on wheat/gluten free pasta.  Side salad.	Roast dinner of choice. No potatoes but piles of vegetables.  Fruit salad
<b>Snacks if hungry</b>	Apple and almonds. Hummus and apple.	Munchy Seeds Grapes and hazelnuts	Sliced blood oranges, raisins and Brazil nuts.	<a href="#">Nakd bar</a> . Crudités and salsa dip.	Olives Satsumas and raisins and almonds.	Rice cakes and peanut butter. Oatcakes and guacamole.	

Seasonal foods this month: **Going out of season** cabbage, cauliflower, forced rhubarb, goose, Jerusalem artichokes, parsnips, swede, purple sprouting broccoli. **Still in or coming into season** mussels, oysters, sea bass, venison, leek, blood orange, clams, cockles, Brussel sprouts, celeriac, kale, main crop spuds, salsify, mackerel.

**FastTrack**  
*Fit Camp*