

February wk 3	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>	Grilled peppered mackerel and large salad.	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.	Mashed egg, mayonnaise, black pepper and cress on rice cakes with cucumber sticks and cherry tomatoes.	Gluten free falafel, hummous and salad.	<a href="#">Soup*</a> with <a href="#">homemade grain free crackers</a> .  <i>*replace single cream with coconut cream or milk from a can.</i>	<a href="#">Singapore Fried Noodles</a> .  <i>Replace soy sauce for Tamari.</i>	'Help yourself meal' lay out cold meats, boiled eggs, olives, salads, crackers and dig in!
<b>Dinner</b>	Gluten free sausages, new potatoes, baked portabello mushroom with garlic butter, cauliflower and peas.	Baked salmon parcel. <i>Place a salmon fillet on thinly sliced onion, drizzle with lemon juice, season. Wrap in foil and bake.</i> Rice. Buttered leeks and cherry tomatoes.	Lamb chump chop casserole. Use the heat of the oven and roast a big tray of veggies too.	Homemade fish and chips using Vietnamese River Cobbler ( <i>dust in egg &amp; gram flour or ground almonds before shallow frying</i> ) Chips or wedges Lots of peas.	Chicken thighs wrapped in bacon rashers and baked. Pop a sliced & seasoned tomato in the oven too per person  Sweet potato wedges. Steamed broccoli and carrots.	Three bean chilli Rice Salad	Cheat meal  Have a dinner of your choice. Don't go mad and over stuff. But enjoy it knowing that you'll be back on plan for week 4.
<b>Snacks if hungry</b>	Apple and almonds. Hummus and apple.	Munchy Seeds Apple and sugarfree peanut butter.	Sliced blood oranges, raisins and Brazil nuts.	<a href="#">Nakd bar</a> . Crudités and salsa dip.	Olives Apricots and pumpkin seeds.	Rice cakes and sliced banana. Oatcakes and guacamole.	Sliced mango and desiccated coconut.

Fairtrade foods to look out for: cocoa, beansprouts, bananas, dark chocolate, oranges, mangoes and dried fruit and nuts.

Seasonal foods this month: **Going out of season** cabbage, cauliflower, forced rhubarb, goose, Jerusalem artichokes, parsnips, swede, purple

sprouting brocolli. **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.