

March wk 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Porridge made with milk replacement or water cooked with raisins and pear. Sprinkle with cinnamon.	Grilled smoked mackerel fillet with grilled tomatoes.	Homemade Granola 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.	Oat pancakes , bananas and coconut.
Lunch <i>(I eat salad pretty much most days for lunch, I'll change it up with various meat, fish or eggs)</i>	Homemade watercress soup . Hummus & vegetable sticks.	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.	Avocado and prawns with side salad. Oat cakes.	Thai spinach soup. <i>(same method as watercress, but use spinach and add garlic and ginger and a dab of Thai green curry paste)</i> Rice cakes spread with a little butter.	Swiss chard, spring onion and bacon omelette.	Good quality gluten free sausages. Homemade chips or wedges (cooked in coconut oil) Homemade baked beans .	Quick chicken and cashew stir fry with lots and lots of veg!
Dinner	Roast chicken legs Steamed purple sprouting broccoli Coconut oil fried onions, garlic, leeks, mushrooms and sweetcorn kernals.	Fish pie topped with sliced or mashed potato Stir-fried kale with spring onions and red chilli slivers.	Homemade baked meatballs in a tomato sauce. Roasted vegetables. <i>(meatballs: mince, salt & pepper, finely sliced onion & garlic. Roll into balls and pre-fry before baking in sauce)</i>	Steak & kidney casserole Steamed Swiss chard, stir-fried leeks, garlic and cherry tomatoes.	Gluten free spaghetti with bolognese sauce. Go light on the spaghetti & serve with a large side salad.	Homemade curry of choice (not a jar sauce) Homemade bhajis OR rice.	Roast dinner of choice. No potatoes but piles of vegetables. Fruit salad and sprinkle of granola. <i>(see breakfast recipes)</i>
Snacks if hungry	Apple spread with homemade peanut butter.	Munchy Seeds Cold cooked meat and cherry tomatoes.	Sliced blood oranges, raisins and Brazil nuts.	Nakd bar . Crudités and salsa dip.	Satsumas & raisins and almonds.	Oatcakes and guacamole.	

Seasonal foods this month: **Still in or coming into season** mussels, oysters, sea bass, venison, leek, blood orange, kiwi, lemons, clams, cockles, purple sprouting brocolli, celeriac, kale, main crop spuds, salsify, lemon sole, white bait, sardines, mackerel.