

March wk 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b> <i>(you don't need to have something different each day)</i>	Porridge made with milk replacement or water cooked with raisins and pear. Sprinkle with cinnamon.	Scrambled eggs on sliced 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 'thickie' your favourite smoothie with a tablespoon of ground almonds or coconut to thicken up.	Kippers, grilled tomato and mushrooms, pile of rocket.	<a href="#">Oat pancakes</a> , bacon and blueberries.
<b>Lunch</b> <i>(I eat salad pretty much most days for lunch)</i>	<a href="#">Hearty Irish Broth</a> . Apple and almonds  <i>*Replace vegetable oil for coconut oil and don't serve with bread!</i>	As much salad as you can bear...(I love salad) add in something like cold meat, eggs, tuna avocado. Drizzle with olive oil and lemon juice and chuck over some mixed seeds.	Mashed eggs with a dab of good quality, full fat mayonnaise. On rice / corn / oat cakes.  Crudités.	Carrot and coriander soup.  Avocado and tomato slices dressed with olive oil and lemon.	Gluten, dairy free pâté on rice / corn/ oat cakes.  With cucumber, cherry tomatoes, olives, carrot sticks.	Spanish omelette and salad.	Gluten free falafel, Salad with olives and small amount of feta cheese if desired.
<b>Dinner</b>	Roasted vegetables* with halloumi cheese on brown rice.  <i>*include courgettes, garlic, cherry toms, mushrooms, onions and whatever else takes your fancy. Plus a whole block of halloumi, cubed.</i>	Home-made fish cakes: <i>dust in cornmeal or ground almonds and shallow fry.</i>  Serve with steamed purple sprouting broccoli and carrots. Grilled tomatoes.	Cottage or Shepherds Pie, topped with either:  mashed sweet potato, or celeriac or chick peas.  Stir-fried leeks, spring onions and mushroom	<a href="#">Vegetable flan</a>  Sautéed potatoes, steamed kale.	<a href="#">Jamie Oliver's tray baked lemon sole</a>  Steamed new potatoes and large salad.	Gammon steak, parsnip 'chips', peas and baby sweetcorn.	Roast lamb, roast potatoes in goose/duck fat, purple sprouting broccoli, mashed cauliflower, garlic carrots.
<b>Snacks if hungry</b>	Apple and almonds. Home-made almond butter on sliced apple.	Munchy Seeds Cold cooked meat and cherry toms.	Sliced blood oranges. Brazil nut stuffed medjool dates.	<a href="#">Nakd bar</a> . Crudités and salsa dip.	Olives Satsumas and raisins and almonds.	Rice cakes and peanut butter. Oatcakes and guacamole.	<a href="#">Healthy on plan 'Bounty bars' so as not to miss out on chocolate!</a>

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