

March wk 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast <i>(you don't need to have something different each day, this is for info!)</i>	Scrambled eggs, smoked salmon, watercress, rocket and cherry tomato salad.	'Thickie' a smoothie made with banana, milk substitute, fruit of choice and a tablespoon of ground almonds or oats.	Homemade Granola and milk replacement.	Unsweetened nut butter on rice cakes with a banana sliced on top.	Boiled eggs with asparagus soldiers.	Porridge made with milk replacement or water cooked with raisins and pear. Sprinkle with cinnamon.	Oat pancakes , blueberries and a dollop of full fat, live yoghurt.
Lunch <i>I eat salad pretty much most days for lunch.</i>	Watercress soup Oat cakes Cold meat & pepper sticks.	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.	Packed salad with cold new potatoes, olives and tuna. Kiwi fruit and almonds.	Baked potato with hummus and salad.	Greek Salad. Feta cheese, olives, lots of leaves, cucumber, cherry tomatoes.	Spinach and bacon omelette Salad with mixed seeds.	Homemade lamb mince burgers with sweet potato fries and peas.
Dinner	Turkey breast steaks in a stir fry with as many veg as you can squeeze in.	Shepherd's Pie with mashed celeriac on top. Steamed spring greens.	Speedy Salmon & Leek One-Pot Rather than cous-cous (which is wheat) have courgette noodles or griddled asparagus.	Pork loin chop, homemade apple sauce, garlic butter baked portabello mushroom, baked tomato and purple sprouting broccoli and carrots.	Thai curry & rice. Use chicken or prawns or mixed vegetables.	Risotto of choice Could be salmon and mange-tout, prawn and lemon, mushroom and leek, bacon and mushroom. Side salad.	Congratulatory meal! Be good! A meal of your choice but not too much. Enjoy it and start again tomorrow.
Snacks if hungry	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.	Nakd bar . Crudités and salsa dip.	Olives Satsumas and raisins and almonds.	Celery and peanut butter. Guacamole and 'crackers'	

Seasonal foods this month: [Still in or coming into season](#). Windward bananas, kiwi, passion fruit, apricots, rhubarb, spring onions, spinach, salsify, watercress, broccoli, cauliflower, kale, leeks, purple sprouting broccoli, new potatoes, celeriac, peppers, red mullet, cod, halibut, salmon, lamb.