

April/May wk 3	Bank Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	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.	Blueberry and bacon omelette	Boiled eggs with asparagus soldiers.	Gluten free 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	Soup and oatcakes Piece of fruit	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.	Cold sausage and sun-dried tomato salad.	Salad Nicoise	Baked potato with on-plan filling like chilli or coleslaw or curry.	Home-made soup of choice. Rice cakes and cold meat. <i>Cucumber, tomatoes, pepper sticks.</i>	Grilled halloumi salad.
Dinner	Boiled / baked gammon. New potatoes, purple sprouting broccoli, asparagus and carrots. Fruit 'crunch'	Gluten free sausages, roasted vegetables. Spring greens. Fruit	Baked salmon with pesto rice, baked tomato and broccoli.	Pesto chicken on courgette noodles. Kiwi, pineapple and coconut fruit salad.	Meatballs in tomato sauce with gluten-free pasta.	Chickpea curry Rice Spinach dahl.	A cheat meal of your choice. It could involve a glass of wine OR a pudding OR some cheese OR some wheat. If you are unsure of your ability to stay on plan. Stay away!
Snacks if hungry	Home-made almond butter on sliced apple.	Munchy Seeds Cold cooked meat and cherry toms.	Cup of lentil soup. Brazil nut stuffed medjool dates. (2-3)	Nakd bar . Crudités and salsa dip.	Olives Apricots and raisins and almonds.	Celery and peanut butter. Guacamole and 'crackers'	

Seasonal foods this month: **Still in or coming into season.** Apricots, gooseberries, asparagus, cauliflower, celeriac, lambs lettuce, new potatoes, purple sprouting broccoli, sorrel, spinach, spring greens, watercress, lamb, cod, crab, halibut and salmon.