

June wk 2	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.	Berries and granola with milk alternative or dollop of full fat, natural yoghurt.	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'll change it up with various meat, fish or eggs)</i>	Chicken and avocado salad with lentils, cherry tomatoes, pea shoots and rocket.	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.	Salmon salad with watercress and cherry tomatoes.	Iceberg lettuce 'wraps'. Roll leaves around any favourite sarnie filling like egg mayonaise, tuna and sweetcorn, coronation chicken... Cold new potatoes	Vegetable and lentil curry with flat breads. <i>(200g gram flour, 220 ml water, salt – mix into a batter and then rest for 10 mins. Cook like small pancakes in coconut oil)</i>	Homemade burgers Steamed new potatoes and butter. Asparagus and grilled tomato.	Homemade soup and gluten free crackers. Side salad.
Dinner	Grilled beef tomato with melting goats cheese. Steamed new potatoes. Flash fried courgettes, asparagus & pepper	Feta & Spinach stuffed chicken breast. Steamed green beans, baby corn & spring greens.	Thai Green Curry Stir fried vegetables	Grilled mustard pork loins. Courgette noodles. Steamed carrots and peas	Marinated turkey breast steaks. Cauliflower mash Ratatouille	Grilled mackerel Watercress, cherry tomato and feta salad. Sweet potato oven fries.	BBQ ? When the weather is good, BBQ is an easy way to eat on plan.
Snacks if hungry	Strawberries. Home-made almond butter on sliced apple.	Munchy Seeds Blueberries	Cup of homemade soup. Brazil nut stuffed medjool dates.	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, raspberries, strawberries, tomato, watermelon, asparagus, aubergine, courgette, fennel, globe artichokes, lambs lettuce, lettuce, new potatoes, peas, pepper, radish, sorrel, spinach, spring greens, watercress, lamb, cod, crab, halibut and salmon.