

### The 'quick-as-you-can-I-don't-like-to-cook' meal planner

June wk 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b> <i>(you don't need to have something different each day, this is for info!)</i>	<a href="#">Homemade Granola</a> and milk replacement.	Hard boiled eggs, cherry tomatoes. 2 rice cakes and peanut butter.	Porridge with milk replacement or water, chopped pear, cinammon sprinkle, raisins.	Full fat natural yoghurt. Berries. Slivered almonds or mixed nuts.	Homemade muesli and milk replacement	Full fat natural yoghurt, dollop of nut butter, seeds and a banana.	Mushroom omelette
<b>Lunch</b> <i>(I eat salad pretty much most days for lunch, I'll change it up with various meat, fish or eggs)</i>	Bag of mixed leaves. 1 tomato 1 carrot Chunk cucumber Beetroot  Tin of tuna	Bag of bistro leaves Cherry tomatoes Chunk cucumber 1 small avocado 1-2 slices deli ham (not packaged)	Leftovers from last night's dinner.	Jacket potato Hummus Small salad	Glorious! Soup Check for no added sugar or flour.  Gluten free oatcakes	Butcher's burgers (100% meat and gluten free) Coleslaw Salad	Crudités, gluten free oatcakes, rice cakes or corn thins. Hummus, guacamole, salsa <i>(check for no sugar or nasties if buying made)</i>
<b>Dinner</b>	Roast chicken legs cooked ontop of vegetables (one tin) Small portion boiled rice. <i>Cook extra chicken for tomorrow.</i>	Gluten free pesto pasta: coat cooked pasta in good quality pesto, add chicken chunks and sweetcorn.  Side salad.	Pork chop Sweet potato mash Broccoli Carrots	Homemade curry (lots of added veg) Rice	Stir fry bag of veg from supermarket. Frying steak sliced Tamari, ginger and lemon juice. Rice noodles	Grilled tuna Grilled tomato Steamed green beans & baby sweetcorn New potatoes	Cheat meal - don't go mad, just have something you enjoy and savour it knowing that you'll be back on plan tomorrow.
<b>Snacks if hungry</b>	Punnet of berries	Apple & peanut butter	Olives Nuts and dried fruit	Sliced kiwi, mango and slivered almonds	Box of blueberries	Granola with milk replacement	Celery and nut butter

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.