

| July wk 1 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|---|---|--|---|--|
| Breakfast <i>(you don't need to have something different each day, this is for info!)</i> | Homemade Granola and milk replacement with added berries. | Scrambled eggs with mushrooms and tomatoes. Half a grapefruit. | GF * Porridge with milk replacement or water, chopped pear, cinnamon sprinkle, raisins. *GF - gluten free oats | Big bowl of mixed berries. Slivered almonds or mixed nuts. | Homemade muesli and milk replacement | Rice cakes with nut butter and a banana. | Spinach omelette |
| Lunch | Greek salad with feta, olives and olive oil dressing. Banana | Grilled or tinned sardines with salad, make it colourful and leafy. Raspberries | Homemade soup Rice or corn cakes Carrot sticks Peach | Rice and mixed bean salad. Melon | Fresh or tinned mackerel with green leafy salad, oat cakes and plum tomatoes. Apple | Cold meat, rice, corn or oat cakes, olives, hummus, cucumber chunks, carrot sticks | Prawn salad |
| Dinner | Spicy turkey burgers Sweet potato wedges Rocket, tomato and watercress salad | Lamb & Chickpea pilaf Summer fruit salad | Roast chicken legs Ratatouille Runner beans | GF sausages Baked beans New potatoes | Green Frittata with watercress and feta | Family favourite curry Flat breads Mango & pineapple with dollop of yoghurt | Roast chicken Roast potatoes (cooked in coconut oil or animal fats) Piles of veg! Apricot crumble |
| Snacks if hungry | 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: [In season](#). Apricots, aubergine, cherries, chicory, crab, courgette, cucumber, fennel, French beans, globe artichoke, greengages, kohlrabi, lamb, mackerel, nectarine, peas, peach, radish, raspberries, redcurrant, rocket, runner beans, sardine, spring onion, strawberry, Swiss chard, tomato, watercress.

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