

July 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>	Homemade Granola and milk replacement with added berries.	Scrambled eggs with mushrooms and tomatoes. Half a grapefruit.	FastTrack Muesli	Poached eggs on sliced deli ham and tomatoes. Oat cakes.	Parma ham, melon and fresh figs.	Full fat natural yoghurt, dollop of nut butter, seeds and a banana.	Chopped raspberries, melon & peach topped with toasted almonds & pumpkin seeds and a dollop of natural yoghurt.
Lunch	Tuna salad nicoise Banana	New potato salad with good quality mayonnaise. Cold sausages* and green salad. *gluten free	Make a thin omelette and allow to cool (can be done the night before in the morning) and use as a 'wrap' around a filling. Veg sticks and cherry tomatoes.	Spicy Lentil pate Cucumber sticks Carrot sticks Mini sweetcorn Rice or corn cakes Apple	Prawn and avocado spinach and rocket salad.	Homemade 100% mince burgers. Coconut oil cooked oven chips Peas	Gluten free pasta Basil and tomato sauce Green salad.
Dinner	Turkey & vegetable stir fry with rice noodles Melon and grapes.	Spicy bean burgers Sweet potato wedges Veggies of choice.	Spicy African chicken stew <i>replace sunflower oil with coconut oil & use homemade peanut butter if possible.</i> Broccoli	Gammon steak Grilled tomato and mushrooms Courgettes, onions, garlic, sweet corn & mange tout all cooked together.	Spicy vegetable egg fried rice <i>replace sunflower oil for coconut oil and soy sauce with Tamari sauce</i>	Lamb koftas Gram flour flat breads. (200g gram flour, 220ml water, salt - mix together. Fry in coconut oil to make small flat breads.) Salad leaves, avocado and tomato.	Lamb chump chops cooked on top of roasting vegetables, onions and garlic. Strawberries & dollop of full fat natural yoghurt.
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.