July wk 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast *(you don't need to have something different each day, this is for info!)*	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 *(I eat salad pretty much most days for lunch, I'll change it with various meat, fish or eggs)*	Cold new potato and sliced boiled egg salad with watercress and rocket.	Tinned mackerel, salad and rice cakes. Apricots	Cold quiche from last night. Cherry tomatoes, radishes and cucumber spears.	Spicy Lentil pate Cucumber sticks Carrot sticks Mini sweetcorn Rice or corn cakes Apple	Prawn and avocado spinach and rocket salad.	Watercres Soup Seedy crackers Cherries	Spinach omelette Sliced & seasoned tomatoes and rocket.
Dinner	Grilled pork chop Kohlrabi coleslaw Grilled tomato Runner beans	Pastry free quiche Steamed vegetables	Beef stir fry with rice noodles.	Chicken kebabs. Spicy rice Side salad	Gluten free pasta Basil and tomato sauce Green salad. Cherries	Turkey Pesto burgers *(mix pesto with turkey mince & spring onion)* Homemade oven chips. Peas.	Barbecue Berries with full fat Greek yoghurt and toasted almonds & grated 70% chocolate on top.
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.

FastTrack
Fit Camp