

July wk 4	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	Avocado and bacon salad.	Deli ham, olives, crudités, hummus, rice / corn / oat cakes.	If too hot and working from home make a large, cool smoothie. <i>Frozen banana 1 ripe peach 6-8 berries Milk substitute of choice Handful of nuts Whizz in a blender.</i>	Spicy Lentil pate Cucumber sticks Carrot sticks Mini sweetcorn Rice or corn cakes Apple	Tinned fish (mackerel, tuna, sardines salmon) grilled on rye bread Salad leaves and cucumber and celery sticks.	Poached eggs on a bed of wilted spinach with ham and sliced tomato.	Spanish Omelette
Dinner	100% meat beef burgers Mixed leaf salad with parsley & coriander. Sprinkled with seeds.	Baked or pan fried salmon. Stir fried bean sprouts, carrots, mange tout and baby sweetcorn.	Greek Salad with feta, avocado and olives.	Gammon steak Grilled tomato Small baked potato Runner beans	Prawn / Chicken / Mushroom Risotto with side salad.	Gluten free pasta bake with tuna and sweetcorn. Side salad.	Roast chicken served with cold salad selections e.g. Rice salad, mixed bean salad, green leafy salad, tomato & avocado.
Snacks if hungry	Punnet of berries	Apple & nut butter	Olives Nuts and dried fruit	Sliced kiwi, mango and coconut chunks	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.