

August 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>	<a href="#">Homemade Granola</a> and milk replacement with added berries.	Scrambled eggs with mushrooms and tomatoes.  Half a grapefruit.	<a href="#">FastTrack Muesli</a>	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>(I eat salad pretty much most days for lunch, I'll change it with various meat, fish or eggs)</i>	Prawn and avocado salad.	Deli ham, olives, crudités, hummus, rice / corn / oat cakes.	Greek Salad with feta, avocado and olives.	Watercress & Spinach soup with rice cakes and hummus.	Spanish Omelette	Rice salad with pulses and beans.	Gluten free sausages, homemade oven wedges cooked in coconut oil and salad leaves and coleslaw.
Dinner	100% meat beef burgers / bean 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.	Beef / prawn / chicken stir fry with bean sprouts, carrots, pak choi	Gammon steak Grilled tomato Small baked potato Runner beans	Prawn / Chicken / Mushroom Risotto with side salad.	Family friendly homemade curry <i>without</i> rice or naan, but with lentil dahl or vegetable curry instead.	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.