August wk 2	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. Peach	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 chicken salad with baby sweetcorns and mange tout.	Tuna & sweetcorn soup. Corn cakes Raspberries	Goats cheese and olive salad with cold sweet potato wedges.	Mixed bean salad with lots of corriander, parsley and lemon juice. Peach	Gluten free pasta and pesto.	Gammon, egg and saute potatoes (cooked in coconut oil or butter)	Bacon & mushroom omelette. Nectarine and raspberries
Dinner	Pan fried salmon. Courgette noodles flash fried in butter with garlic & lemon juice. Ratatouille	Lamb steak / chop Sweet potato wedges Brocolli Broad beans Grilled tomato	Singapore Fried Rice Noodles	Fish pie with thinly sliced potato on top. Large rocket & watercress salad.	Thai Prawn Stir Fry Rice noodles if wished or bean sprouts	Chilli con carne Gram flour flat breads Side salad Fruit salad	Curried meatballs with curried vegetables. Small portion basmati rice.
Snacks if hungry	Punnet of berries	Apple & hummus	Olives Nuts and dried fruit	Sliced kiwi, mango and coconut chunks	Box of strawberries	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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