

August wk 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b> <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 smoked salmon and rocket  Peach	<a href="#">FastTrack Muesli</a>	Poached eggs on sliced deli ham and tomatoes.  Oat cakes.	Smoothie: berries, peach, banana and ground almonds. Milk substitute of choice.	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.
<b>Lunch</b>	Smoked salmon and mange tout salad. Dressed with oil, lemon & black pepper.	Gluten free pasta and pesto salad. Lots of green leaves like rocket, watercress, spinach. Add in other colour from beetroot, carrot etc.	Home-made vegetable soup Oat cakes Hummus  Nectarine	Baked potato, coleslaw and salad.  Nak'd bar	Goats cheese salad (feta cheese work too) with olives and avocado.	Spanish omelette Sliced tomatoes Mini cucumbers	Cold meats, boiled eggs, oat cakes, salad bits, hummus, olives - a smorgasbord of on-plan delights!
<b>Dinner</b>	Chickpea and spinach curry.  Onion bhajis	Fish cakes Stir fried veg with bean sprouts.	Sweet & sour chicken Courgette noodles with tamari	Gluten free sausage casserole. Steamed broccoli and runner beans.	Home-made burgers Sautéed new potatoes Peas and runner beans.	Roast chicken legs Roast potatoes Lots of veggies  Berries & melon.	Cheat meal of your choice. Be sensible! One portion only. Enjoy it.
<b>Snacks if hungry</b>	Peanut butter and celery	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.