

September week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Homemade Granola and milk replacement with fresh figs.	Scrambled eggs with smoked salmon and rocket Peach	FastTrack Muesli and milk replacement with Strawberries	Poached eggs on sliced deli ham and tomatoes. Oat cakes.	Smoothie: berries, peach, banana and ground almonds. Milk substitute of choice.	Porridge, seeds and dried fruit.	Chopped raspberries, melon & peach topped with toasted almonds & pumpkin seeds
Lunch	Tinned or smoked mackerel Salad (as much as you like of leaves, cucumbers, peppers, tomatoes, radishes etc) Handful cashew nuts	Cold meat (<i>leftovers if available</i>) Coleslaw (<i>preferably homemade</i>) Oat cakes Crunchy lettuce leaves.	Homemade soup Rice cakes Apple & raisins	Avocado and prawn salad.	Homemade Soup Rice cakes and peanut butter.	Courgette 'noodles' with spicy tomato sauce. Plums	Chickpea curry with small portion of rice.
Dinner	Roast chicken pieces Ratatouille Runner beans Peas	Lamb koftas/burgers Large pile of flash fried veggies of choice. Fry in coconut oil and season to taste.	Gluten free sausage casserole New potatoes Leeks & courgettes.	Spicy salmon steaks Sweet potato wedges Baked tomato Runner beans	Meatballs in curry sauce. Gram flour flat breads Vegetable curry	Fish pie topped with sliced potato. Buttered leeks and mushrooms. Peas	Pork loin steaks Apple sauce Roasted vegetables including a few new potatoes.
Snacks if hungry	Peanut butter and apple.	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.** Apples, blackberries, figs, peaches, plums, raspberries, redcurrants, strawberries. Artichoke, aubergine, beetroot, broad beans, courgettes, leeks, potatoes, radishes, runner beans, spring onions, sweetcorn, turnips, watercress. Lamb, rabbit, venison. Crab, mackerel, plaice, sea trout, turbot.