

November week 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 blackberries.	Scrambled eggs with smoked salmon and rocket  Pear	<a href="#">FastTrack Muesli</a> and milk replacement with banana	Poached eggs on sliced deli ham, wilted spinach and tomatoes.  Oat cakes.	Smoothie: berries, pineapple, banana and ground almonds. Milk substitute of choice.	Porridge Chopped pear, raisins and cinnamon all cooked together so there is no need to sweeten.	Almond pancakes Sliced banana and blueberries.
<b>Lunch</b> <i>(I eat salad pretty much most days for lunch, I'll change it with various meat, fish or eggs)</i>	Curried Parsnip Soup  Gluten free rye bread / toast.	Out on the road - what to buy?  Sushi Box of mixed salad & cold meat Hummus & falafel Soup	Ham and spinach omelette. Tomato slices.	Cold risotto with small side salad.	Haddock chowder soup (replace milk with a milk substitute)  Oat cakes	Gluten free sausages. Sweet potato wedges. Peas Grilled tomato.	Jacket potato <a href="#">Fit Camp beans</a> Deli ham
<b>Dinner</b>	Grilled swordfish Pan fried, sliced Brussel sprouts, mushrooms, spring onions and pak choi.	Lamb and chickpea tagine. Pile of green vegetables.	Salmon risotto (make enough for lunch tomorrow)	Chilli con Carne Small portion rice Large portion green leafy veg.	Homemade TakeAway Night  Thai Green Curry Rice noodles	Cottage Pie Peas Runner beans	Roast Chicken Full plate of vegetables
<b>Snacks if hungry</b>	Peanut butter and celery.	Carrot & hummus	Olives Nuts and dried fruit	Nut butter and rice cake.	Small handful nuts.	Guacamole and rice cakes	Celery and nut butter

Seasonal foods this month: [In season](#). Apple, banana, beetroot, Bramley apple, Brussels sprouts, cabbage, celeriac, celery, chestnut, chicken, clementine, crab, cranberry, dates, duck, globe artichoke, goose, grouse, guinea fowl, Jerusalem artichoke, kale, kohlrabi, lamb, lamb's lettuce, leek, lettuce, mussels, onion, pak choi, parsnip, pear, peas, pomegranate, pork, pumpkin, quince, radicchio, runner bean, salsify, spring onion, swede, sweet potato, Swiss chard, turnip, venison, whiting.