

November week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast <i>(you don't need to have something different each day, this is for info!)</i>	Homemade Granola and milk replacement with blackberries.	Scrambled eggs with smoked salmon and rocket Pear	FastTrack Muesli 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.
Lunch <i>(I eat salad pretty much most days for lunch, I'll change it with various meat, fish or eggs)</i>	Fit Camp beans on Gluten free rye bread / toast.	Out on the road - what to buy? Sushi Box of mixed salad & cold meat Hummus & falafel Soup	Spicy lentil pate Flatbreads	Medium jacket potato Coleslaw Sliced tomatoes and cucumber.	Feta and onion omelette. Green salad with olives.	Quick fried minute steak with sautéed mushrooms and onions on rye bread toast. Pile of rocket salad with olive oil dressing.	Hot smoked mackerel Grilled tomatoes Green salad.
Dinner	Fish Pie Sautéed leeks and peas.	Pork chop Ratatouille Steamed kale Runner beans	Pesto stuffed chicken Courgette noodles Peas	Homemade burgers Coleslaw Salad	Homemade TakeAway Night Baked salmon Sweet potato chips Peas & sweetcorn	Sausage & squash casserole Mashed potatoes Green veggies of choice	Slow roast beef brisket Wilted leeks, celery and peppers.
Snacks if hungry	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.