

December week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	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	Jacket potato Coleslaw Side salad	Hearty Mushroom Soup Oat cakes	Spicy lentil pate Flatbreads	Grilled peppered mackerel. Watercress & rocket salad with tomatoes & cucumber	Ham, spinach & onion omelette. Green salad with olives.	Homemade burgers, salad and coleslaw,	Gluten free sausages, mashed potatoes and peas.
Dinner	Fish Pie Sautéed leeks and peas.	Lamb chop Ratatouille Steamed kale	Pan fried River Cobbler on top of stir fried veggies.	Spiced Turkey Burgers (no buns - but homemade wedges) Salad	Pizza Night!	Prawn Curry Rice	Roasted paprika chicken. Roast sweet potatoes, 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, beef, 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.

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