

| December wk 2 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------------|---|--|--|--|--|---|---|
| Breakfast | Porridge made with milk replacement or water cooked with raisins and pear. Sprinkle with cinnamon. | Grilled smoked mackerel fillet with grilled tomatoes. | Homemade Granola and milk replacement. | Poached egg on a piece of poached smoked haddock with a pile of rocket and a tomato. | Fruit salad, sprinkled with nuts and seeds and cinnamon. | Scrambled eggs, bacon, mushrooms, tomatoes. | Oat pancakes , bananas and coconut. |
| Lunch | Grilled peppered mackerel and large salad. | As much salad as you can bear...add in something like cold meat, eggs, tuna avocado. Drizzle with olive oil and lemon juice and chuck over some mixed seeds. | Mashed egg, mayonnaise, black pepper and cress on rice cakes with cucumber sticks and cherry tomatoes. | Gluten free falafel, hummous and salad. | Soup* with homemade grain free crackers . <i>*replace single cream with coconut cream or milk from a can.</i> | Singapore Fried Noodles . <i>Replace soy sauce for Tamari.</i> | 'Help yourself meal' lay out cold meats, boiled eggs, olives, salads, crackers and dig in! |
| Dinner | Gluten free sausages, new potatoes, baked portabello mushroom with garlic butter, cauliflower and peas. | Baked salmon parcel. <i>Place a salmon fillet on thinly sliced onion, drizzle with lemon juice, season. Wrap in foil and bake.</i> Rice. Buttered leeks and cherry tomatoes. | Lamb chump chop casserole. Use the heat of the oven and roast a big tray of veggies too. | Homemade fish and chips using Vietnamese River Cobbler (<i>dust in egg & gram flour or ground almonds before shallow frying</i>) Chips or wedges Lots of peas. | Chicken thighs wrapped in bacon rashers and baked. Pop a sliced & seasoned tomato in the oven too per person Sweet potato wedges. Steamed broccoli and carrots. | Three bean chilli Rice Salad | Cheat meal Have a dinner of your choice. Don't go mad and over stuff. But enjoy it knowing that you'll be back on plan for week 4. |
| Snacks if hungry | Apple and almonds. Hummus and apple. | Munchy Seeds Apple and sugarfree peanut butter. | Sliced blood oranges, raisins and Brazil nuts. | Nakd bar . Crudités and salsa dip. | Olives Apricots and pumpkin seeds. | Rice cakes and sliced banana. Oatcakes and guacamole. | Sliced mango and desiccated coconut. |

Fairtrade foods to look out for: cocoa, beansprouts, bananas, dark chocolate, oranges, mangoes and dried fruit and nuts.

Seasonal foods this month: **Going out of season** cabbage, cauliflower, forced rhubarb, goose, Jerusalem artichokes, parsnips, swede, purple sprouting brocolli. **Still in or coming into season** mussels, oysters, sea bass, venison, leek, blood orange, clams, cockles, Brussel sprouts, celeriac, kale, main crop spuds, salsify, mackerel.