

# Charlie's Food Diary

	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY	40g Jumbo organic porridge oats + tbsp chia seeds + tsp ground hemp seeds + tbsp raw cacao nibs +honey Prep time - 5 mins	Smoked salmon and 125g quinoa + wilted spinach Prep time - 5 mins	1 packet Baby sweetcorn and home made hummus 3tbsp	Fillet cod and 125g quinoa Prep time - 5 mins
TUESDAY	40g Jumbo organic porridge oats + tbsp chia seeds + tsp ground hemp seeds + tbsp raw cacao nibs +honey Prep time - 5 mins	Seafood chowder with wild rice + veg Prep time - 20 mins	1 whole Avacado	Greek Yogurt with Blueberries
WEDNESDAY	40g Jumbo organic porridge oats + tbsp chia seeds + tsp ground hemp seeds + tbsp raw cacao nibs +honey Prep time - 5 mins	Homemade Lentil Burger with curried cauliflower Prep time - 20 mins	1 packet Baby sweetcorn and home made hummus	Duck egg fried quinoa (1 tbsp soy sauce light - no oil) Prep time - 5 mins
THURSDAY	40g Jumbo organic porridge oats + tbsp chia seeds + tsp ground hemp seeds + tbsp raw cacao nibs +honey Prep time - 5 mins	Buckwheat noodles with home marinated calamari Prep time - 5 mins	Snack cucumbers & cherry tomatoes	Fillet sea bass with crushed minted peas Prep time - 8mins
FRIDAY	40g Jumbo organic porridge oats + tbsp chia seeds + tsp ground hemp seeds + tbsp raw cacao nibs +honey Prep time - 5 mins	Tuna Mayo - made with yoghurt instead of mayo + white sweet potato + veg Prep time - 8mins	Green olives 1 large glass red wine	Homemade Soup using herbs from the garden Prep time - 10 mins
SATURDAY	Duck Egg with Mushrooms, Korean beetroot burger, baked beans . Veg + pork mix sausages x2 Prep time - 15 mins			Eat out Or Mushroom risotto with wilted spinach and flaked cod
SUNDAY		Big Sunday Roast Prep time - 1.5hrs	4 pieces Sushi	Greek Yogurt with Blueberries